

September 2025

embrace exclusive

growing
together

we're at our best
when we seek to grow

PLUS

A LASTING LEGACY /
EMBRACING THE MIND/
BIG IDEA WINNERS



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Acknowledgement of Country

The Kids Research Institute Australia acknowledges Aboriginal and Torres Strait Islander people as the Traditional Custodians of the land and waters of Australia. We also acknowledge the Nyoongar Wadjuk, Yawuru, Kariyarra and Kurna Elders, their people and their land upon which The Kids is located and seek their wisdom in our work to improve the health and development of all children.

Embrace acknowledges that our research is only possible with our Indigenous leadership and the involvement of Aboriginal Community-Controlled Organisations in our research design and monitoring. We respect the critical importance of diverse Aboriginal and Torres Strait Islander perspectives and values in this project, and we incorporate these through Indigenous Governance, transparent and caring relationships with stakeholders, ongoing consultation with advisory groups, as well as participation from a range of relevant community members. We are committed to meaningful research participation through co-design, culturally safe methodology, and informed consent that places participants as experts in their perspectives and experiences.



Embrace



PRINCIPAL PARTNER
RioTinto

Foreword

GROWTH allows us to constantly evolve. Without it, the world becomes stagnant and unchanging. People can be left behind, and issues left unnoticed.

Growth is therefore a key part of our mindset at Embrace.

Since 2019, we have grown to become a nationally recognised collaboration unit that is helping to reshape how we understand and respond to mental health challenges in early life.

We grow through our devoted research on the mental health challenges faced by infants, children and young people.

We have grown as researchers and people, continually enhancing our work to address the mental health of the community we work with and for.

We have grown our research, publications, impact, and even our workforce.

In this edition of *embrace exclusive*, you'll learn about recent developments here at Embrace, from the latest season of our podcast, *Embracing the Mind*, to our new internship program, through to the winners of our Big Idea grant.

You'll find articles about how artwork can tell a complex and powerful story, discover the lasting legacy of one of our own, and see spotlights on other programs here at The Kids.

As you read on, consider how you have grown this year, and how you can continue to grow. Perhaps embrace a new change, or learn a new skill?

Either way, we hope you'll join us on this journey and grow with us.

Embrace Co-Directors



Professor Helen Milroy

Professor Jeneva Ohan

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A brush with history

Aboriginal Project Officer Bek Morrison shares her story about interning at the Berndt Museum of Anthropology, and reflects on the history of her family in the process

BEFORE I started my recent internship at the Berndt Museum of Anthropology, I had no idea I would discover so much of my own family history in its archives.

During the internship, I gained experience on how to handle Indigenous material, including the best practice in packing and storage of artworks and artefacts and preserving archive material. I also learnt about cultural safety in a museum context, communications, community engagement and event planning.

I was fortunate enough to host my mum, aunties and siblings in the museum archive.

As I took them around, we came across photos of my Nana's sister when she lived at Mogumber Mission in a photo album that was in the possession of A.O. Neville. This was very significant as A.O. Neville was the Chief Protector of Aborigines in WA from 1915 to 1940. He was responsible for many Aboriginal children being stolen from their families.

We also found marriage certificates of my great-great-grandparents on my Nana's side, as well as language cards documenting Noongar language.

Another highlight from the internship was being part of the *Mervyn Street: Stolen Wages* exhibition at the Fremantle Art Centre. Pop Mervyn was the lead claimant in the Stolen Wages case against the Western Australian Government, which he won in 2024, granting survivors and families of the Stolen Generations collective compensation of \$180 million. I thanked him for his service to our Aboriginal communities, and spoke of my Nan, who was stolen for seven years, about how this impacted her and our family.

I also met Gurindgi Elders from the Northern Territory. We had a smoking ceremony to welcome them at the School of Indigenous Studies. With them was Brenda L Croft, a renowned Indigenous curator who has worked with many national and international museums in Indigenous spaces.

Working on real projects during my time at the museum has fuelled my passion for Indigenous-led anthropology. ■

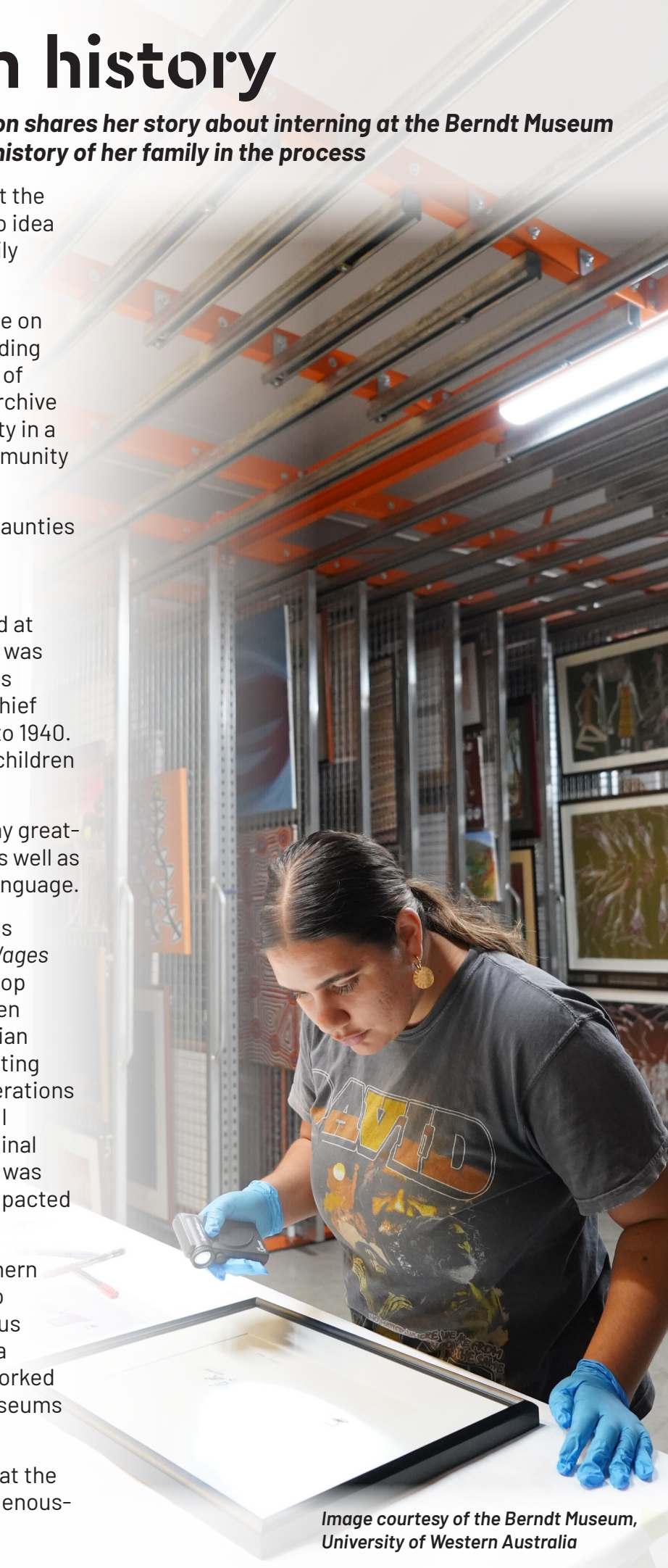


Image courtesy of the Berndt Museum, University of Western Australia

Embracing the mind

Season 3 puts a spotlight on women's wellbeing

WE'RE back with a third season of The Kids mental health and wellbeing podcast, *Embracing the Mind*.

We welcome back host Dr Alix Woolard, and introduce new co-host, Dr Karen Lombardi (pictured below), who tackle a topic bigger and bolder than any topic we've done previously.

Following the powerful response to our special birth trauma investigation last series, this season focuses on women's wellbeing, including reproductive health, neurodiversity, and the changing face of healthcare.

You'll hear interviews with people from all walks of life such as ministers, educators, celebrated authors, advocates and business leaders. Guests include author Lucy Peach, We Are W/M co-founder Kate Raston and convenor of the 2024 National Women's Health Summit, MP Ged Kearney.

Join Alix and Karen as they chat with women who have experienced medical bias in seeking a diagnosis, spent years searching for answers about their reproductive health, and faced early onset menopause brought about by cancer.

Embracing the Mind examines different aspects of mental health through the lens of lived experience. Previous episodes have focused on birth trauma, Tourette syndrome, ADHD and autism.

You can hear the rest of the episodes wherever you get your podcasts.



Listen now

Hear more about Hayley's story by scanning the QR code below



Opinion piece:

We need more education around women's health

We asked our podcast guest Hayley to recount her experiences with fibroids and navigating the healthcare system

Because I didn't always experience my symptoms as related—and often sought help for just one or two at a time—it made getting a diagnosis harder.

Doctors and allied health professionals suggested a range of possible culprits. These included the reproductive health issues we increasingly hear about, such as endometriosis and PCOS, along with things like irritable bowel syndrome and anxiety.

"All too often, doctors didn't follow up properly, leaving me feeling dismissed and disempowered. When I was 26, one doctor said it was probably endometriosis, but that I'd need surgery to confirm it. Then she asked if I really wanted to go through that. I didn't. But who would?"

Over time, the lack of answers started to wear me down. Loved ones suggested I might just be sensitive or worrying too much about my health. I started to think they were right. I just needed to get on with things.

I was never referred for a scan of my uterus. It wasn't until I was 32—when I began experiencing severe and persistent back pain, but only at night—that a doctor took my symptoms seriously. Persistent nighttime back pain can be a red flag for cancer. That red flag led to imaging.

And when the ultrasound revealed four fibroids, I felt relieved. I finally had an explanation. A diagnosis meant the pain I'd been feeling for years was real. I hadn't imagined it or exaggerated it. And now, I had a way to move forward.

But the way forward wasn't easy. Since the tumours were so large by the time they were found, I needed open surgery to remove them. One of the risks of this surgery was a life-saving hysterectomy. I was 32 and hadn't had children. I was terrified. I was told that if I didn't have the surgery and did become pregnant, the location of the fibroids could even make it difficult to eat. Depending on where your fibroids are located, you might not be able to fall pregnant or keep a pregnancy at all.

I don't think it should take more than ten years, chronic pain, no sleep, and a cancer scare for someone to be heard. If sharing my story helps even one young woman recognise the signs earlier, ask the right questions, and avoid the intervention I needed, it's worth it.

MOST women will develop uterine fibroids during their lives. But many of us, especially in our early reproductive years, have no idea what they are.

I was one of them.

In 2024, when I was 32, an abdominal ultrasound found four large fibroids, including one about the size of a mango growing against my spine.

This diagnosis came after more than a decade of repeat visits to GPs, specialists, and pelvic floor physios for persistent pain and a range of other symptoms. Some are commonly linked to women's health—like heavy and painful periods—but others, such as urinary frequency and digestive issues, are less obviously connected.

A call to action

We need better education and awareness about women's health so more of us can spot the signs and get the help we need early. But it's not just about knowledge. Healthcare providers also need to listen closely and take a comprehensive approach that considers the whole picture – not just isolated complaints – and provide proper follow through.

We need more research into the causes of fibroids, and better treatment and management options to support women living with them. Last week, I had my six-month post-op scan. This was meant to check how well my uterus was healing. Instead, I found out that several new tumours had already formed and were growing quickly. Most women develop fibroids, but only some experience large, symptomatic tumours like mine. I hope that by raising awareness and improving care options, fewer women will have to face this struggle. ■

All episodes are available wherever you listen to your podcasts



Above: Some of the team of early, mid and senior researchers who will be working on the update

Trans Pathways 2

Update to begin following big idea

Trans Pathways is set to receive an update in the leadup to the ten-year anniversary of the release of this seminal study from The Kids Research Institute Australia.

Trans Pathways 2 will address current knowledge gaps, updating and expanding on existing evidence on trans young people's mental health and support needs, after Dr Penelope Strauss was recently announced as the winner of the 2025 Embrace Big Idea award.

This award is worth up to \$150,000 for a project that meets one of Embrace's three research priorities in infant, child and adolescent mental health .

The 2016 national online survey – still currently the largest study on the mental health of trans young people aged 14-25 in Australia – generated wide-ranging community and clinical practice and policy impact within Australia and overseas, drawing attention to the mental health needs and barriers to service experienced by trans young people.

Ten years on, those findings are still regularly cited in standards of care.

"Since this study, we have seen many service providers realise the need to learn more about this population, to better support all young people and many services and individuals have sought to improve their knowledge, and care, of trans populations," Dr Strauss said.

"But much has changed in the sociopolitical landscape for trans young people since our initial study, thus updated data is needed. We anticipate Trans Pathways 2 will have similar reach to the initial research, if not more considering the current academic climates in other countries has disappointingly stifled research with trans populations."

Design has already begun on the new survey, with data expected to be collected in 2026 and published the following year.

Dr Strauss, whose team will include PhD students up to senior researchers providing valuable perspectives and insights, said she was "thrilled" to lead the next generation of the project, "with such a wonderful team bringing a wide-ranging skillset".

Past winners of the Embrace Big Idea awards include Dr Blake Cavve's project aiming to understand and support the mental health of Australians with complex gender-affirmation experiences (2024), and Dr Alix Woolard's 2023 mental health intervention for young people who have received a diagnosis of type one diabetes. ■

GET INVOLVED & LEARN MORE

Scan the QR code to sign up to the Embrace Community Group newsletter, read about our research priorities and see our updated research strategy.



Youth Mental Health
researcher
Dr Penelope Strauss



A Lasting Legacy

Laying the foundation for a gentle Embrace

“STUFF it, I’ll put my hat in the ring.”

It’s a life motto that’s served Dr Alix Woolard well and will continue to do so as she steps away from the Embrace team she helped build with Professor Helen Milroy AM to complete her Master of Clinical Psychology at Murdoch University.

With a final semester of clinical training to go before Alix embarks on an exciting new chapter, we take a look at the legacy she has left behind.

Having not stepped foot inside her Sydney university due to lockdown restrictions for close to a year and seeking a fresh start, a job opening at the then Telethon Kids Institute (now The Kids Research Institute Australia) caught Alix’s eye.

“I knew of Helen but didn’t think I would get it,” she recalls in her final days as a senior researcher with Embrace and the Healing Kids, Healing Families team. “But I also just thought stuff it, I’ll put my hat in the ring.”

“Of course they scheduled the interview for the one day I’d planned a holiday when the COVID restrictions in NSW had lifted, and it couldn’t be rescheduled. I decided to take the interview from a tiny café at the top of Perisher – I used their Wi-Fi and did the job interview in fluoro thermals, which certainly made an impression. Everyone laughed at or with me, I’m still not sure.”

“I did the interview and didn’t think too much about it – I went down the mountain, and had just started a yoga class when Helen called me. She almost tried to talk me out of it – ‘this is a big move, it’ll just be you and me, are you sure you want to move away from your family, it’s a heavy topic’.”

“I moved over two weeks later.”

Now that Helen had recruited the leading candidate, she set about ensuring she stayed.

“Alix had to make the big trip from over east to resettle in Perth and it was really important to make sure she was okay here,” Helen says.

“I went into quarantine for the first two weeks of work and had people I’d never met dropping off care packages – so it was a really lovely first impression,” Alix adds.



A team of two now in place, they set about applying for grants, quickly succeeding in winning three of them.

"We were busy very quickly," Alix says. "I think it goes to show how needed and innovative the work was that we were pitching."

The pair found they shared similar sentiments about what research the community most needed, and how to go about research differently – improving cultural sensitivity and building creativity into projects became important touchstones.

"It was easy for us to dream big together," Helen recalls. "We bounced ideas off each other, particularly in regard to making sure research was relevant, accessible. And so translation grew out of wanting to make sure what we were doing didn't just appear in articles but was translated out into the community."

Out of multiple successful grants, the team exploded from two to 15 staff within 18 months.

"Alix was an absolute people magnet," Helen says. "She attracted researchers from all over The Kids and elsewhere and the team started to build with likeminded people. It became easy to keep a culture of respect and kindness and support out of that."

"What I'm most proud of," Alix adds, "is that I think I collect relationships with people and they often want to come back and work for us. Many people in the team started as students or volunteers and because Helen and I value empathy and compassion, that became a core value in the team and so it was an attractive team to work for."

With the ultimate goal of having a foot in both clinical work and research ("Every researcher I know who is also a clinician is a better researcher, and vice versa," Alix explains), for the pair, who have assembled a team of over 20 researchers, it's a matter of when, not if, they work together again.

"Alix was such a wonderfully energetic, enthusiastic and innovative personality," Helen says.

"Having that combination in such a young person was a wonderful opportunity for me to feel inspired in the work going forward – I think we inspired each other." ■





Artwork maps the history of Aboriginal and Torres Strait Islander parenting

Noonakart Moodijabiny (or 'Everyone Becoming Strong') illustrates the history and growth of Aboriginal parenting, with the importance of connection to culture, Country and family all consistent themes.

Created by artist Ronda Clarke, *Noonakart Moodijabiny* was developed during the launch of Aboriginal parenting program project of the same name, *Noonakart Moodijabiny* (or 'Everyone Becoming Strong') in late March. Among those in attendance were community members, health professionals, and of course parents, who expressed eagerness to see the program in development.

Throughout the event, Ronda painted imagery of the discussions, beginning from a Welcome to Country and flowing through to the yarns with participants.

The artwork, now used at events and yarns as a conversation starter and showcase of the project, uses a blend of traditional and contemporary imagery to represent the feelings and experiences of Aboriginal and Torres Strait Islander parents and caregivers. Circles within circles, for instance, represent connection to family, and mismatched puzzle pieces signify the challenges of parenting.



Other themes which participants discussed in their yarns reflected the physical and emotional factors of being a parent, raising children, and current parenting programs. These themes are being investigated within this research project.

Some of the symbols within the artwork are broken down in this article.

Welcome to Country

- Spinifex grass, black sky, rocks, earth and trees: The land and sky.
- A pair of tapping sticks and a shell rope shaker: The Welcome to Country was performed alongside a didgeridoo player, also represented on the left.
- A shell with gum leaves and water: this is surrounded by lines representing the sea and waterways.
- The Waugle Rainbow Serpent: Noongar dreaming and the Derbarl Yerrigan (Swan River).
- The dots and lines throughout: Aboriginal culture and the connections which are forming in the room.

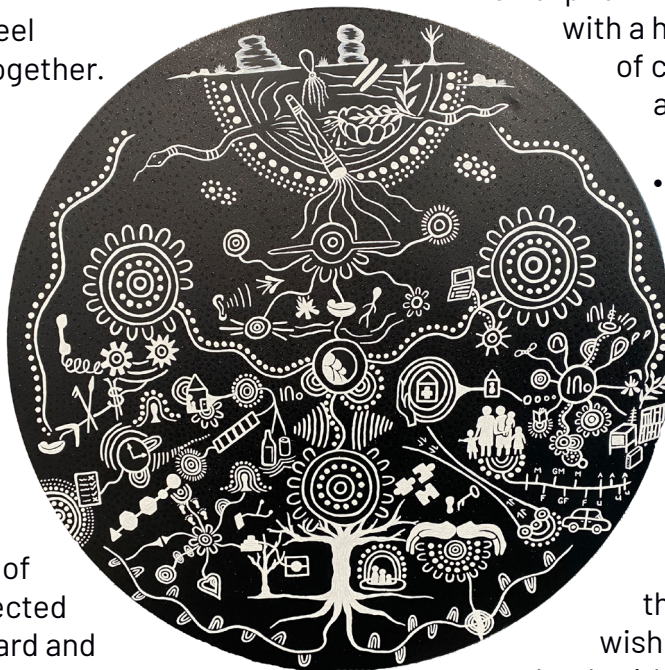


Bottom of the art

- The tree of life symbolises parenting: It grows, feeds, nurtures itself, strives to live and builds within its' environment.
- The two lines extending from the roots of the tree: The connections to families, parents, different parenting styles, advice and advocacy. There are many bumps and curves in the road, but we learn as we grow.
- The tree trunk: The strength of parents, holding on and keeping everyone tall and on track.

Left side of artwork

- Different shaped wheels: The often confusing experience parents can feel trying to fit different components together.
- Boomerang with spears: Strong connection to culture, which participants felt they didn't receive when they were taken away from their families.
- A head outlined by a line and dots: An exhausted parent, feeling as if they have let their children down; also an individual's social and emotional wellbeing.
- A medium circle attached to a small circle, then an octagon, hexagon and then a triangle: The disconnect of walking down a path that isn't connected to family and culture. Parenting is hard and everyone is learning as they go.



Right side of artwork

- The hospital inside several circles with a hand: Multiple kinds of care and supports available in the hospital system.
- A circle with an upside-down U shape: Parents can often feel alone.
- A book with circles and lines: Some parents feel like they don't have the skills and they are winging it, wishing there was a book with instructions.

Parenting program

FAMILY relationships, kinship, and connection to country and culture form the foundation of community wellbeing for Aboriginal and Torres Strait Islander people. The *Healing Kids, Healing Families* parenting program project aims to develop and implement a culturally safe, responsive and trauma-informed parenting program for Aboriginal and Torres Strait Islander families.

As the first of its kind, the project is addressing the gap where parenting programs have historically been adapted for use within Aboriginal and Torres Strait Islander communities. It is specific to the needs of Aboriginal and Torres Strait Islander people, keeping community at the forefront of its research and work.

The project is conducting research with advisory groups comprising Elders, service providers, parents, and caregivers. ■



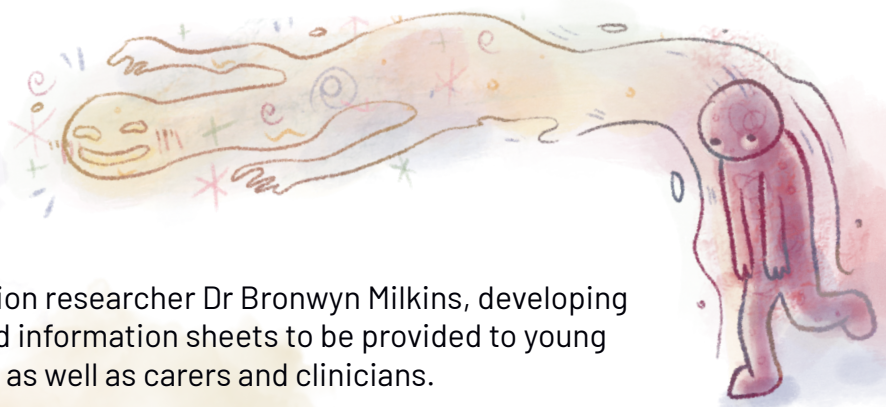
Pictured: Project Officer Bek Morrison (left) and artist Ronda Clarke holding the artwork

Building careers with Embrace Internship Program

CONGRATULATIONS to the inaugural Embrace intern, Bobby Zheng, who recently wrapped up a 100-hour paid internship with the *Healing Kids, Healing Families* team.

Bobby provided support to dissociation researcher Dr Bronwyn Milkins, developing resources including coping cards and information sheets to be provided to young people who experience dissociation, as well as carers and clinicians.

"It's been great," Bobby reflected on his time in the role.



"Although it is my first time in this type of role, I've learnt to adapt to the diverse workplace culture in Embrace and find confidence in using my skills to help this project. There has been an increasing demand for creativity in research made for the community, and I hope there are opportunities in the future where I can combine my artistic hobbies with my passion for psychology."

Bobby had previously completed a McCusker Centre for Citizenship internship through UWA and had impressed with his creativity, initiative and autonomous working style. Once he completes his Honours in Psychology at UWA, Bobby intends to pursue clinical psychology.

Some of the illustrations Bobby created for the dissociation resources can be seen on this page.

The Embrace Internship Program was introduced to provide opportunities and pathways for talented students interested in mental health and psychology.

Embrace Program Manager Nicole Hanna said, "Bobby had already spent some time with us through the McCusker program, but he still managed to exceed our expectations in our new internship program."

"The Embrace Internship Program will be available twice a year to talented students and each internship will be tailored to ongoing mental health research at The Kids." ■



Spotlight on psychosis & stigma

PhD candidate and Youth Mental Health researcher Zoe Waters is in the final stages of completing a registrar program at Fiona Stanley Hospital and becoming a Clinical Psychologist. Once she has achieved this, Zoe plans to build on the findings of her PhD, as outlined below.

UNDER the watchful eye of PhD candidate Zoe Waters, research on stigma and self-stigma has grown to meet the needs of an at-risk community.

In the first of three studies that form the bulk of her recently submitted PhD, Zoe talked to young people at risk of psychosis about their experiences of stigma and self-stigma.

"We found that young people at risk for psychosis are faced with a real predicament in terms of uncertainty for the future. Uncertainty around what that label even means, around confidence in their interpretation of their own reality, also very painfully aware of the stigma surrounding psychosis – they are fearful of experiencing an episode and attracting the same stigma they see others suffering from."

Next up and with support from headspace and Orygen, Zoe surveyed over 60 young people across Australia at risk of psychosis, finding that self-stigma was impacting self-compassion, self-efficacy and self-esteem in this group.

"Young people were more fearful about sharing the fact they met the criteria for being at risk of psychosis if they had a higher level of perceived stigma, for instance," Zoe says. "The self-stigma was very damaging on their identities and sense of self, and if that were to fester over time, we would expect to see detrimental psychological impacts like depression and anxiety in that young person."

Now with the knowledge that self-stigma and perceived stigma are high in young people at risk of psychosis, Zoe created resources to help support this population and their loved ones.

"We wondered if there are ways to intercept stigma before it takes root in young people, so we set about creating an anti-stigma campaign to nip it in the bud," she says.

And the findings were promising – both the trialled resources led to reduced stigma, greater

confidence in supporting a young person at risk of psychosis, and less anxiety about spending time with the young person, although neither resource lead to improved empathy or reduced social distance.

"This problem is much larger than can't be solved with a single PhD thesis," Zoe says.

"But what stands out for me in all the work I have done is the amazing resilience and bravery of the young people in our communities, and their generosity of spirit in being willing to speak to a stranger about deeply personal and emotional experiences, all in the hope this would one day help others. Their stories are what I won't ever forget, and what will push me forwards." ■



Dandjoo Kooliny: kaartidjiny wer yanginy (Coming together, learning and sharing)

Join us to discuss cultural safety in mental healthcare for Aboriginal and Torres Strait Islander young people, and hear findings from our Medical Research Future Fund-supported research.

Friday 31 October

10:00am – 12:00pm

Hackett Hall, WA Museum, Boola Bardip



Scan the QR code
to RSVP by
Friday 24 October

We will also take this opportunity to celebrate our valued partnership with Rio Tinto and Channel 7 Telethon Trust.

Australia's social media ban: What you should know

FROM December 10, 2025, Australians under the age of 16 will no longer be allowed to have their own social media accounts. The ban is aimed at protecting young people from the online harms posed by social media, but some experts argue it may not be the most effective solution.



This article from The Kids Research Institute Australia's Dr Ezra Kneebone outlines what the ban involves, the potential drawbacks, and how families can overcome them.

What is being banned?

Without an account, under-16s won't be able to:

- post content
- like or comment on other users' posts
- send or receive direct messages

While the full list of social media platforms hasn't been confirmed, the ban is expected to cover Snapchat, TikTok, Facebook, Instagram, YouTube, and X (formerly Twitter).

Some content on these platforms can still be viewed without an account. For instance, on TikTok and YouTube, videos that are not age-restricted (18+) remain accessible without signing in. This means under-16s will still be able to use these platforms, but only in a limited way, without access to account-based features.

The ban does not apply to online gaming platforms or standalone messaging apps such as WhatsApp.

How will the ban be enforced?

Platforms will need to check the age of every Australian user. Accounts found belonging to under-16s will then be deleted, and anyone signing up for a new account will need to prove their age.

It is still unclear how platforms will check a user's age. The law states that they cannot rely only on government-issued IDs, such as a driver's licence or passport. Other methods will be required, and possible options include facial scans or, for existing accounts, looking at user's activity, interests and friends.

Platforms that fail to enforce the ban may face significant fines, but children and parents who bypass the rules will not face any penalties.

What are the drawbacks and how can they be overcome?

The ban means that under-16s will miss out on some of the positive aspects of social media, such as connecting with others and finding support. To help adolescents maintain a sense of community and belonging, parents and carers can help them find alternative ways to build connections, both online and offline.

The ban will not protect under-16s from every online risk. Cyberbullying and grooming, for example, can occur on gaming platforms, and new concerns are emerging around the use of artificial intelligence (AI) tools. As a result, parents and carers will still need to learn about online safety and guide their children in developing responsible digital habits.

How can parents and carers get support?

The Kids Research Institute Australia and Dolly's Dream are proud to deliver Beacon – a cyber safety educational app. The Beacon app delivers up-to-date information backed by the latest research, as well as personalised support, ideas and strategies for parents and carers to navigate their child's ever-changing online world. ■



**FIND OUT
MORE
ABOUT
BEACON**

**Scan the QR code
to learn more
about Beacon and
download the app**



Activities

THIS is one of 12 yarning cards developed by our Cultural Safety team. Each card includes an individual art piece created by Aboriginal Project Officer, Thomas Betts, and a story developed by an advisory group member. The following story was written by Alison Scott:

"Growth isn't always easy—it's shaped by life's ups and downs. Every challenge you face, every setback you overcome, helps you grow into a stronger, wiser version of yourself. You are always growing, even when it doesn't feel like it. Be kind and patient with yourself, especially during the hard moments. Real growth often happens when things feel most uncertain. Set your own goals, walk your own path, and don't let obstacles define or stop you. Reflect, adjust, ask for support when needed—and keep going."



To see the other yarning cards and read their stories, visit the Embrace website or scan the QR code.

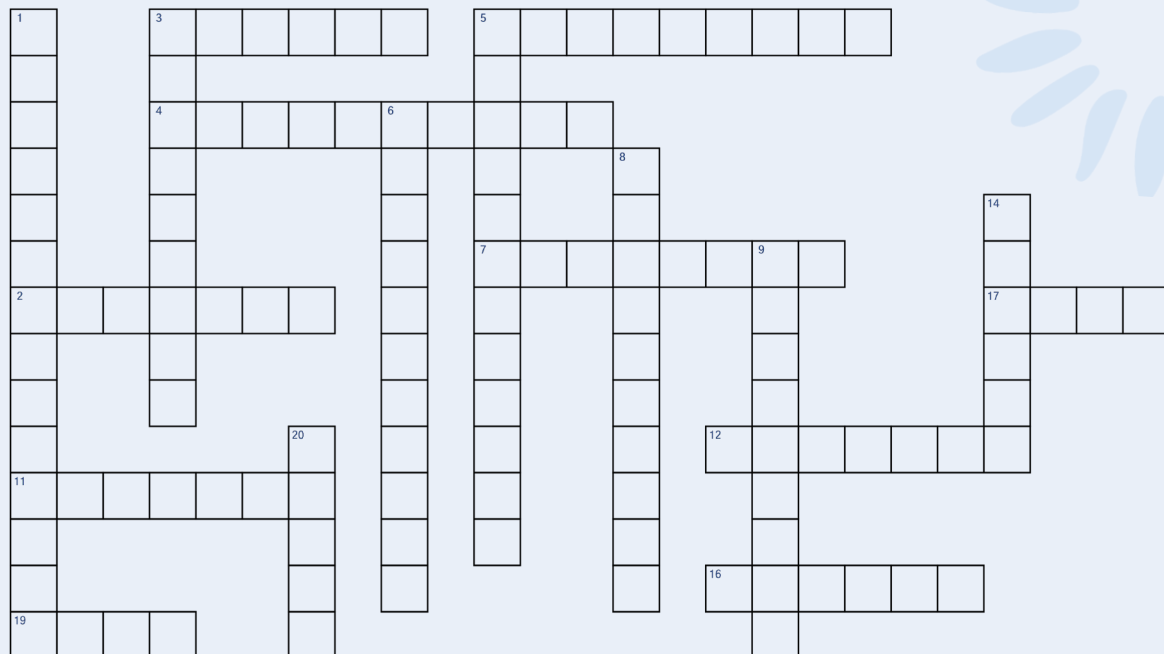
embrace.thekids.org.au



colouring in

GROWTH

Crossword



Across:

2. A deep and accurate understanding of someone or something
3. A course or principal of action proposed by an organisation or individual; a guideline or rule that organisations have for people to follow; 'it is company -----'
4. A trait displayed in overcoming adversity; withstanding or recovering quickly
5. A mental process or action that can involve learning, thinking, planning, memory; is both a conscious and unconscious process
7. The Kids ----- Institute Australia
10. R U OK? day is in which month?
11. To hold up or give assistance to
12. A course of action; a route you can take, both figuratively and literally
13. Social and emotional -----
16. Indicating an increase in size; the theme of this magazine
17. Embrace's podcast, Embracing the -----
19. For Aboriginal and Torres Strait Islanders, the word for communicating and connecting through safe discussions in a group
22. Noongar name for Perth

Down:

1. Displaying a range of differences in brain function and behavioural traits; umbrella term used to describe ADHD, autism etc;
3. Act of raising a child, and the focus of a Healing Kids, Healing Families project
5. A talk or discussion
6. To examine, or research; what Sherlock Holmes does
8. Acts that require imagination or original thought require this; usually associated with artists
9. Process of working together to produce something
14. A group of people constituting a tied unit, usually associated with relatives; another word for kin
15. 'A ----- of hope'; also the name of a cyber safety educational app made by The Kids and Dolly's Dream
18. A process of becoming healthy again, therapeutic
20. What you do at university; to examine or explore something deeply
21. Noongar name for the Swan River ----- Yerrigan
23. Period of life between childhood and adulthood

Word scramble

1. UTYMOICMN
2. LNAGIEH
3. CMBERA
4. TCNROYU
5. WHGORT
6. VEAHCIE

Combined word hint:

"Be the ----- that you wish to see in the world." - Mahatma Gandhi





e.