



Communications Toolkit

Anti-Discrimination NSW

June 2023



We acknowledge Aboriginal people as the First Nations Peoples of NSW and pay our respects to Elders past, present and future. We acknowledge the ongoing connection Aboriginal people have to this land and recognise Aboriginal people as the original custodians of this land.



Contents

This communications toolkit contains information about the new referendum resilience resource: [6 ways to look after yourself and mob during The Voice referendum debate.](#) This resource was developed by Anti-Discrimination NSW in collaboration with 13YARN and was launched on 28 June 2023.

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Overview

6 ways to look after yourself and mob during The Voice referendum debate



About the resource

Later this year, Australians will be asked to vote on whether Australia should change its Constitution to recognise Aboriginal and Torres Strait Islander peoples as the first peoples of Australia and set up a body called the Aboriginal and Torres Strait Islander Voice.

The Voice referendum has opened up debate in Australia. There is much discussion about Aboriginal and Torres Strait Islander people and their communities. Some comments are hurtful. Other comments or behaviour may be against the law. In NSW, both race discrimination and racial vilification are against the law.

[Anti-Discrimination NSW](#) has collaborated with [13YARN](#) to produce a new referendum resilience resource called *6 ways to look after yourself and mob during The Voice referendum debate*.



Assets

6 ways to look after yourself and mob during The Voice referendum debate



Pocket guide

The pocket guide – *6 ways to look after yourself and mob during The Voice referendum debate* – is available to download on the [Anti-Discrimination NSW website](https://www.adnsw.gov.au).

If you would like to order copies of the pocket guide, please email adbmedia@justice.nsw.gov.au



Poster

The poster – *6 ways to look after yourself and mob during The Voice referendum debate* – is available to download on the [Anti-Discrimination NSW website](https://www.adnsw.gov.au).



Videos

Videos from the *The 6 ways to look after yourself and mob during The Voice referendum debate* launch event will be available through the [Anti-Discrimination NSW website](#).

There will be a 30 second highlight video available shortly after the launch and videos of our speakers talks will be available mid July.

Speakers:



Teela Reid

First Nations Lawyer in Residence
University of Sydney Law School



Brendan Thomas

Deputy Secretary - Transforming
Aboriginal Outcomes
Dept of Communities & Justice



Marjorie Anderson

National Manager
13YARN



Helen McKenzie

President
Anti-Discrimination NSW

Newsletter copy

Anti-Discrimination NSW launches new referendum resilience resource for Aboriginal and Torres Strait Islander communities

Anti-Discrimination NSW has launched a new resource to help Aboriginal and Torres Strait Islander people report discrimination and protect their mental health during The Voice referendum debate.

The new guide – *6 ways to look after yourself and mob during The Voice referendum debate* – was developed in collaboration with Lifeline’s 13YARN and features Indigenous artwork and illustrations.

The new guide suggests six ways for Aboriginal and Torres Strait Islander people to look after themselves and mob during The Voice referendum debate:

1. Create safe boundaries
2. Use your voice to report discrimination or vilification
3. Look out for others
4. Get outdoors
5. Mute the noise on social media, and
6. Reach out if you are feeling worried or no good.

Individuals who experience race discrimination or racial vilification can contact Anti-Discrimination NSW on 1800 670 812.

People who are feeling worried or no good are encouraged to connect with 13YARN on 13 92 76 and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

Download *6 ways to look after yourself and mob during The Voice referendum debate* at

<https://antidiscrimination.nsw.gov.au/anti-discrimination-nsw/tools-and-resources/Referendum-resilience.html>

Social media

6 ways to look after yourself and mob during The Voice referendum debate



Social media tags

Help us to increase awareness of the resource *6 ways to look after yourself and mob during The Voice referendum debate* by sharing it on social media.

Remember to follow us and tag Anti-Discrimination NSW in your posts.

Facebook – [@Anti-Discrimination NSW](#)

Twitter – [@ad_nsw](#)

LinkedIn – [@Anti-Discrimination NSW](#)

Facebook suggested post

Copy

Anti-Discrimination NSW has launched a new resource, *6 ways to look after yourself and mob during The Voice referendum debate*. This pocket-sized guide contains information about Anti-Discrimination NSW services and mental health tips.

If you experience race discrimination or racial vilification, contact Anti-Discrimination on 1800 670 812 for free confidential information.

Find out more:

<https://antidiscrimination.nsw.gov.au/anti-discrimination-nsw/tools-and-resources/Referendum-resilience.html>

Tile



LinkedIn suggested post

Copy

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Tile



Twitter suggested post

Copy

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Tile



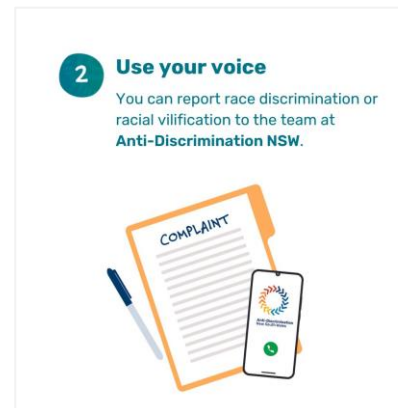
Social Media tiles

The social media tiles for *6 ways to look after yourself and mob during The Voice referendum debate* are available to download on the [Anti-Discrimination NSW website](https://www.adnsw.gov.au).

1 Create safe boundaries
You don't need to be an expert on The Voice. Encourage people to visit [voice.gov.au](https://www.adnsw.gov.au) to get the facts.



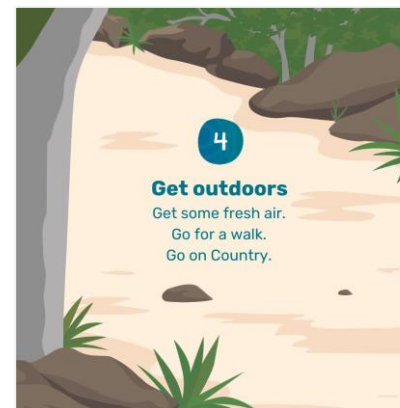
2 Use your voice
You can report race discrimination or racial vilification to the team at **Anti-Discrimination NSW**.



3 Look out for others
Have a yarn with someone who might be struggling.



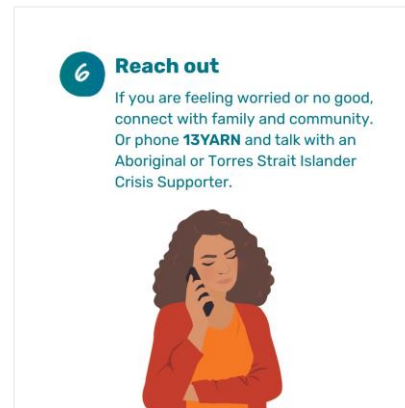
4 Get outdoors
Get some fresh air.
Go for a walk.
Go on Country.



5 Mute the noise
You don't have to watch every ad or read every news story. Remember you can mute, unfollow or hide social media posts.



6 Reach out
If you are feeling worried or no good, connect with family and community. Or phone **13YARN** and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.



Thank you

The [6 ways to look after yourself and mob during The Voice referendum debate](#) pocket guide was created by Anti-Discrimination NSW in collaboration with 13YARN.



Anti-Discrimination NSW

Enquiries and complaints

(02) 9268 5544

1800 670 812 (toll free)

complaintsadb@justice.nsw.gov.au

antidiscrimination.nsw.gov.au



13YARN

Crisis support

13 92 76 (24 hours/7 days)

000 (if in danger)

13yarn.org.au

