

Frequently Asked Questions

How to use our safe yarning cards

Q: What are the safe yarning cards?

Our safe yarning cards are a practical tool designed to support culturally safe yarning. They take a strengths-based approach and can be used to start conversations and build connection. Each card includes a word, artwork, and a short story to guide discussions. There are 12 cards, covering themes such as *Safe, Community, Country, Healing, Journey, and Support*.

You can use the cards in individual or group settings by inviting a person to choose a card, read it together, and yarn about it.

Q: Who can use the cards and where?

The cards can be used with people of all ages. They are grounded in Aboriginal knowledges and culture but can be used by anyone, not only people who identify as Aboriginal or Torres Strait Islander.

The cards can be used in a range of settings. For example:

- school or youth programs
- clinics, therapy, or counselling sessions
- community or group programs.

Q: Who developed the cards?

The development of the safe yarning cards was led by Aboriginal Project Officer Thomas Betts. They were designed by the research team in consultation with members of the Aboriginal Advisory Group and the Moorditj Mandi Mob (Youth Group). All cards were illustrated by Thomas Betts.

You can learn more about the project [here](#).

Q: Why were the cards created?

The safe yarning cards were originally developed to support research exploring cultural safety in mainstream mental health services in Boorloo (Perth). They've since been adapted for broader use, such as by mental health practitioners working with young people and families.

The research highlighted that young people feel safest and most supported when services use approaches such as:

- warm, genuine and relaxed conversation (including humour)
- deep listening to allow young people to share at their own pace
- culturally-grounded resources that integrate Aboriginal knowledge, stories, and (where appropriate) local language.

Q: Can services adapt or develop their own yarning cards?

Services can develop their own yarning cards in consultation with local Aboriginal and Torres Strait Islander communities to ensure they reflect local culture, language, and the needs of the people they work with.