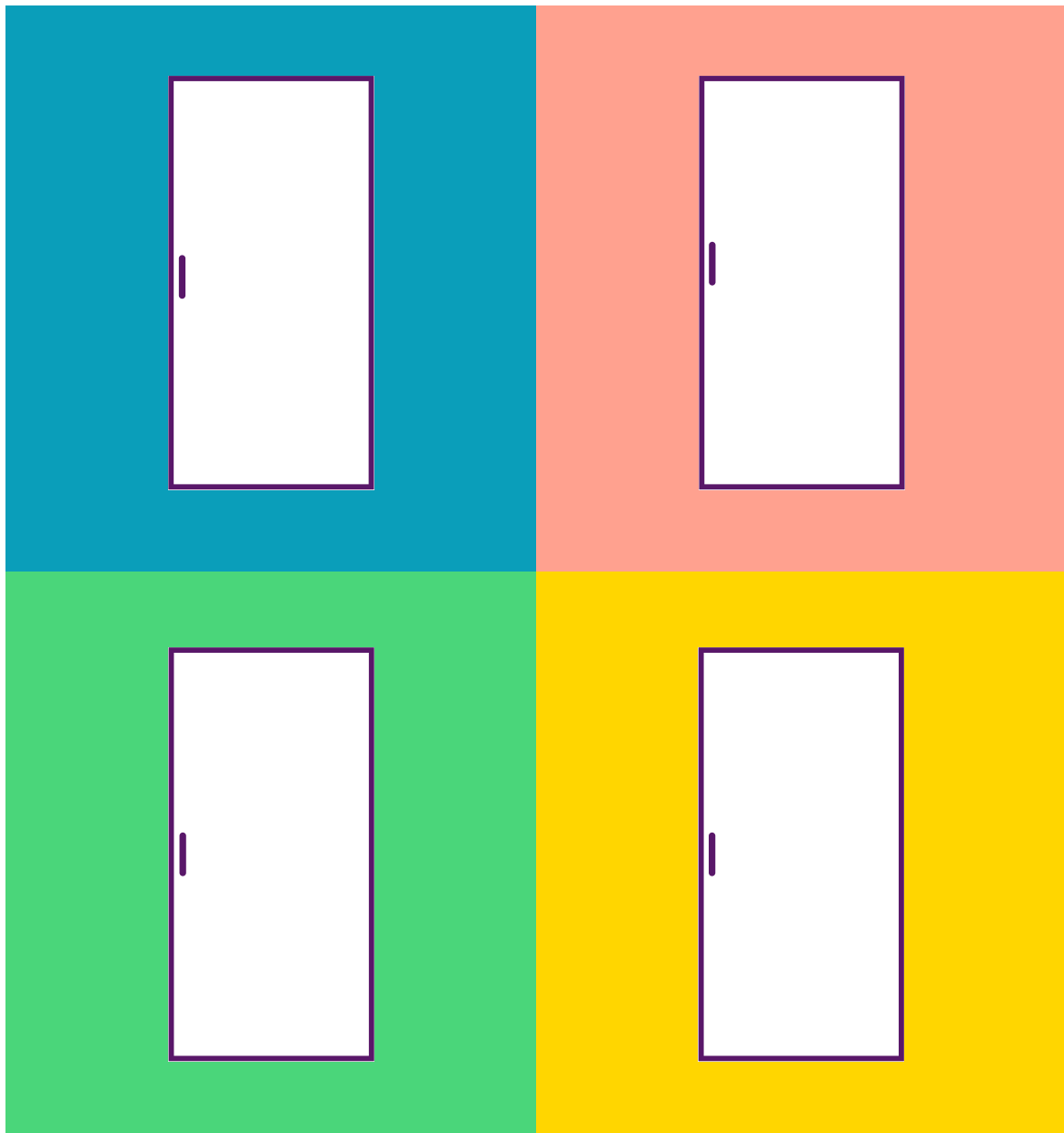


Design Your Doors

Imagine your full identity is like a house with a lot of rooms. Each room inside your house has one part of your identity.

These are doors to your rooms, so design each door to represent one part of your identity. Get creative—you can write or draw. Make them as colourful as you like.



What even is an identity?

Your identity is your sense of self. It's who you are, where you belong, and what's important to you.

It can come from many places: community, family, friends, hobbies, interests, and more.

When you have a strong, secure sense of identity, you'll generally feel less anxious, more grounded, and more in touch with your emotions—in a good way.

Figuring out our identity is easy, right?

Nope, it's not always easy! Identity can be multifaceted—different things can contribute to our total identity.

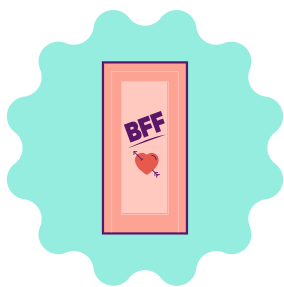
Also, identity tends to grow over time. The more we experience, the broader our identity becomes.

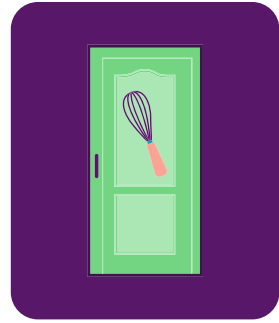
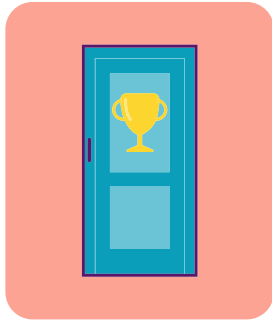
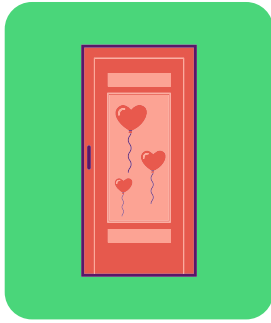
Some parts of our identity change, and that's totally normal. One thing you felt was super important last year might become less important next year.

I think some of my identities are in conflict with each other...

Conflicting identity is totally normal and very human.

Other peoples' identities can be diverse too, so avoid making assumptions. Just because a person identifies one way, it doesn't mean you can assume other things about them—that's called a stereotype. So, rather than assuming, it can be a good idea to ask. Or even just listen.





TRY IT

Now that you have a sense of your identity, try strengthening it this week.

- Check in a few times this week.
- Ask yourself, "Which 'room' of my identity am I in now? Do I want to change anything about it?" Then reflect on your experience - you could chat with a trusted person or even journal what comes up for you.
- You could use the prompts under REFLECT to get you started.

REFLECT

- Was it easy to figure out your identity?
- Has your identity changed since last year?
- Are any parts of your identity in conflict with each other?
- Have you ever assumed one thing about someone's identity that ended up being totally wrong?
- How might you support someone whose identity has changed?

WANT MORE? CHECK THESE OUT!

My identity is a superpower—TED talk by America Ferrera https://www.ted.com/talks/america_ferrera_my_identity_is_a_superpower_not_an_obstacle

Support for LGBTQIA+ Youth- <https://www.minus18.org.au/>

Strong Identity- Aboriginal and Torres Strait Islander perspectives <https://headspace.org.au/explore-topics/aboriginal-torres-strait-islander-peoples/strong-identity/>

CHECKOUT THE FEELING IT SERIES HERE!



Web app link:
<https://app.smilingmind.com.au/explore/youth/feeling-it-year-7-10>

Smiling Mind app location:
All programs > Youth > Feeling It, Year 7-10

WHERE TO FIND SUPPORT

Immediate danger

If you're in a life-threatening situation and need immediate help call 000

Want to talk to someone?

Your school

- Reach out to a teacher or wellbeing coordinator at your school

During business hours

If you're having difficulty coping during business hours you can also contact:

- Headspace <https://headspace.org.au>
- A local GP to arrange an appointment with them that day

Available 24 hours every day

If you're in crisis or are having difficulty coping call one of the following services, both of which are available 24 hours a day, 7 days a week:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800