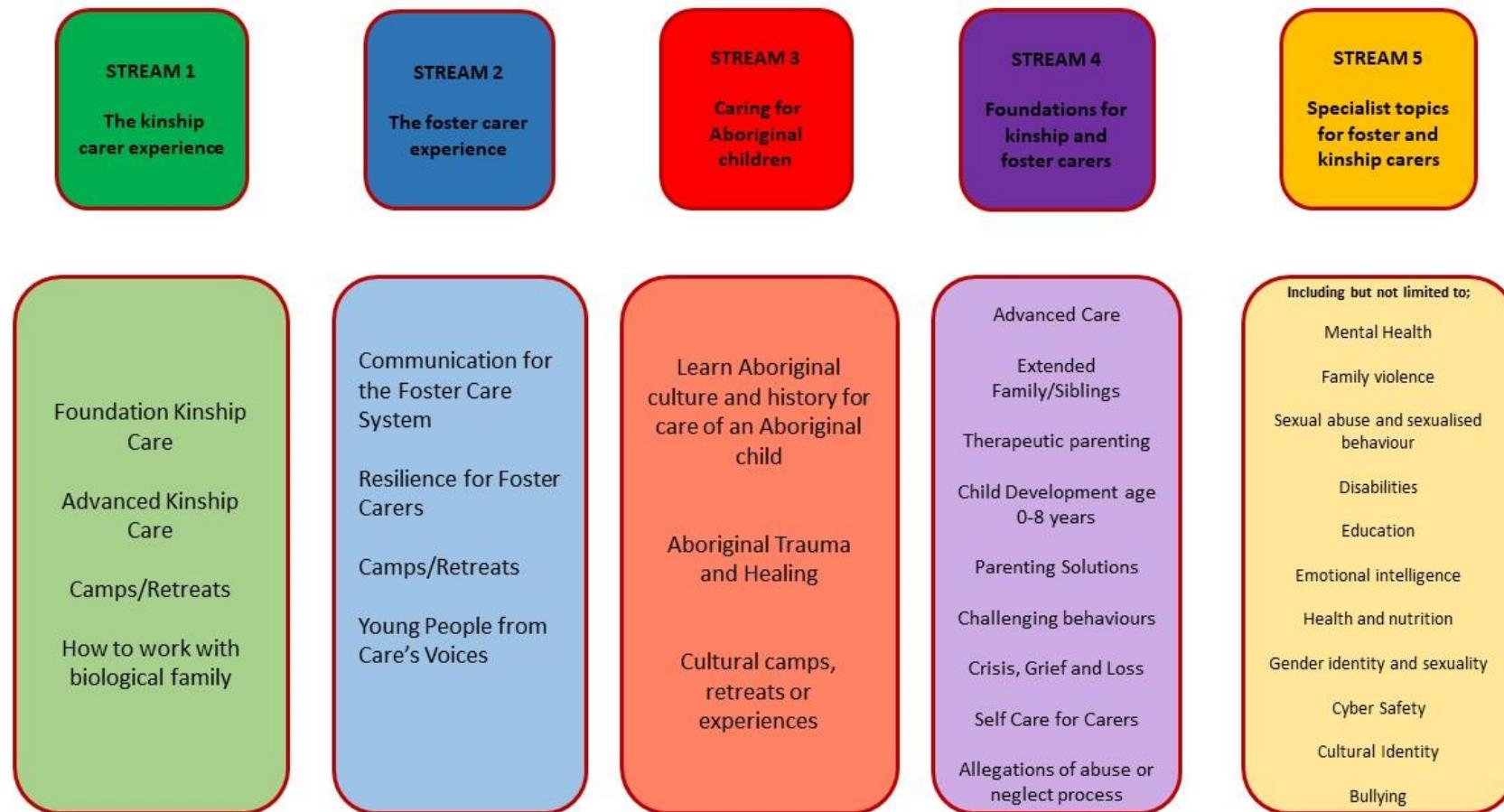


Training Framework and Learning Outcomes



NOTE: All learning and development opportunities are required to be culturally safe for Aboriginal and Torres Strait Islander carers, both Kinship and Foster care. Carer KaFÉ will work with ACCO's and ACCHO's to support increased development for the sector under principles of self-determination.

Training Framework and Learning Outcomes

Stream 1: The kinship carer experience

Training name	Learning outcomes
Foundational kinship and Advanced kinship	<ul style="list-style-type: none">understand the home based care systems and how to navigate complexityunderstand the child protection system and the role played by kinship carersunderstand the role of a kinship carer in meeting the daily care needs of a child, and in partnering with other key stakeholders including Kinship Care Victoria and DHHS Kinship Care teamsidentify a number of key state-wide and local services who can provide support for kinship carerslearn about advocacy and how to use opportunities around youunderstand the child protection system and what is expected of a new kinship carer, i.e. documentation and reports and recordsdiscuss the legislation, policies and procedures and how they relate to foster care in Victoria including the rights of the child and carersUnderstanding of the partnerships that exist between children, kinship carers and workers (both in the government and non-government sectors), and their roles and responsibilities of working together as a team.Understand financial entitlements of carers including access to Centrelink payments, DHHS payments, and payments such as state school reliefInformation about Government policies and practices including positive behaviour management, creating cultural connections for childrenlearn about the origin of your own parenting style and how to make it more effectiveunderstand your role as a carer and the roles of those around youdiscover ways to take care of yourself and find support when you need itlearn about child development and its influence on thoughts, feelings and behaviourlearn strategies to keep children and young people safe and feeling safe from abuse by adults and other young people in the householddiscover effective communication skills to help you sail through challenging conversationsunderstand the Aboriginal Placement PrincipleInformation about formal allegations of abuse or neglect and CIMS requirements and processes.

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Training Framework and Learning Outcomes

	<ul style="list-style-type: none">• Understand the role of a kinship carer and how to negotiate contact or lack of contact with family and understand the impact of grief, loss and trauma for children and for carers.• Understand how connection to family is important for development and mental health and the short and longer term impacts of disconnection from some family members.• Identify strategies for dealing with the pressures of kinship care, including family conflicts, and for carers to focus on their own well-being.• How to talk and answer questions from the children and young people in their care about other family members sensitively and without judgement.
Kinship carer camps	<ul style="list-style-type: none">• learn about elements that create a warm, safe, healthy and happy home environment• Identify strategies for dealing with the pressures of kinship care, including family conflicts, and for carers to focus on their own well-being. <p>And any of the above learning outcomes from Foundation and Advanced above.</p>

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Training Framework and Learning Outcomes

Stream 2: The foster carer experience

Training name	Learning outcomes
Communication in the foster care system	<ul style="list-style-type: none">understand the care system, formally out of home care, and home based care systems and how to navigate their complexityunderstand the child protection system and the role played by foster carerslearn about the origin of your own parenting style and how to make it more effectiveunderstand your role as a carer and the roles of those around youlearn about child development and its influence on thoughts, feelings and behaviourlearn strategies to keep children and young people safe and feeling safe from abuse by adults and other young people in the householddiscover ways to take care of yourself and find support when you need itidentify a number of key state-wide and local services who can provide support for foster carers including the Foster Care Association of Victoria
Resilience for foster carers and those in their care	<ul style="list-style-type: none">understand the role of a foster carer in meeting the daily care needs of a child, and in partnering with other key stakeholders including the Foster Care Association of Victoriaunderstand your role as a carer and the roles of those around youdiscover effective communication skills to help you sail through challenging conversationsunderstand the Aboriginal Placement Principlelearn about advocacy and how to use opportunities around youunderstand the child protection system and what is expected of a new kinship carer, i.e. documentation and reports and recordsdiscuss the legislation, policies and procedures and how they relate to foster care in Victoria including the rights of the child and carersUnderstanding of the partnerships that exist between children, foster carers and workers (both in the government and non-government sectors), and their roles and responsibilities of working together as a team.Understand financial entitlements of carers including access to Centrelink payments, DHHS payments, and payments such as state school relief.Information about formal Quality of Care and CIMS requirements and processes.Information about Government policies and practices including positive behaviour management, creating cultural connections for children

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Training Framework and Learning Outcomes

	<ul style="list-style-type: none">Understand how connection to family is important for development and mental health and the short and longer term impacts of disconnection from family.Learn ways to discuss the child or young person's family situation sensitively and without judgement.Understanding of the issues around leaving care and keeping in contact with children and young people once they leave a placement.
Camps/Retreats	<ul style="list-style-type: none">learn about elements that create a warm, safe, healthy and happy home environmentIdentify strategies for dealing with the pressures of foster care, including family conflicts, and for carers to focus on their own well-being. <p>And any of the above learning outcomes from Foundation and Advanced above.</p>
New Suggestions from Carer Feedback	<ul style="list-style-type: none">Young people from care's voices and experiencesUnderstand the first 30 days of being a Foster Carer, understand what to expect and be ready to respond to a new placement

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Training Framework and Learning Outcomes

Stream 3: Caring for Aboriginal children

Training name	Learning outcomes
Foundation: Cultural Awareness: History of Aboriginal Australia	<ul style="list-style-type: none">• Learn about the history of Aboriginal people in Australia, Victoria and your local area• Learn about Aboriginal culture and the importance of Aboriginal culture to Aboriginal people.• Understand the historical and current role of kinship care and foster care in the Aboriginal community.• Understand how connection to culture, community and family is vital to a child's future
Stolen Generation: History and intergenerational trauma	<ul style="list-style-type: none">• Understand the impact of history, racism, the Stolen Generations and inter-generational loss and trauma on modern society and lived experience of Aboriginal children, their families and communities today.• Understand how to effectively support children and young people's connection to culture, identity and therefore the development of self• Understanding the impact of family violence on Aboriginal families and the intergenerational impacts and cycle (specific to Aboriginal kinship and foster carers).
Caring for Aboriginal children and young people	<ul style="list-style-type: none">• gain an introductory knowledge and understanding of how to best support Aboriginal children in care• understand how to respond to Aboriginal children and young people in a culturally sensitive way• Understand how the connection to culture, community and family can impact on a child's future.• Understand and celebrate the resilience of Aboriginal people.• Understanding culture as a daily lived experience and creating a culturally safe space for Aboriginal children.• Understand the role of relationships with extended family in maintaining and strengthening connections to community and supporting connections with or return to family.• Understand how to strengthen the Aboriginal child and young people's experience, understanding and knowledge of Aboriginal history and culture.

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Training Framework and Learning Outcomes

	<ul style="list-style-type: none">Understand cultural support planning – creating a meaningful cultural support plan that is age and stage appropriate, and the importance of & roles and responsibilities in cultural support planning.How to seek and build respectful relationships with local Aboriginal community members and organisations who can provide cultural connection and positive role models for children and young people.Advocating for and supporting return to country visits.Building strong Aboriginal child rearing practices (specific to Aboriginal kinship and foster carers.) including the Aboriginal Placement Principle
Advanced:	<ul style="list-style-type: none">learn about intergenerational trauma and its impactunderstand how trauma can affect behaviourDevelop understanding of 'sorry business', and its various protocols.develop strategies to respond effectively and appropriately to Aboriginal children and young people who have experienced traumaUnderstand the historical and current role of kinship care and foster care in the Aboriginal community.Understand how to effectively support children and young people's connection to culture, identity and therefore the development of self.Understand the role of relationships with extended family in maintaining and strengthening connections to community and supporting connections with or return to family.
Specific to Aboriginal and Torres Strait Islander kinship and foster carers	<ul style="list-style-type: none">Building strong Aboriginal child rearing practicesUnderstand the impact of history, racism, the Stolen Generations and inter-generational loss and trauma on parenting practicesConnecting to culture and country to heal and build resilienceUnderstanding the impact of family violence on Aboriginal families and the intergenerational impacts and cycleUnderstand the impact of history, racism, the Stolen Generations and inter-generational loss and trauma on parenting practicesConnecting to culture and country to heal and build resilience
Cultural Camps and Retreats	<ul style="list-style-type: none">learn about elements that create a warm, safe, healthy and happy home environmentIdentify strategies for dealing with the pressures of foster care, including family conflicts, and for carers to focus on their own well-being. <p>And any of the above learning objectives.</p>

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Training Framework and Learning Outcomes

Stream 4: Foundations for kinship and foster carers

Training name	Learning outcomes
Advanced Care	<ul style="list-style-type: none">understand trauma-informed practices when dealing with behaviourdiscover more about key topics such as sexual abuse, sexualised behaviour and family violenceunderstand about mental health care for children and young peopleunderstand the impact of technology on the lives of young peopleLearn new strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.Understand how to provide a warm, safe, healthy and happy home environment.Understand basic child development and developmental milestones.Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.Understand the impact of loss, grief and inter-generational trauma on children, young people and families.Understand different types of concerning behaviours and their possible meanings.Understand how to respond to concerning behaviours assist in the recovery of children affected by loss and grief, trauma and attachment issues.Identify sources of support (local services, state-wide service and online information and support) in caring for children and young people whose development may have been impacted by loss, grief and trauma or attachment issues.Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.Learn communication techniques to encourage trusting relationships with children and adolescents.Learn techniques to help guide adolescents in their decision making processes.Understand the importance of identity and the rights of children and parents.Understand how their own life stories and feelings impact their responses to the children in their care.Understand the importance of life story work with children and young people and support creative life story work.Explore the different feelings that life story work can invoke in children and young people and the adults working with them.

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Training Framework and Learning Outcomes

	<ul style="list-style-type: none">Identify and manage their own feelings and stress.Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.How to communicate effectively with extended family and others.Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.
Extended Family/Siblings as carers	<ul style="list-style-type: none">identify and understand the value of their role in the familyunderstand the out of home care system in Victoriahave an opportunity to express their thoughts, feeling and concerns about being children in families who provide careconnect with and gain support from other children and young people of caring familiesEveryday strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.How to provide a warm, safe, healthy and happy home environment.Understand basic child development and developmental milestones.Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.Understand the impact of loss, grief and inter-generational trauma on children, young people and families.Understand different types of concerning behaviours and their possible meanings.Understand how to respond to concerning behaviours assist in the recovery of children affected by loss and grief, trauma and attachment issues.Identify sources of support (local services, state-wide service and online information and support) in caring for children and young people whose development may have been impacted by loss, grief and trauma or attachment issues.Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.Learn communication techniques to encourage trusting relationships with children and adolescents.Learn techniques to help guide adolescents in their decision making processes.Understand the importance of identity and the rights of children and parents.Understand how their own life stories and feelings impact their responses to the children in their care.Understand the importance of life story work with children and young people and support creative life story work.Explore the different feelings that life story work can invoke in children and young people and the adults working with them.

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Training Framework and Learning Outcomes

	<ul style="list-style-type: none">• Identify and manage their own feelings and stress.• Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.• Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.• How to communicate effectively with extended family and others.• Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.
Therapeutic parenting	<ul style="list-style-type: none">• develop an understanding of healthy child development• understand how trauma, loss and grief impact behaviour• understand the impact of the past on present behaviour• identify and develop therapeutic parenting skills• learn how to understand and deal with challenging behaviour• Everyday strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.• How to provide a warm, safe, healthy and happy home environment.• Understand basic child development and developmental milestones.• Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.• Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.• Understand the impact of loss, grief and inter-generational trauma on children, young people and families.• Understand different types of concerning behaviours and their possible meanings.• Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.• Learn communication techniques to encourage trusting relationships with children and adolescents.• Learn techniques to help guide adolescents in their decision making processes.• Understand the importance of identity and the rights of children and parents.• Understand how their own life stories and feelings impact their responses to the children in their care.• Understand the importance of life story work with children and young people and support creative life story work.• Explore the different feelings that life story work can invoke in children and young people and the adults working with them.• Identify and manage their own feelings and stress.

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Training Framework and Learning Outcomes

	<ul style="list-style-type: none">• Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.• Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.• How to communicate effectively with extended family and others.• Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.
Child development	<ul style="list-style-type: none">• have an introduction to child learning and development• understand the factors that impact on development as well as the impact of parent wellbeing and family functioning• learn how to provide healthy early environments and build skills for children in their early years• Everyday strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.• How to provide a warm, safe, healthy and happy home environment.• Understand basic child development and developmental milestones.• Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.• Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.• Understand different types of concerning behaviours and their possible meanings.• Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.• Learn communication techniques to encourage trusting relationships with children and adolescents.• Learn techniques to help guide adolescents in their decision making processes.• Understand the importance of identity and the rights of children and parents.• Understand how their own life stories and feelings impact their responses to the children in their care.• Understand the importance of life story work with children and young people and support creative life story work.• Explore the different feelings that life story work can invoke in children and young people and the adults working with them.• Identify and manage their own feelings and stress.• Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.• Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.• How to communicate effectively with extended family and others.

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Training Framework and Learning Outcomes

	<ul style="list-style-type: none">Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.
Parenting solutions	<ul style="list-style-type: none">learn how to enhance feelings of safety, health and happiness in children and young people in careunderstand child development and milestonesunderstand how to respond to concerning behaviourlearn about the importance of identify and the rights of children and parentsEveryday strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.How to provide a warm, safe, healthy and happy home environment.Understand basic child development and developmental milestones.Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.Understand different types of concerning behaviours and their possible meanings.Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.Learn communication techniques to encourage trusting relationships with children and adolescents.Learn techniques to help guide adolescents in their decision making processes.Understand the importance of identity and the rights of children and parents.Understand how their own life stories and feelings impact their responses to the children in their care.Understand the importance of life story work with children and young people and support creative life story work.Explore the different feelings that life story work can invoke in children and young people and the adults working with them.Identify and manage their own feelings and stress.Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.How to communicate effectively with extended family and others.Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.

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Training Framework and Learning Outcomes

Challenging Behaviours Managing Anger	<ul style="list-style-type: none">• learn strategies to increase safety, health and happiness of children and young people in care• understand different types of concerning behaviours and their possible meanings• understand how to spot warning signs of mental health problems and respond appropriately• Everyday strategies and skills to enhance the feelings of safety, health and happiness of children and young people in care, including making everyday challenges easier.• How to provide a warm, safe, healthy and happy home environment.• Understand basic child development and developmental milestones.• Understand the types of past issues that may affect the social and emotional development of a child or young person in kinship care or foster care.• Gain an introduction to trauma theory and attachment theory and how child health, development and behaviour can be impacted by trauma or attachment issues.• Understand how to be a positive role model for children and young people, as well as the importance of mentors and how to arrange a mentor for children in your care.• Learn communication techniques to encourage trusting relationships with children and adolescents.• Learn techniques to help guide adolescents in their decision making processes.• Understand the importance of identity and the rights of children and parents.• Understand how their own life stories and feelings impact their responses to the children in their care.• Understand the importance of life story work with children and young people and support creative life story work.• Explore the different feelings that life story work can invoke in children and young people and the adults working with them.• Identify and manage their own feelings and stress.• Understand the importance of caring for themselves in order to care for others and identify and self-care skills and strategies, including a self-care plan.• Understand the concept of emotional intelligence and develop practical methods to improve emotional communication skills, including anger management.• How to communicate effectively with extended family and others.• Understand the importance of a leaving care plan and how to prepare children and young people for adulthood.
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Training Framework and Learning Outcomes

Crisis, Grief and Loss	<ul style="list-style-type: none">• Understand the impact of loss, grief and inter-generational trauma on children, young people and families.• Understand different types of concerning behaviours and their possible meanings.• Understand how to respond to concerning behaviours assist in the recovery of children affected by loss and grief, trauma and attachment issues.• Identify sources of support (local services, state-wide service and online information and support) in caring for children and young people whose development may have been impacted by loss, grief and trauma or attachment issues.
Recovery	<ul style="list-style-type: none">• learn how to respond to concerning behaviours and assist in the recovery of children affected by loss and grief, trauma and attachment issues• Understand how to respond to concerning behaviours assist in the recovery of children affected by loss and grief, trauma and attachment issues.• Identify sources of support (local services, state-wide service and online information and support) in caring for children and young people whose development may have been impacted by loss, grief and trauma or attachment issues.• Identify sources of support (local services, state-wide service and online information and support) in caring for children and young people whose development may have been impacted by loss, grief and trauma or attachment issues.• Understand the impact of loss, grief and inter-generational trauma on children, young people and families.• Understand the impact of loss, grief and inter-generational trauma on children, young people and families.

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Training Framework and Learning Outcomes

Self-care	<ul style="list-style-type: none">identify their support needs and times when you need to access support and where you can get thisunderstand the impact of fatigue on providing a safe caring environmentfeel confident in requesting support;understand the difference and links between support and advocacyKnow where to seek assistance and advocacy for themselves and the children and young people for whom they care; the assessment necessary for each participant will be based on: Participation in discussions and training activities; and Completion of worksheets.be aware of the role of Foster Care Queensland and the FCQ FAST delegate;understand the role and how to access Office of the Public Guardian and the Children Services Tribunal;be self-aware of their own bodies' signs of fatigue and identify their own stressors;apply a range of effective mechanisms to decrease or manage their stress;Acknowledge the need for self-care and identify practical ways of caring for themselves.
Education	<ul style="list-style-type: none">understanding how to navigate the education systemunderstanding how to support children and young people in their educational needs under the Victorian Education System
CIMS	<ul style="list-style-type: none">Information about formal allegations of abuse or neglect and CIMS requirements and processes CIMS

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Training Framework and Learning Outcomes

Stream 5: Specialist topics for foster and kinship carers

Training name	Learning outcomes
Family violence	<ul style="list-style-type: none">• understand what family violence is• understand the impact of domestic violence on children and young people• discover support options for those who experience family violence• gain insight into the how you can help children exposed to domestic violence to recover from trauma and develop resilience• Understand what family violence is.• Understand the impact of domestic violence on parenting.• Understand the impact of domestic violence on children and young people.• Discover support options for those who experience family violence.• Know how to help children exposed to domestic violence to recover from trauma and develop resilience.
Sexual abuse and sexualised behaviours	<ul style="list-style-type: none">• Understand sexual abuse and assault and its impact on children and young people.• know how to care effectively and safely for children and young people who have experienced sexual abuse, sexual assault and/or problem sexual behaviour• understand how to speak with children who disclose sexual abuse• learn how to reduce the risk of sexual abuse and sexual exploitation• Understand sexual abuse and sexual assault and its impacts on children and young people.• Understand the developmental impairments and distortions that may lead to sexualised behaviour.• Know how to work effectively and safely with children and young people with prior sexual abuse, sexual assault and/or sexualised behaviour.• Know how to work effectively and safely with children and young people with prior sexual abuse, sexual assault and/or sexualised behaviour and reduce the risk of sexual exploitation.• Understand how to speak to children who may disclose sexual abuse.

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Training Framework and Learning Outcomes

Disabilities: autism, FASD, learning disabilities, ADHD etc.	<ul style="list-style-type: none">• Understand concerning behaviours and their possible meanings.• learn how to best support and advocate for a child with a medical condition, developmental difference or disability• learn about the new National Disability Insurance Scheme and pathways for carers to access additional supports• Understand the importance of maintaining a relationship with key professionals.• Understand how disability is defined, as well as some common disabilities.• Understand the myths and societal attitudes that exist towards medical conditions, developmental differences, disability.• Understand invisible medical conditions, developmental differences, disabilities and their impact.• Provide information about how to access and navigate NDIS.• Understand carer rights to support when raising a child with a medical condition, developmental difference or disability.• Increased knowledge of support options, including governmental and non-governmental networks.• Increased knowledge of how best to support and advocate for a child with a medical condition, developmental difference or disability.
Emotional Intelligence in a traumatised child or young person	<ul style="list-style-type: none">• understand the inner working model of those who have experienced abuse and broken attachments that lead to challenging behaviours• recognise how to gauge the emotional maturity of a child or young person• learn how to assess when a child is switched on to what you have to say• appreciate the impact of stress on the ability to make good choices
Play based narrative therapy for recovery	<ul style="list-style-type: none">• understand the inner working model of those who have experienced abuse and broken attachments that lead to challenging behaviours• recognise how to gauge the emotional maturity of a child or young person• learn how to assess when a child is switched on to what you have to say• appreciate the impact of stress on the ability to make good choices

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Training Framework and Learning Outcomes

Mental health	<ul style="list-style-type: none">• learn how to spot warning signs of mental health problems and respond appropriately• understand mental health crisis situations: suicidal thoughts and behaviours, panic attacks, severe effects of drug or alcohol use, psychotic states, aggressive behaviours• learn how to provide appropriate help (mental health first aid) and when and where to seek professional help• learn how to have difficult conversations about mental health• Understand various mental health issues, such as ADHD, ASD, FASD, depression and anxiety.• Understand how to spot warning signs of mental health problems and respond appropriately.• Understand mental health crisis situations: suicidal thoughts and behaviours, panic attacks, severe effects of drug or alcohol use, psychotic states, and aggressive behaviours.• How to provide initial help (mental health first aid) and when and where to seek professional help.• Tips on having conversations about mental health.• How to provide initial help, where and how to get professional help and what sort of help has been shown by research to be effective.
Sexuality and gender identity	<ul style="list-style-type: none">• again an introductory understanding of sex, gender and sexuality, why it's important for everyone and the terminology surrounding it• understand gender stereotypes and impact they can have on children, young people and adults• understand what healthy and unhealthy relationships look like and how to discuss these relationships with young people• learn how to have conversations with young people that inform their sexual education without alienating them, including safe sex advice• Understand how to define healthy sexuality.• Understand gender stereotypes and impact they can have on children, young people and adults.• Gain an introductory understanding of sex, gender and sexuality and the terminology surrounding it.• Understand sex, gender and sexuality as it relates to young people, including LGBTIQ young people.

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Training Framework and Learning Outcomes

	<ul style="list-style-type: none">• Understand what a healthy and unhealthy relationship looks like and how to discuss this with young people.• Tips on having conversations about sexual education, including safe sex advice.• Knowledge of useful resources that young people can be directed to.• Gain an appreciation for the complexity of gender and sexuality for all people.• Understand how to care for and support LGBTIQ young people.• Understand the role of discrimination on mental health.• Understand homophobic attitudes and their impact.• Understand the short and long term impact of discrimination and homophobia.
Cyber safety basics	<ul style="list-style-type: none">• learn about various social media platforms such as blogs, Twitter, Facebook, Snapchat and Instagram• set and regulate boundaries and avoid conflict for children and young people and their technology use• gain an understanding of cyber safety and the extra vulnerabilities specifically relating to children under court orders• Understand the positives and negatives of technology as well as the myths and misconceptions.• Appreciate technology as a learning and communication tool.• Understand the role of technology, media and social networking for children and young people.• Identify various social media platforms, such as blogs, Twitter, Facebook, Snapchat and Instagram.• Understand cyber bullying and cyber safety.• Explore new trends developing amongst young people.• Understand benefits and risks of social networking and where to get help.• Tips on setting and regulating boundaries and how to avoid conflict.• Understand how the internet has impacted everyday life.• Where to find more information online.• understand the role of technology, media and social networking for children and young people• understand the positives and negatives of technology as well as the myths and misconceptions• understand benefits and risks of social networking and where to get help• gain tips on setting and regulating boundaries and how to avoid conflict• Understand the positives and negatives of technology as well as the myths and misconceptions.

NOTE: All learning and development opportunities are required to be culturally safe for Aboriginal and Torres Strait Islander carers, both Kinship and Foster care. Carer KaFÉ will work with ACCO's and ACCHO's to support increased development for the sector under principles of self-determination.

Training Framework and Learning Outcomes

	<ul style="list-style-type: none">• Appreciate technology as a learning and communication tool.• Understand the role of technology, media and social networking for children and young people.• Identify various social media platforms, such as blogs, Twitter, Facebook, Snapchat and Instagram.• Understand cyber bullying and cyber safety.• Explore new trends developing amongst young people.• Understand benefits and risks of social networking and where to get help.• Tips on setting and regulating boundaries and how to avoid conflict.• Understand how the internet has impacted everyday life.• Where to find more information online.
Understanding and responding to adolescent drug or alcohol use	<ul style="list-style-type: none">• explore the facts and myths about the use of alcohol and other drugs by young people• learn communication techniques to encourage trusting relationships with children and adolescents• learn techniques to help guide adolescents in their decision-making processes• gain increased knowledge about options and resources for support• Understand why young people may use alcohol and other drugs.• Tips on how to respond to substance use and recognising use and misuse.• Exploring the facts and myths around use of alcohol and other drugs by young people.• Tips on having difficult conversations about substance abuse.• Understand the importance of harm minimisation, including safe use.• Increased knowledge of options and resources for support.• Understand current information about substances and the terminology used to talk about it.• Identify strategies for action.
General Topics	<ul style="list-style-type: none">• Bullying• Nutrition and health eating• Young people's perspectives

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