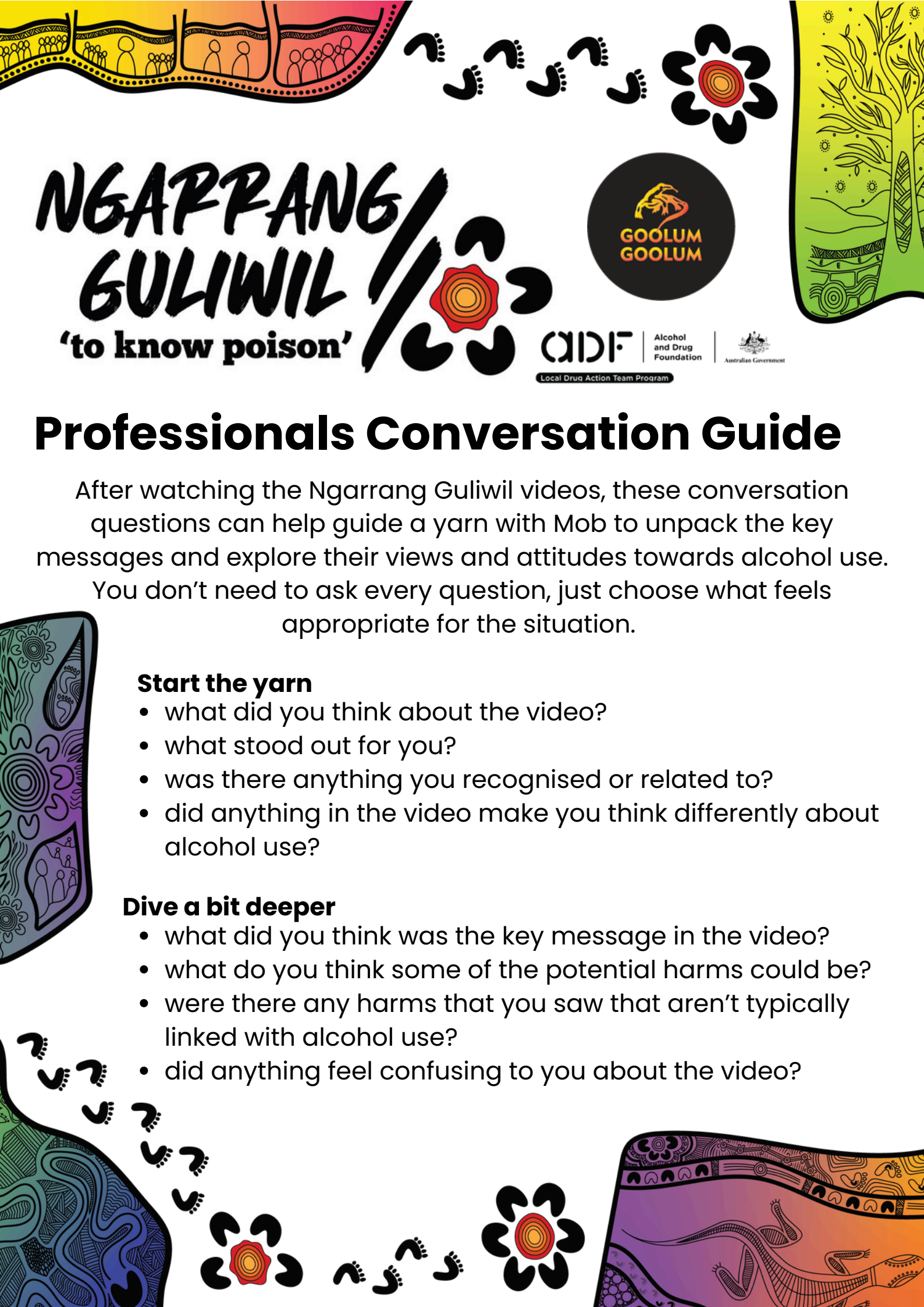




NGARRANG GULIWIL

'to know poison'



ADDF

Alcohol
and Drug
Foundation

Australian Government

Local Drug Action Team Program

Professionals Conversation Guide

After watching the Ngarrang Guliwil videos, these conversation questions can help guide a yarn with Mob to unpack the key messages and explore their views and attitudes towards alcohol use. You don't need to ask every question, just choose what feels appropriate for the situation.

Start the yarn

- what did you think about the video?
- what stood out for you?
- was there anything you recognised or related to?
- did anything in the video make you think differently about alcohol use?

Dive a bit deeper

- what did you think was the key message in the video?
- what do you think some of the potential harms could be?
- were there any harms that you saw that aren't typically linked with alcohol use?
- did anything feel confusing to you about the video?

Connect back to everyday life

- where does alcohol use fit into your life? Is it everyday?
- what do you think might be the reasons people drink?
- when do you think alcohol use might start to be harmful?
- what might some of the early warning signs be?
- how do you think alcohol use might impact your life, relationships, work, school, connection or community?

Encourage reflection

- when you watched the video, did this situation remind you of anything?
- do you think some of these harms could be easy to miss?
- what might stop someone from getting support?
- if you were worried about someone, how might you talk to them about getting support?

Finding support

- when do you think a good time to start getting support is?
- where would you go to get help?
- who are the trusted people or services around you?
- what might help someone feel confident to ask for help?
- how can you support someone who is getting help?
- how would you want to be supported?

Identifying strength

- what helps you to stay strong and well?
- who are the people you can lean on?
- what role does family, community, culture and connection play in staying strong?
- what are the strengths in your community?



Artwork created by Tanisha Lovett
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