

Digital Trakz - A resource to reduce the impact of teasing in the lives of Aboriginal youth

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A new resource has been launched in Darwin today designed to help youths cope with teasing and bullying.

Menzies School of Health Research (Menzies) Centre for Child Development and Education (CCDE) partnered with Northern Territory PHN (NT PHN) to produce the resource kit in collaboration with an advisory group of young community-based leaders.

Trakz uses cartoon graphics to tell real-life stories about teasing that happens in community and gives examples of how youths can respond to protect themselves and their friends from the effects of teasing.

NT PHN Chief Executive Nicki Herriot says Trakz is an important resource not just to increase community awareness, but to raise capacity within communities.

“It will be used to recognise and respond to the wide-ranging effects of teasing and bullying.

To have this resource available in a digital format extends its reach even further and NT PHN looks forward to seeing the positive impact Trakz will have on suicide prevention activities, particularly in remote communities” said Ms Herriot.

Menzies Professor Gary Robinson, Director of the Centre for Child Development and Education says last year the Trakz program was piloted with groups of Aboriginal youths whose evaluation of the Trakz stories were very positive.

“The resource kit is enhanced with our Digital Trakz App which gives Aboriginal youths across the country access to the Trakz stories in an engaging, interactive format. This resource was developed with Hitnet, a ‘tech for good’ company that brings information and services to the hardest-to-reach people” said Professor Robinson.

Two digital Trakz stories (Priscilla’s story and Tom’s story) are available in animated audio versions via the App Stores (iTunes and Google) under the title of Trakz. The digital Trakz stories are also available nationally on the Hitnet Community Hubs and via the Hitnet website <https://www.hitnet.com.au/kiosk/>.

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Menzies School of Health Research

Menzies School of Health Research is one of Australia's leading medical research institutes dedicated to improving Indigenous, global and tropical health. Menzies has a history of over 30 years of scientific discovery and public health achievement. Menzies works at the frontline, joining with partners across the Asia-Pacific as well as Indigenous communities across northern and central Australia. Menzies collaborates to create new knowledge, grow local skills and find enduring solutions to problems that matter.

Northern Territory PHN

The NT PHN vision is that people in the Northern Territory enjoy their best health and wellbeing. NT PHN strives to achieve this vision by commissioning the delivery of health services, providing support to the primary health care workforce and by supporting integration across the acute and primary health care sectors. NT PHN helps Territorians receive the right health care, in the right place, at the right time.

More information on Hitnet:

Hitnet brings information and services to the hardest-to-reach people. As governments and organisations are digitising their services, Hitnet breaks down barriers to provide connection, access and information to the 3 million people in Australia who are digitally excluded.

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