



No Shame In My Game

Music Program for Self
Expression and Healing

Empowered by
Deadly Inspiring Youth Doing Good
Aboriginal and Torres Strait Islander Corporation

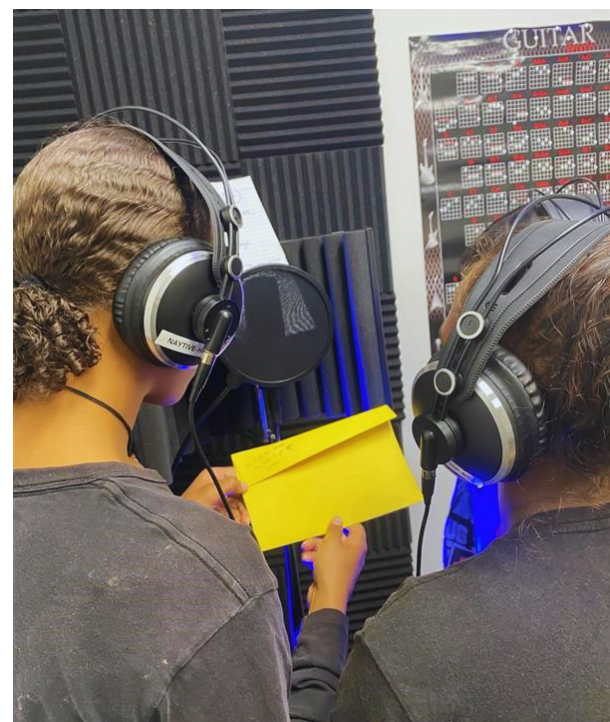
Why Choose No Shame In My Game?

Expressing your personal story often finds its most direct route in the art of songwriting. This creative medium enables you to externalise and transform your experiences by fostering deep introspection and articulating your emotions and thoughts. Music's captivating ability to be both memorable and infectious reinforces the emotional themes in your inner world.

No Shame in my Game (NSIMG) is an innovative Aboriginal and Torres Strait Islander music program that empowers and steers youths towards the exploration of musical joys. The program employs Narrative Therapy techniques to facilitate healing and encourage self-expression through music, particularly targeting young individuals affected by trauma.

NSIMG offers a secure, nurturing environment where youths can give voice to their thoughts, process their experiences, and craft narrative-driven songs. With a foundation in vocal improvisation, the program lets participants freely articulate themselves and forge emotional connections.

Throughout the journey of discovering their authentic voice, the program emphasizes positive reinforcement and consciously distances participants from the concept of "shame" to avoid inhibiting their vocal abilities. It transitions from endorsing antisocial behavior to fostering healthy choices and self-reflection, supported by vocal mentoring and culminating in personalised song recordings.



Learning Outcomes



Emotional Awareness and Management

- Develop self-reflection skills for a deeper understanding of personal experiences and emotions.
- Gain the ability to comprehend and manage emotions effectively.
- Challenge and transform negative thoughts, ideas, and behaviors, fostering a positive mindset.



Personal Growth and Empowerment

- Nurture self-awareness, leading to a clearer understanding of oneself, strengths, and areas for growth
- Learn constructive techniques for positive self-talk, enhancing self-confidence and self-esteem
- Identifying and analysing cyclical patterns in personal, family, and societal contexts, providing individuals with insights and tools for positive change and breaking harmful cycles



Interpersonal Connection and Communication

- Foster stronger connections and nurturing relationships with fellow participants of NSIMG
- Cultivate effective communication skills, allowing for a deeper engagement and understanding of others' stories
- Promoting positive social interactions and behaviors
- Boosting verbal confidence and expressive communication abilities



Artistic Expression and Confidence Building

- Acquire the skills to express traumatic experiences through storytelling and songwriting, promoting healing and empowerment.
- Build confidence and empowerment through artistic and musical exploration, both individually and within the group context

Simone Stacey Founder and Facilitator

No Shame in my Game was founded by Simone Stacey, an artist and youth coordinator, who created the program to give young people a chance to find solace and healing through music, using it as a medium for empowerment and transformation.

Simone is the lead facilitator in No Shame in My Game in which she strives to provide a culturally safe space for young people to express their trauma through storytelling and songwriting. Born in Bowen, Queensland, and raised in the Whitsundays, Simone's cultural roots are of Aboriginal, Juru Tribe from the Birrigubba Nation, Torres Strait Islander, Ugar (Steven) Island and Vanuatuan, Vanua Lavu, from the village of Quisso.

Her intergenerational history has been shaped by the impacts of colonialism and the black birding era. Simone's desire to share her story and inspire others led her to create No Shame in My Game and work in social work to address the gaps within Australia's broken system for Aboriginal and Torres Strait Islander families and young people. As a First Nations woman, Simone is determined to be a part of the healing and restoration journey for her people and the next generation to come.



"I believe her program gives young First Nations youths a voice and builds confidence in our young people. The program is culturally appropriate and designed to help young people deal with their past and builds confidence with young people to move forward and look to the future."

Samantha Jose, Case Manager

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Simon Hapea, Indigenous Support Service Officer

Service Menu

Tailoring to individual requirements, the services mentioned in the following list can be customised to perfectly align with each young person's unique needs. Our sessions are adaptable to either group settings or one-on-one interactions, with pricing adjustments based on the size of the group and travel requirements.

For detailed pricing information, please contact us at nsimg@diydg.org.au

6 Week Program

2 Hour Sessions
Once a Week
1 Song

10 Week Program

2 Sessions
Once a Week
2 Songs

3 Day Intensive

All Day Sessions
Over the course of 3 days
1 Song

Customisable Sessions

Multi modal approach to enable
effective participation.
Tailored for high complex needs

Minimum 10 yrs. old and up to any age group. NSIMG accessible through NIDIS.

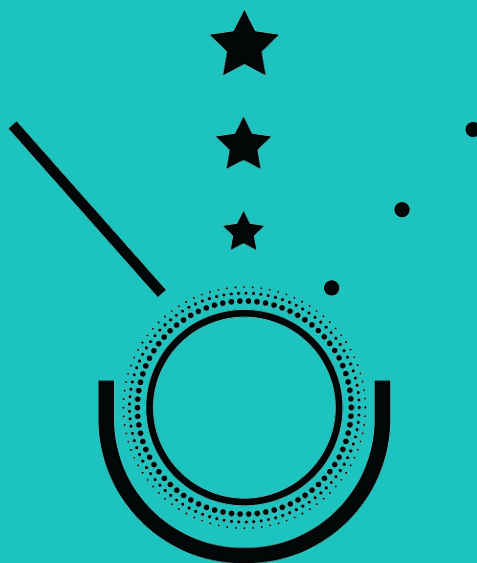


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