

"I just feel off."

*heard.
understood.*

you can say...
"This is affecting my daily life."

Resources

Voice Packs

The words to describe your body, and the confidence to use them.

Health Literacy

Medical Dismissal

Taboo Uplift

Diverse Voices

Youth-Led Action

The words to describe your body, and the confidence to use them.

resources

What it is

Voice Packs are Aletheia's flagship resource: comprehensive, youth-designed health literacy packs written in plain, stigma-free language. Each pack covers all five of our pillars (Health Literacy, Medical Dismissal, Taboo Uplift, Diverse Voices and Youth-Led Action), so a young person can start knowing nothing and finish with the words, the knowledge and the confidence to speak up.

Packs include fact sheets, myth-busting activities, discussion prompts and "you can say" scripts for real appointments. They are currently developed in five languages, with plans to expand.

Why it matters

When something feels wrong but you don't have the words, it's easy to be dismissed. Many young people, especially girls, CALD and LGBTQIA+ young people, are told pain is "normal" or symptoms are "just stress". **Language is power:** naming what you feel is the first step to being taken seriously.

Inside the April 2026 edition: *Heard. Understood. Me.*

Health 101 vocabulary

Plain explanations of terms like PCOS, endometriosis, ADHD, hormonal imbalance, chronic pain, fatigue, inflammation, anxiety, depression, medical consent, implicit bias and second opinions, each with lines you can say.

Fighting medical dismissal

What to say when you're told "it's probably just stress", feel rushed, are interrupted, aren't believed, or need more time to decide.

Navigating the health system

How to see a GP, bulk billing, referrals, consent, confidentiality, mental health and sexual health services.

Your story, your voice

Reflective pages such as "What have you been told about your body?" and "What do you wish someone believed?"

Who it's for

Young people aged 12 to 25, and the schools, councils and youth organisations that support them.

Where it's at

5

formal editions so far

8,000+

health resources shared
since 2019

5

languages, with more to
come

Every Empower Pack in 2026–27 will include a Voice Pack.

get involved

Download the Voice Pack, order printed copies for your school or organisation by emailing contact@thealetheiaproject.org, or join our resource development team to help write the next edition.

[Order printed copies →](#)

[Join the resource team →](#)



The Aletheia Project · Health. Voice. Empowerment.

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