



## Connecting to culture



Connecting to culture means staying in contact with your family, community, and Country while you are in care, no matter what your culture is.



Did you know you have the **right** to connect with your culture?

While you are in care, you have a special set of rights called the **Charter of Rights**. It includes the right to:



Know what your cultural heritage is and who your family connections are

Connect with your Country, community, and cultural services



Have a cultural identity and feel proud and strong about your culture

Learn your language, stories, songs, dances, traditions and participate in cultural activities





Staying connected with your culture will help you to know **who you are, what you believe in and where you belong**. It can also improve how you feel about yourself!

### Are you Aboriginal or Torres Strait Islander?

The Department for Child Protection (DCP) must make sure you can stay connected with your culture while you are in care. Ask your carer or case worker to find out more!



### Ideas for connecting to culture

- Keep a Life Story Book of memories made with your family and culture
- Ask your carers or case worker to:
  - take you to cultural events, like language or dance classes
  - help you find a cultural mentor in your community
  - connect you with cultural health services
  - arrange for you to visit your cultural home and community regularly



**Namaste**



**Marhaba**



If you are having trouble connecting with your culture, call us on **1800 275 664**



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