

**Daughters of the Dreaming
WORKSHOP DRAFT**

What is Shame – Coping with Shame?

Shame is when someone says you've done something wrong and you feel Embarrassed and humiliated. Even though you haven't done anything you still feel like you have.

This is especially bad if someone like the police are involved, you don't feel as though you can answer back as it will get you into more trouble and bring shame to your family name.

How does shame get between you and your rights?

Shame stops you from asking questions and standing up for yourself.

What's the Cure for Shame?

Shame is complicated. It's about feeling good about yourself, like you don't have to put up with stuff.

Knowing your rights is important too because that you can say "that's not right I don't have to do that, or you can't do that" and you know that you're in the right and they're in the wrong.

KOORIE GIRLS ARE!

Koorie girls are proud.

Koorie girls are Aboriginal

Aboriginal girls are able to laugh out LOUD!!

Aboriginal girls support each other...

Aboriginal girls love their families!

Aboriginal girls take care of their environment.

Aboriginal girls are all different.

All nationalities together

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We ALSO WANT TO SAY:

Its your choice::
peer pressure is not an excuse.

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