



HARVEY ABORIGINAL CORPORATION

YOUTH

Retreat

INFORMATION PACK

KAMBARANG-BIRAK

24TH-26TH NOVEMBER

For more information, or to register your place, contact Brad or Kenny at info@harveyabcorp.com.au

SUPPORTED BY



Government of Western Australia
Mental Health Commission



Kaya

"Kaya is" the Noongar word for "hello".



Thank you for expressing interest in the Harvey Aboriginal Corporation Youth Retreat being delivered with support from the Mental Health Commission of WA through the Strong Spirit Strong Mind Youth Project.

This Project aims to raise awareness of the harms associated with alcohol and other drug (AOD) issues & improve social and emotional wellbeing (SEWB) among young Aboriginal people and their families and communities across Western Australia.



This Project focuses on young people aged 12 to 25 years and encourages these young Aboriginal people to develop the knowledge and attitudes to choose healthy lifestyles, promote healthy environments and create safer communities.



We hope you enjoy this Retreat!



Retreat Details

- Date: Friday, 24 September to Sunday, 26 September 2023
** Arrive at camp by 5.30pm Friday, depart camp no later than 1pm Sunday*
- Location: Mornington Adventure Camp
119 Martin Road, Mornington
- Cost: FREE
- Food/Drink: Meals, light snacks and drinks provided for duration of camp
- Age Requirements: Youth aged 10-25 years
- Sleeping Arrangements: All participants will be sleeping on beds in dormitories
** BYO sheets, pillows and blankets*



What to Bring

To make your experience as comfortable and enjoyable as possible, please bring the following:

T-shirts and long shirts

Jeans, comfortable pants and shorts

Socks and underwear

Warm jacket or jumper

Pyjamas

Swimming clothes

Hat and sunglasses

Enclosed shoes suitable for bush walking

Toiletries (soap, toothpaste, toothbrush, shampoo/conditioner)

Two towels (bathroom and beach)

Sleeping gear (sheets, pillow, blanket, sleeping bag)

Backpack

Water bottle

Medication (if required)

Harvey Aboriginal Corporation take no responsibility for damaged or lost property - please ensure all items are labelled, and any valuable items are not brought.

Itinerary

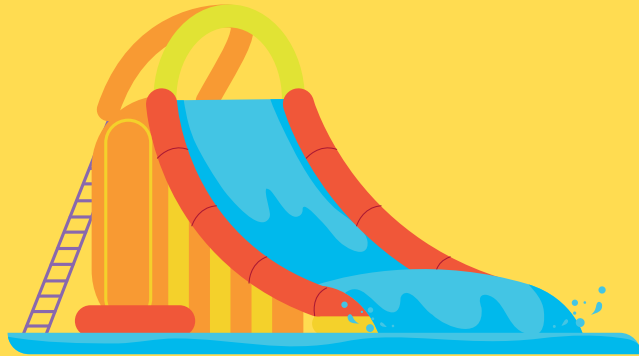
A range of activities have been organised to maximise your enjoyment at the Youth Retreat.

FRI



- BBQ
- Movie / Games Night

- Giant Water Slide
- Water Sports
- Campfire Stories
- Arts And Crafts
- Movie Night



SAT

SUN



- Rock Climbing Wall
- Flying Fox
- Abseiling

Throughout the weekend you will have unrestricted access to:

- Arts and craft resources
- Sports equipment
- Health information resources



Participation

A decorative graphic of red footprints of various sizes and orientations is scattered across the page, starting from the top right and moving towards the bottom left.

This Participation Agreement is to make sure that everyone can take part, have fun, be safe and enjoy their visit to Camp Mornington during the Youth Retreat. Young people of different ages and backgrounds are coming to the Youth Retreat. When you are at the Youth Retreat we ask that you respect the guidelines in this agreement. These guidelines have been written for everyone's safety.

What we would like

- Respect for everyone and everyone's property.
- Acceptance of all ages, backgrounds and beliefs whether similar or different.
- Your participation.
- Everyone to enjoy themselves.

What you can expect

- To be respected.
- For your background, culture and beliefs to be accepted.
- Support to take part.
- To have a great time!

Getting to know people

For most participants, the Youth Retreat will be in an unfamiliar place, perhaps with unfamiliar people, however we want you to enjoy your time. Please take an active part in the Youth Retreat, get to know other people, their cultures and build friendships.

Behaviours

We ask you

- To accept that other people at the Youth Retreat will have a different background to you. Some of their beliefs may be different from your own. It is important that we accept our differences as they make us individuals.
- To come together to share ideas, opinions and experiences.
- To accept there may be cultural differences between us, and to see the opportunity to learn about other cultures as a part of the meeting.
- To tell us if you have particular dietary requirements for cultural, personal, or medical reasons. We will try to cater for your needs as best as we can.
- To respect other people at the Youth Retreat.

Getting on

- Please be sensitive to the feelings of others at all times, your behaviour or language may cause offence to others.
- We ask that at all times all participants remain modestly covered. Whilst we are not asking you to dress in a particular way, we would ask you to be sensitive to the feelings of other in how you dress.





















Retreat Leaders are responsible for your welfare and safety at all times.



From the time that you arrive at the Youth Retreat, to the time that you leave, the Retreat Leaders are responsible for looking after you. The way in which he/she takes care of you should be appropriate for your age and maturity.

The Retreat Leaders are responsible for:

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- Being aware of your whereabouts at all times.
 - Being aware of your physical and emotional needs and assisting in meeting those needs as appropriate or making every effort to meet those needs in consultation with you.
 - Making sure that you are able to communicate with other young people where necessary.
 - Making sure that you have the opportunity to participate in the activities.
 - Discussing any difficulties that you may be experiencing.
 - Giving you any other physical and emotional support that you might need. The Retreat Leaders should have your medical and emergency information with them at all times, with written permission from your parents/guardians (if applicable) to act on your behalf for medical emergencies.
 - Supporting you to take the best possible advantage of the opportunities available.

Feeling comfortable.

It is not correct for any Participant or Retreat Leader to:

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- Hit you or hurt you in any way.
 - Bully or tease you.
 - Ignore what you say, including questions and requests.
 - Insult you or make you feel stupid or embarrassed.

Keeping safe and well

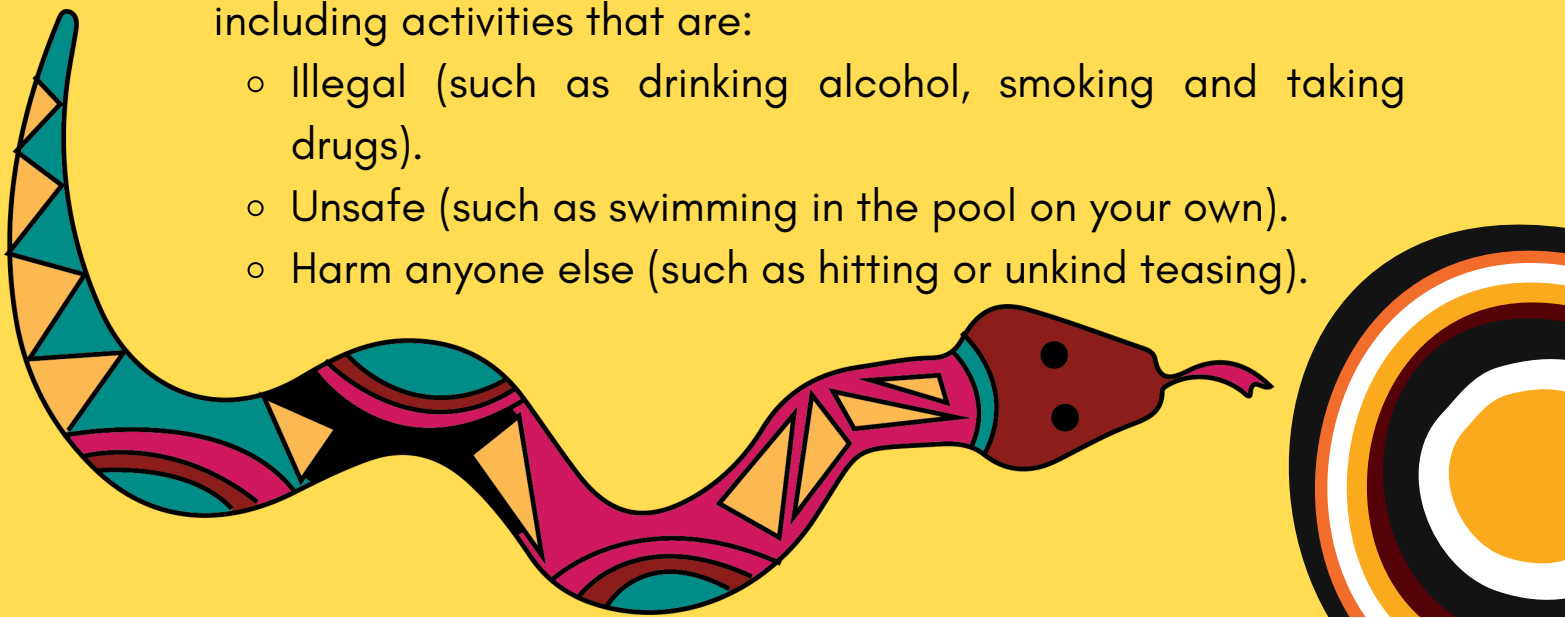
All Participants are welcome at the Youth Retreat. You should feel safe and well at all times. But sometimes it may be difficult to feel at ease in a strange place, with young people who come from different backgrounds. As a Participant during the Youth Retreat, you may need to remember how to make sure you always feel comfortable, respected and safe. No Participant or Retreat Leader should:

- Take you outside the Youth Retreat without permission.
- Invite you to sleep in their dormitory room.
- Sleep in your bed.
- Make you feel uncomfortable or embarrassed by treating you as if you are their boyfriend or girlfriend.
- Do things for you that are personal, which you can do yourself, such as dress you or wash you.

Being respected

No Participant or Retreat Leader should:

- Treat one person or a group of people better (or worse) than others - everyone should be treated equally.
- Refuse to believe what you say, or suggest that you are not telling the truth.
- Try to make you say things that you don't want to say.
- Try to make you do things you don't want to do.
- Force or persuade you to do things that you shouldn't do, including activities that are:
 - Illegal (such as drinking alcohol, smoking and taking drugs).
 - Unsafe (such as swimming in the pool on your own).
 - Harm anyone else (such as hitting or unkind teasing).





**Harvey Aboriginal
Corporation**

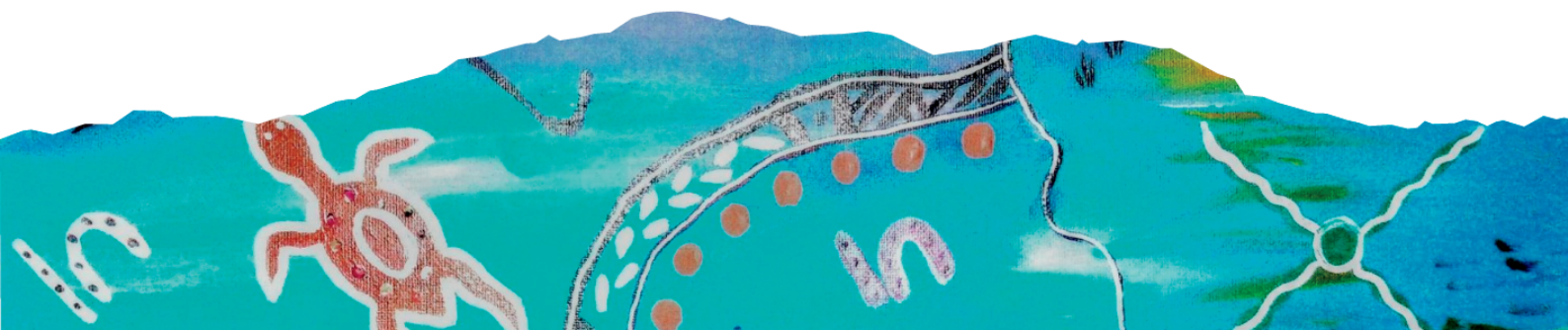
YOUTH RETREAT REGISTRATION

The Youth Retreat is a FREE 3 day, 2 night camp for young people aged between 10 to 25 years.

The Youth Retreat is supported by the Strong Spirit Strong Mind Youth Mental Health Project funded by the Western Australian Mental Health Commission.

The Strong Spirit Strong Mind Youth Project aims to raise awareness of the harms associated with alcohol and other drug (AOD) issues & improve social and emotional wellbeing (SEWB) among young people and their families and communities across Western Australia.

The Project focuses on young people aged 12 to 25 years and encourages these young people to develop the knowledge and attitudes to choose healthy lifestyles, promote healthy environments and create safer communities.



Participant Details

Are you of Aboriginal descent? Yes / No

Name: _____

Date of Birth: ___/___/_____ Gender: _____

Residential Address: _____

Town/Suburb: _____

Parent/Guardian Details (if Participant is under 18 years of age)

Name: _____

Phone: _____ Mobile: _____

Email Address: _____

Emergency Information

Emergency Contact Name: _____

Relationship to Participant: _____

Mobile Number: _____

Does the Participant have any allergies, chronic illness or medical conditions? If yes, please describe:

Is the Participant prescribed an inhaler? If yes, please explain any instructions:

Will the Participant need to bring medication? If yes, please explain any instructions:

Does the Participant have any dietary requirements? If yes, please detail:

Do you consent to photographic / videographic footage of you (or your child) being taking during the Youth Retreat and potentially used in marketing? Yes / No

I am aware in signing this document for my / my child's participation in the Youth Retreat that certain elements of the program could be physically and emotionally demanding. Furthermore, I understand that certain inherent risks and dangers may exist in the activities being delivered.

I acknowledge that while Harvey Aboriginal Corporation and its Retreat Leaders will make every reasonable effort to minimise exposure to known risks, all hazards and dangers associated with these activities cannot be foreseen or may be beyond the control of Harvey Aboriginal Corporation, its Retreat Leaders and Volunteers.

In the event of an emergency where my nominated contact people are unavailable:

- I authorise the Youth Leaders to obtain medical advice and/or assistance which they deem necessary.
- I further authorise qualified practitioners to administer anesthetic if required.
- I accept all operation, blood transfusion and/or anesthetic risks involved in the event that such procedures are deemed necessary.
- I accept the responsibility for payment and agree to pay medical, transport, and any other related expenses.
- I confirm that the information contained in this application is true and correct.
- I agree to inform the Retreat Leaders of any change to these details.

I understand that the Retreat Leaders will take all responsible care of me / my child whilst at the Youth Retreat and that Harvey Aboriginal Corporation or its representatives will not be liable in any injury or accident, or for damage or loss of property. I understand that in cases of unacceptable behaviour, participants will be sent home.

I have read the attached Participant Behaviour and agree to abide to this at all times.

Signature of Participant: _____

Signature of Parent/Guardian: _____
(if Participant is under 18 years of age)

Date: ____/____/_____