



Youth workshops

Workshop Catalogue

A showcase of the kinds of workshops Aletheia runs, built around our Five Pillars.

Health Literacy

Medical Dismissal

Taboo Uplift

Diverse Voices

Youth-Led Action

A showcase of the kinds of workshops Aletheia runs, built around our Five Pillars.

*8 workshops · 5
pillars*

Who they're for

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

Every participant leaves with

A Voice Pack, the Self-Advocacy Journal and the Health Navigator to take home.

Workshops are designed and run by Aletheia. We're not taking external bookings at the moment; follow @aletheia.au to hear about upcoming workshops.

HEALTH
LITERACY

60–90 MIN · IN PERSON OR
ONLINE

Body Basics

01

The Words for What You Feel

What it covers. Health vocabulary, describing symptoms, and finding trustworthy information.

leave with: A personal "health words" glossary

HEALTH
LITERACY

60–90 MIN · IN PERSON OR
ONLINE

Navigating the System

02

From GP to Specialist

What it covers. Choosing a service, booking, bulk billing, referrals and rights, using the Health Navigator.

leave with: A step-by-step plan for their next appointment

MEDICAL
DISMISSAL

60–90 MIN · IN PERSON OR
ONLINE

Heard in the Room

03

Speaking up when you're not being heard

What it covers. Recognising dismissal, role-playing common moments, asking for second opinions.

leave with: Scripts they can use in any appointment

MEDICAL
DISMISSAL

60–90 MIN · IN PERSON OR
ONLINE

Your Health, Your Journal

04

Preparing with the Self-Advocacy Journal

What it covers. Tracking symptoms and preparing for appointments with the Self-Advocacy Journal.

leave with: A started journal and question list

TABOO UPLIFT 60–90 MIN · IN PERSON OR ONLINE

Myth or Fact?

05

The Things No One Talks About

What it covers. Myth-busting on periods, pain, sexual health and mental health.

leave with: Clear facts and where to find more

TABOO UPLIFT 60–90 MIN · IN PERSON OR ONLINE

Digital Health Detectives

06

Spotting misinformation online

What it covers. Spotting health misinformation and checking sources online.

leave with: A quick source-checking checklist

DIVERSE VOICES 60–90 MIN · IN PERSON OR ONLINE

Culture, Health and Home

07

Health across cultures and generations

What it covers. Cultural shame, family conversations, interpreters and identity in healthcare.

leave with: Words to start hard conversations at home

YOUTH-LED ACTION 60–90 MIN · IN PERSON OR ONLINE

From Story to Change

08

Turning experience into advocacy

What it covers. Storytelling, co-design and speaking to decision-makers.

leave with: A first advocacy pitch or piece of writing

get involved

Follow @aletheia.au to hear about upcoming workshops. Organisations interested in partnering can reach us through the Partnership & Sponsorship Enquiry form.

[Learn about our workshops →](#)

[Partner with us →](#)



scan to open



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.