



ID. KNOW YOURSELF

ID has a double meaning. It establishes identity and it also the initials of Isaiah Dawe, representing his struggle in care. The slogan Know Yourself is about knowing what you are capable of, knowing your worth and what you can achieve in this world.

About

ID Know Yourself is the unique mentoring program, specifically tailored for young Aboriginal people who are within the foster care system in New South Wales.

What is unique about ID Know Yourself, is that it's one of the only Aboriginal owned mentoring programs specifically engaging with young Aboriginal people who are in foster care within New South Wales. The approach of mentoring is quiet unique as well, our program is based around empathetic mentoring, so the staff employed have had a past experience with foster care whether that being themselves or being around it. So our advice for the young people come straight from relative and lived experiences to give empowerment to our young people.

Why is there a need for our program?

Because it is known that young Aboriginal people in foster care are considered the most vulnerable and disadvantaged young people in Australia. The outcomes for children living in foster care, kinship, respite and residential care are significantly lower than other Australian children. As Denzel and Macdonald (2014) determined in their empirical study, children and young people in care are likely to be perceived as (a) more emotionally fragile; (b) less - assured; (c) more likely to engage in petty theft; (d) less likely to have job security; (e) more likely to live in poverty; (f) more likely to be in jail; (g) more likely to have a mental illness; (h) more likely to abuse drugs or alcohol; (i) less likely to have a steady girlfriend or to have a successful marriage [14].

Vision

Our vision at ID Know Yourself is to ensure that all young Aboriginal people that come into our program are knowledgeable and proud in their identity/culture and that they are prepared and equipped to not just survive the foster care system, but instead thrive through it and are set up for life after care. We are going to break and prevent the cycle of our young people coming into foster care and for them to flourish in their futures as young leaders in their communities.

The ID Know Yourself program is designed to improve outcomes **five key areas**:

Identity/Culture

Through knowledge in Aboriginal and Torres Strait Islander identity, culture and community - Knowing yourself

Education

Educational support through assistance with homework, school curriculum, exams and schooling opportunities

Life after care

To develop life skills, such as independent living, cooking and cleaning, budgeting, goals, hygiene and planning, job interviews and preparation for life after foster care

Health

To instil a healthy mindset and discipline through good nutrition, sporting activities and training - each session with psychologist supports available

Yarn time

To inspire and help young people establish their purpose and future through the stories of others who have been in their situation. These people are leaders in many areas - corporates, athletes and government representatives

PRINCIPLES

The ID Know Yourself program is guided by the principles of a '**LEADER**'

Love

To show love to others and importantly yourself and to drive passion into life

Empowerment

Enhance self-determination, accountability and responsibility for their own future and instill the belief that they are the solution

Attitude

The appropriate manners towards the work and to other people, it will determine future success and drive positive outcomes in life with the right attitude

Discipline

Towards rules and routines in place

Effort

Striving with the outmost attempt to reach the best result in any task given

Respect

For each other's journey, identity, safety, ideas and their carers

The program information

The initial pilot program will start mid February 2018

Age: Teenagers, 15 - 18 years old

Where: Redfern. The CEAD Centre, 255 Wilson Street, North Eveleigh (Cnr Codrington Street)

Time: 3:10pm pick up from their school and 6pm-6:30pm drop off to their home

Days: Tuesdays & Thursdays and every month, a Saturday social outing or cultural tour in Sydney

Activites

We aim to provide a wide range of fun and educational activities to enable fostered young people to build their self-esteem and connect with their community and culture, with the long-term goal of providing support and teaching specific skills in preparation for life after foster care.

We will enhance the young leaders knowledge about their Aboriginal culture: family groups, totems, food, languages, arts, music, dance and take them on cultural camps/tours around Sydney.

Another aspect of the program involves first hand stories from powerful role models such as Aboriginal athletes, corporates, government and those people who have gone through the foster care system to tell their own story around overcoming adversity in the hope to empower the young leaders.

We will teach them how to set goals along with practical life skills such as cooking, budgeting, planning, getting work ready and finding housing and employment.

Contact information -

Isaiah Dawe on 0452 300 509 Isaiah@idknowyourself.com

Eunice Grimes on 0423 729 172 eunice@idknowyourself.com

Byron Serrano on 0473 065 544 Byron@idknowyourself.com

Website: www.idknowyourself.com