Resources · Aletheia Talks

Digital health education

Real stories and plain-language health information, where young people already are.

Health Literacy | Taboo Uplift | Diverse Voices

Real stories and plain-language health information, where young people already are.

resources

What it is

Our blog and social storytelling, known as **Aletheia Talks**: articles, blog posts, Instagram carousels and short videos on health literacy, self-advocacy, cultural shame, sexual health, mental health, stigma and medical dismissal.

Why it matters

Young people have more health information than any generation before them, but access is not the same as understanding. Misinformation spreads fast, and trustworthy content often doesn't land. We write for young people in their own language, with sources they can check.

What we've published

The Grey Zone

Body Literacy Through Generations

The Invisible Patients: Girls in Sport

Regular posts on @aletheia.au

How we make it

Every piece is researched, fact-checked by our research team, reviewed for safe messaging (following Mindframe guidance on mental health), and written in plain, stigma-free language. It is health education, not medical advice.

Who it's for

Young people, and the parents, teachers and youth workers who want trustworthy information to share.

Where it's at

5,000+
readers in 2025–26

New pieces are published on Medium. Our Substack is paused but still holds earlier pieces. The current archive runs from 2025 onwards, and older pieces are being transferred.

get involved

Read the blog, follow @aletheia.au, or pitch and submit your own writing or story through the Aletheia Talks Submission Form.

Pitch or submit a piece →

Read on Medium →

scan to open

The Aletheia Project · Health. Voice. Empowerment.
thealetheiaproject.org · contact@thealetheiaproject.org · @aletheia.au

Health education, not medical advice. We acknowledge the Wurundjeri Woi-wurrung people of the Kulin Nation, where Aletheia was founded. Sovereignty was never ceded.