

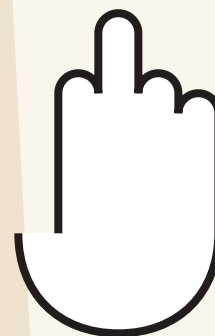
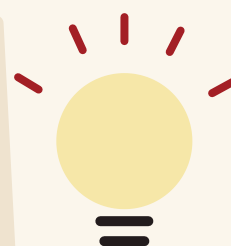
today's workshop

9:00 Body Basics

10:30 Heard in the Room

12:00 lunch + chats

1:00 From Story to Change



Youth decision-making

Youth workshops

Learn it. Say it. Own it.

Health Literacy

Medical Dismissal

Taboo Uplift

Diverse Voices

Youth-Led Action

✦ What it is

Interactive, youth-led sessions where young people learn about their health, ask the questions they've never been able to ask, and practise speaking up for themselves. Every workshop is built around our Five Pillars, and runs in person or online.

♥ Why it matters

Reading about self-advocacy is one thing; saying *"I don't think this is resolved"* out loud is another. Workshops give young people a safe room to practise, and show them they're not the only ones with these questions.

✦ What our workshops cover

PILLAR	WHAT YOUNG PEOPLE BUILD
Health Literacy	The words to describe what they feel, and how the health system works
Medical Dismissal	How to recognise not being heard, and what to say when it happens
Taboo Uplift	Clear, safe information on the topics no one talks about
Diverse Voices	Confidence to navigate culture, identity and health, in any language
Youth-Led Action	Turning their own experiences into change

Every participant leaves with take-home resources: a Voice Pack, the Self-Advocacy Journal and the Health Navigator. Our **Workshop Catalogue** shows the range of workshops we run.

😊 Who it's for

Young people aged 14 to 25. Every workshop follows our Child Safety and Wellbeing Policy.

➔ Where it's at

Workshops have been part of Aletheia since 2019. We plan and run them ourselves, and we're not taking external bookings at the moment.

get involved

Follow @aletheia.au to hear about upcoming workshops. Volunteers can help run them through our events and youth engagement team, and organisations interested in partnering can reach us through the Partnership & Sponsorship Enquiry form.



[See the Workshop Catalogue →](#)

[Partner with us →](#)



The Aletheia Project · Health. Voice. Empowerment.

thealetheiaproject.org · contact@thealetheiaproject.org · [@aletheia.au](https://www.instagram.com/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.