

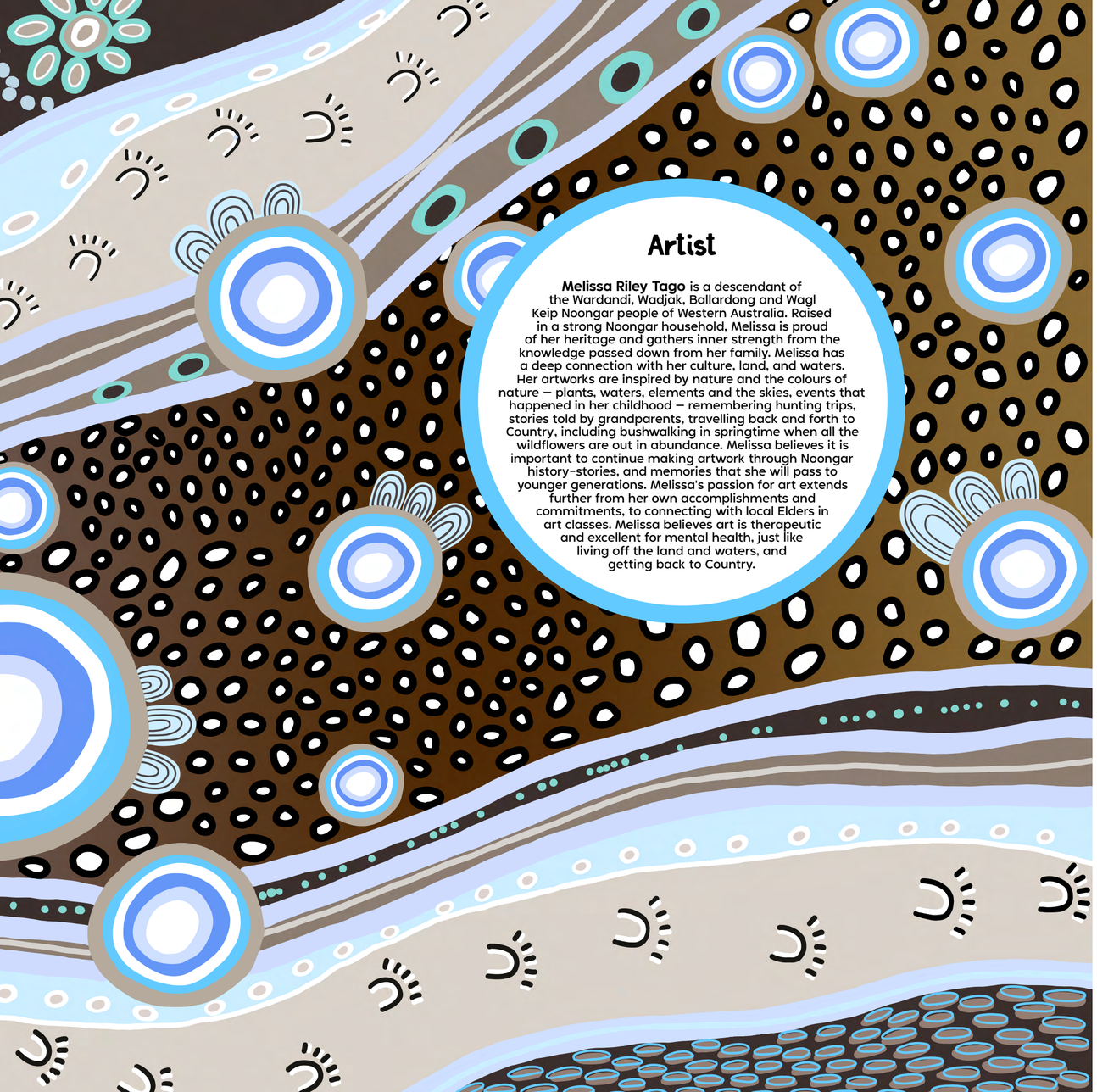
Djet's Big Bite

and Ngangk's Bright Light

Written by

Dale Tilbrook, Kristy Jetta, Larissa Jones,
De'Karla-Maree Kickett, Leah Wearne,
Kasharla Emmerton-Smith, Joanne Hill,
Bernadette Ricciardo & Jacinta Walton

ILLUSTRATED BY TYROWN WAIGANA



For all the moorditj koolangka.

Acknowledgement of Country

Ngalak kaadadj Wardandi wer Wadjak noongar moorta wer baalabiny boodja-k wer nidja bibool kwadjat warn.

Ngalak kaadadj baalabiny Birdiya koora-koora wer yeyi.
Ngalak kaadadj baalabiny yako warn ngaalang koolangka moorditj.

We acknowledge the Traditional Custodians of the land on which this book was created, the Wardandi and Whadjuk people of the Noongar nation. We pay our respects to their Elders past and present and honour their continued guidance and wisdom in our work to improve the health and development of all children.

We acknowledge Aboriginal and Torres Strait Islander peoples as the Traditional Custodians of the land and waters throughout Australia and recognise their continuing culture, connection to the land, waters, and community.

To listen to a reading of this story scan the QR code below or visit **thekids.org.au/healthyskinbooks**



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Kaya, I'm **Djet**! In Noongar, that means flower.
I love fishing with my **moort**, hour after hour.

I might look little, but I'm mighty and strong,
and I can fish all day long!



Too **solid**.
My cousins are here!

They've brought their
towels and fishing gear.

I reckon it's gonna be
the best day of the year!

I say, "Come on you mob,
we haven't got all day!"



Big hats.

Fishing shirts.

We've all got
one each.

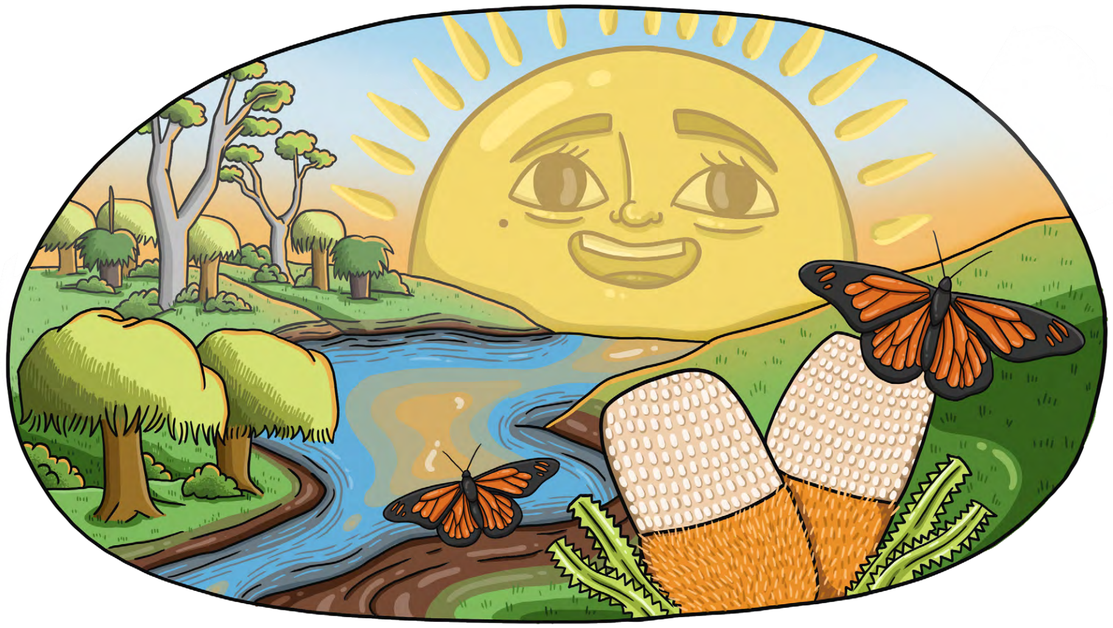
Now we're almost
ready for the beach.



"We need to get there early," Nan says,
"before **ngangk** gets too strong."

"Wait... doesn't **ngangk** mean mum?"







Nan smiles.

"You're right, Djet.

Ngangk does mean mum.

In **Noongar**, **ngangk**

also means sun."

"Just like a mum,

ngangk helps us grow."

The flowers. The trees.

And everything we know.

We're putting on sunscreen –

on our arms, legs and face.

Dad says, "Don't miss your ears,

they're also an important place."



"**Djinda**," I say, "here, it's your turn,"

"Don't worry," Djinda says.

"My skin doesn't burn."

"Bub, that's not true –
us Blackfellas burn too."

Light skin. Dark skin.
Every shade in between.

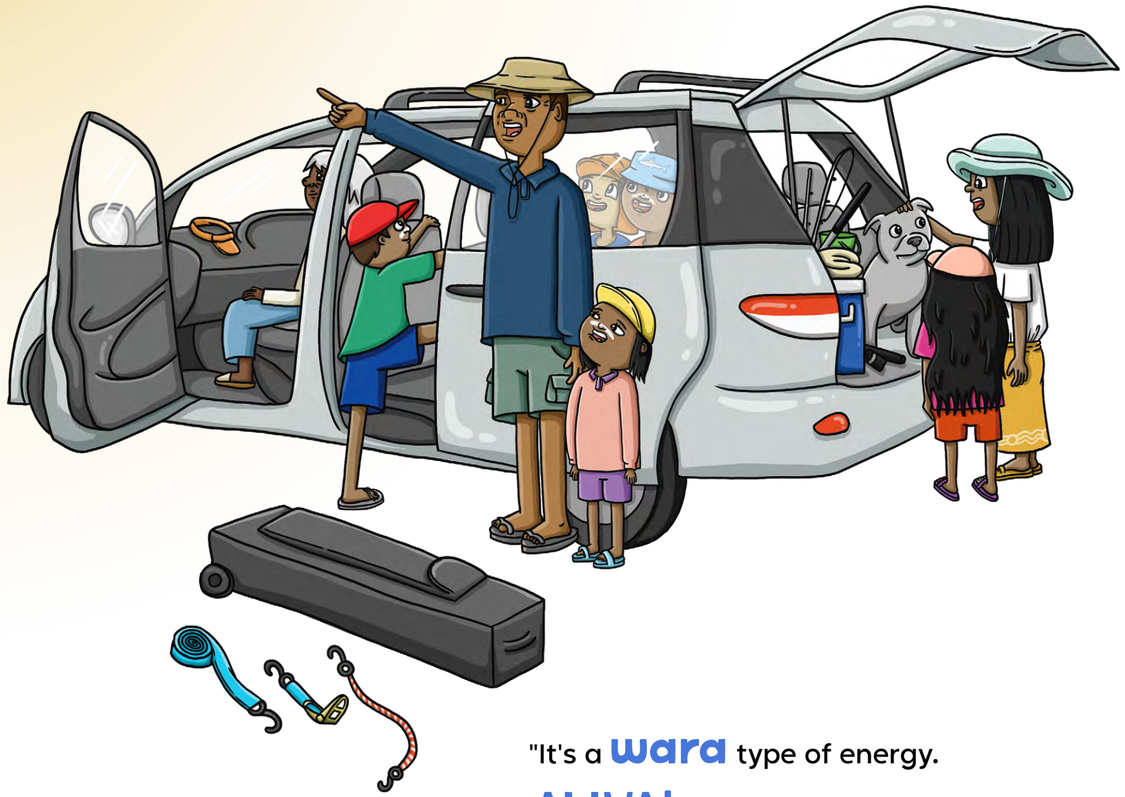
"UV doesn't care what colour it's seen
... **ngangk** shines on us all the same."



*UV stands for Ultraviolet Radiation

"What's UV?" I ask.

Dad says it's something you cannot see:
he points to the **worl**...



"It's a **wara** type of energy.
ALIWA! It can burn you and me."

FINALLY!
We're at the beach.

I grab my rod and stare.
The water is sparkling.
The sea breeze through my hair.

And **ngangk** shines so bright.

"Wow!" I say.

"What a **solid** fishing day."



The shade is up. The rash vests are on.
Nan checks our hats, one by one.

The chairs are out. The rods are ready.



" **Balayi!**,
fish here I come.
I'm gonna catch
us a big one!"

Future me will thank me.



My big cuz **Maali**
reaches for the sunscreen.

I ask, "Aye, you're putting more on?"

"Yeh, of course," she says,
"no dark spots or wrinkles for me.

I love my **kwobidak** skin."

She puts on her
sunglasses with a grin.

"She's right you know,
some mob don't like the feel of sunscreen though.

But that's okay, it's not all we can do,
there's other ways to protect me and you."

Nan explains...





"We find some **shade**,

wear
long clothing
to cover our skin,



and pop on
hats with a wide brim,

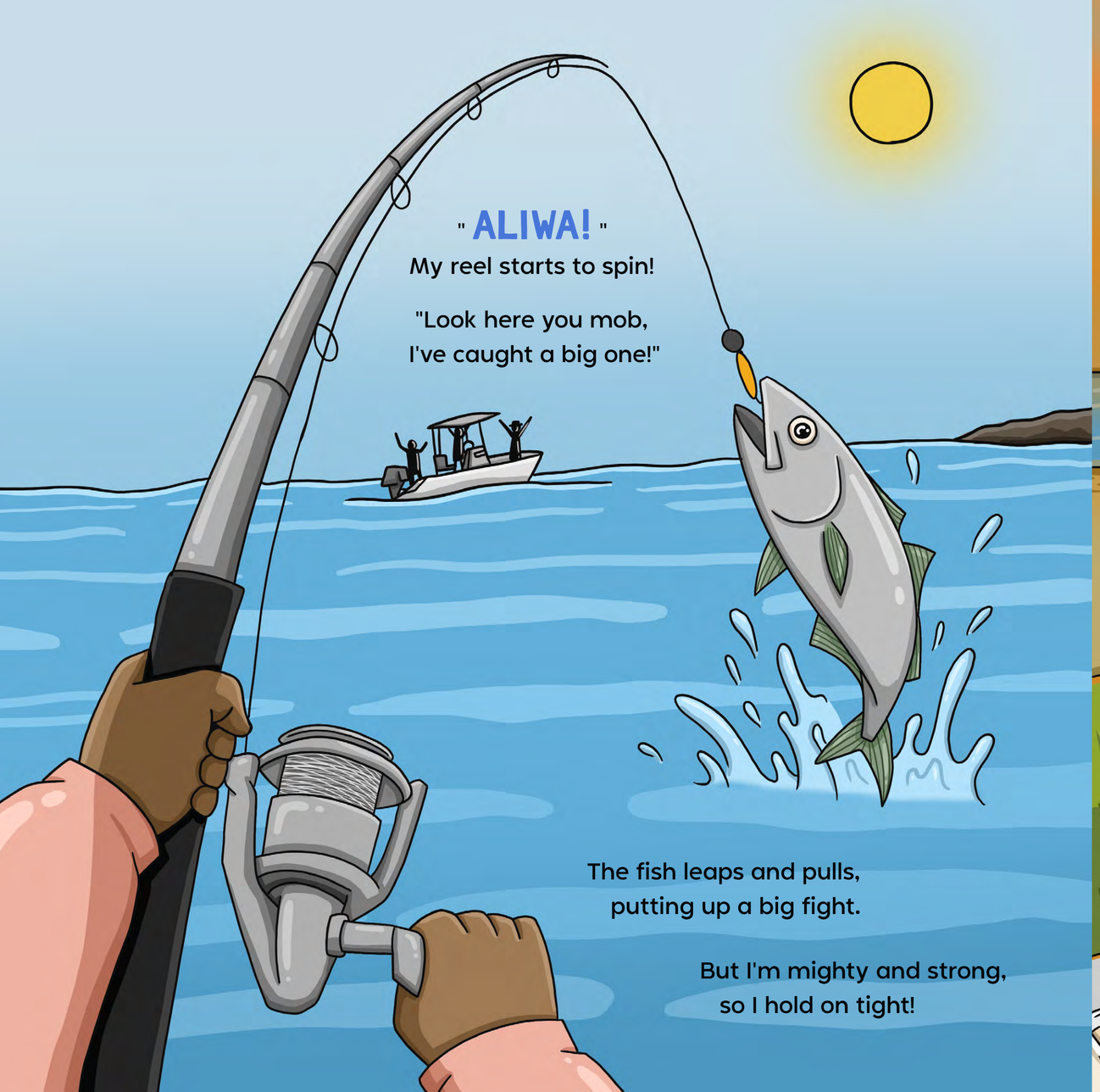


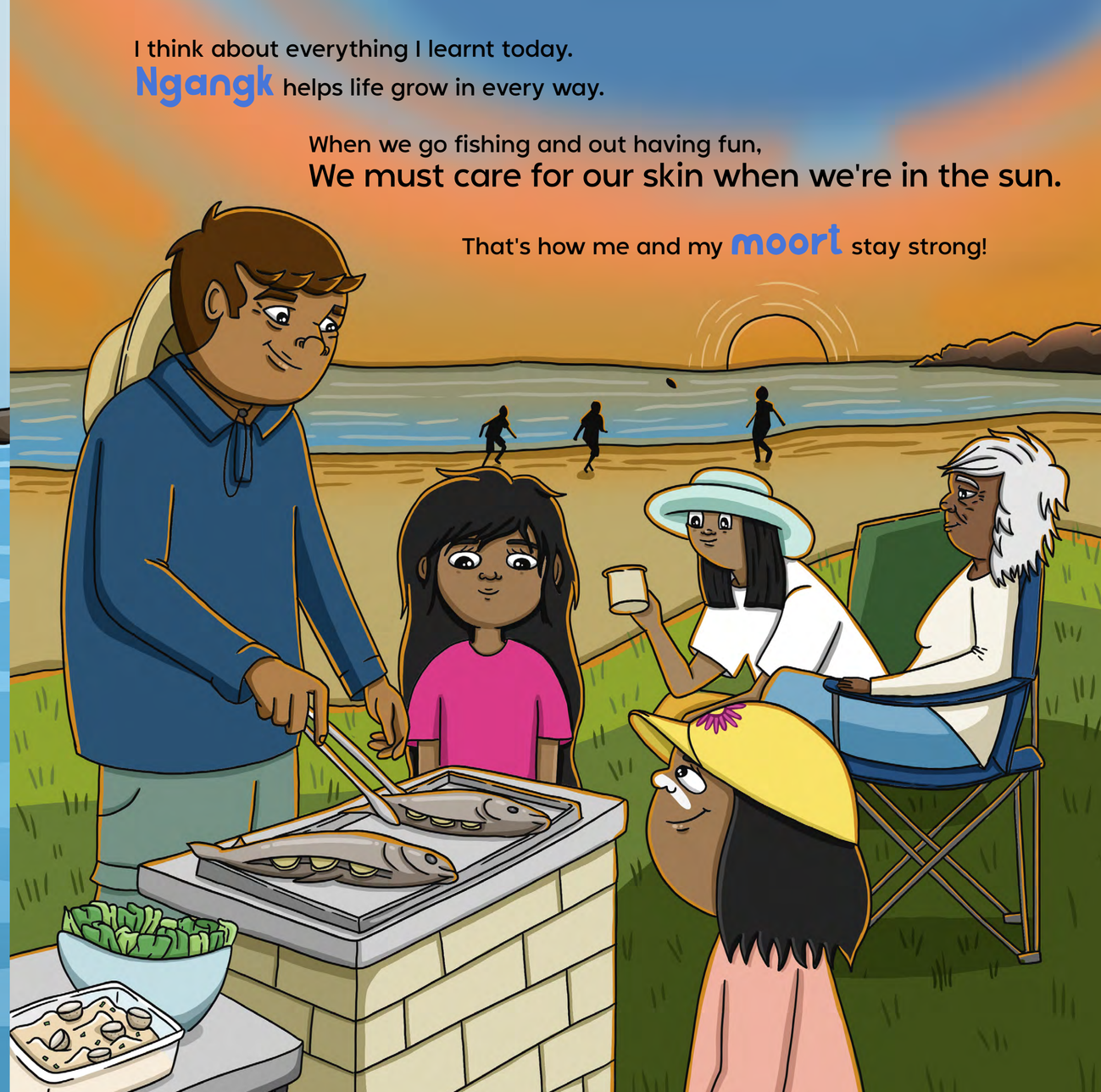


then **sunscreen** goes,
wherever our skin still shows."

Nyorn, no fish yet, but Nan says not to fret.
"Let's take some time to rest, and I'll tell
you how our old people knew best...

In the middle of the day
when **ngangk** was fierce,
we sat in the shade
where her rays couldn't pierce."


" ALIWA! "
My reel starts to spin!
"Look here you mob,
I've caught a big one!"
The fish leaps and pulls,
putting up a big fight.
But I'm mighty and strong,
so I hold on tight!


I think about everything I learnt today.
Ngangk helps life grow in every way.
When we go fishing and out having fun,
We must care for our skin when we're in the sun.
That's how me and my moort stay strong!



Noongar Language

Noongar is the Aboriginal Australian language from the Noongar nation of the South-West corner of Western Australia.

Below is a glossary of Noongar words used in this book:

Noongar Word	Pronunciation	English Word
Aliwa	Ali-WAH!	Be aware, look or watch out, caution
Balayi	Bu-lay	Be aware, look or watch out, caution
Kaya	Ki-ya	Hello
Koolangka	Cool-ung-gar	Children
Kwobidak	K-wo-bi-dok	Beautiful
Moorditj	Mor-di-ch	Strong, solid
Moort	Mor-t	Family
Ngangk	Ng-u-n-k	Sun and Mother
Nyorn	Ng-or-n	Expression of sorry – for someone or something
Wara	Wa-ra	Bad
Worl	Wor-l	Sky

Characters in this book have been named in Noongar, their meanings are as follows:

Djet [Jet]
Flower

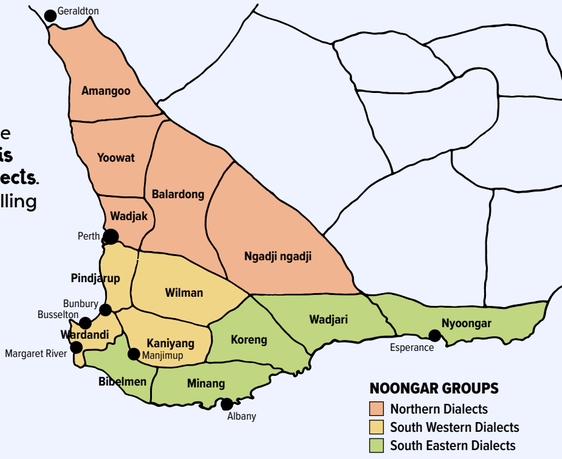
Djinda [Jin-dar]
Star

Maali [Mar-le]
Swan

Special thank you to Charmaine Councillor at **Wardandi Miya-K Kaadadjiny Aboriginal Corporation** for the review and contribution to ensure the accuracy of the use of the Noongar language.

wmkac.com.au

We acknowledge the **Noongar language is made up of many dialects.** Pronunciation and spelling of words can vary.



About Sun Safety

Sun safety means protecting your skin and eyes from too much ultraviolet radiation (UV) from the sun. UV can damage skin even when it is cloudy, cool or windy. The sun's rays can cause sunburn, eye damage, early aging of the skin and skin cancer. Sun safety is important for everyone, including children and young people. Building good habits early helps keep skin strong and healthy.

How Can We Protect Our Skin From the Sun



Avoid the strongest sun exposure

The UV produced by the sun is strongest in the middle of the day. During this time, consider indoor activities. If you are outside, seek shade.







Wear sun-protection (clothing, hats, sunglasses)

Wear clothing that covers the skin, such as long sleeves, longer shorts or skirts, and rash shirts for swimming.

Wear a broad-brimmed, bucket or cap with neck flap that protects the face, ears and neck.

Wear sunglasses that meet Australian standards.



Use SPF50 broad-spectrum sunscreen on exposed skin

Sunscreen should be used in combination with sun avoidance and sun-protection.

6-Steps to Proper Sunscreen Application

1. Put sunscreen on 20 minutes before going outside.
2. Spread evenly on all exposed skin. Use approximately 1 teaspoon per body part.
3. Don't forget the ears, neck, nose, lips, shoulders, arms, hands, legs and tops of feet.
4. Reapply every 2 hours, or more if swimming, sweating or drying with a towel.
5. Sunscreen works best when used with shade, clothing and a hat.
6. Choose an SPF50+ broad-spectrum sunscreen. For children, look for sunscreen made for 'sensitive skin' (often with zinc or titanium dioxide), which sit on top of the skin and help block UV. This is less likely to cause skin irritation.

Have a yarn to your local doctor, nurse or health worker if you notice a new, changing, or unusual spot on your skin.

Looking after your skin early in life helps keep you and your mob strong and healthy.

View more resources about sun safety here:

The Moorditj Marp Project

This book has been developed by The Kids Research Institute Australia as part of the Moorditj Marp (Strong Skin): Evaluation and Development of Culturally Relevant Healthy Skin Storybooks project, a collaborative project with South West Aboriginal Medical Service, Derbarl Yerrigan Health Service, Cancer Council WA and Perth Children's Hospital.

This project works alongside community to co-design healthy skin resources that are culturally relevant, representative and meaningful, supporting stronger health literacy and health promotion for children and families.

You can read more about the project and investigators here:

Or check out some more healthy skin resources here:

The KIDS RESEARCH INSTITUTE AUSTRALIA

South West AMS Aboriginal Medical Service — Our Health, Our Way

DERBARL YERRIGAN HEALTH SERVICE

Cancer Council WA

This storybook was developed as part of the project "Development and evaluation of culturally relevant healthy skin storybooks", funded by the Australian Medical Research Future Fund (MRFF) (Grant ID: MRF2031588). The contents are solely the responsibility of the authors.

Authors



Aunty Dale Tilbrook is a Wardandi Bibbulmun woman and respected Elder, cultural educator and community leader. Passionate about sharing Noongar culture, language and knowledge, she has spent many years supporting Aboriginal children, families and communities through education and mentoring. As an Elder Researcher with the Healthy Skin team, she provides cultural guidance and supports the development of health resources that reflect Aboriginal ways of knowing, being and doing.



Kristy Jetta is a proud Wardandi woman from Bunbury, connected to the Jetta, Wallam, Humphries and Little moort, with strong connections across Noongar boodjar. Her love for community and culture drives her commitment to helping koolangka grow up healthy, proud and strong. While undertaking a FIFO electrical apprenticeship, she contributes to Aboriginal community initiatives. As a co-author of the Strong Skin storybook series, Kristy hopes to empower children and families through culturally meaningful health education, nurturing pride and connection for generations to come.



Larissa Jones is a proud Whadjuk, Ballardong Noongar woman from Boorloo (Perth), connected to the Jones (Milly Milly), Websdale, Garlett and Bennell families. A mother of two with a background in research, Larissa is passionate about co-designed, strength-based research that centres Elders and Community voices, knowledge and lived experiences to improve the health and wellbeing of Aboriginal children and families. As a member of the Moorditj Marp (Strong Skin) Aboriginal Community Steering Group, Larissa contributes her professional expertise and lived experience to the development of culturally meaningful health resources.



De'Karla-Maree Kickett is a proud Noongar woman from Boorloo (Perth) with a passion for empowering Aboriginal children and young people to thrive. Inspired by her role as the eldest of a large family, she is committed to supporting others to learn, grow and achieve their goals. De'Karla-Maree currently works as a Program Coordinator encouraging young Aboriginal and Torres Strait Islander teens to succeed, also works as a Team Leader in Hospitality and Tourism. As a member of the Moorditj Marp Steering Group, De'Karla-Maree hopes this knowledge will support the health and wellbeing of children and families.



Kasharla Emmerton-Smith has strong connections to the Smith, Hansen, Wallam and Parfit moort (families). She is passionate about sharing culture, supporting community and helping Aboriginal and Torres Strait Islander young people reach their full potential. Recently completed Year 12, Kasharla is excited to continue building her skills and giving back to community. Through her involvement in the Strong Skin storybook series, she hopes to support children and families with culturally meaningful health messages that encourage strong skin, strong minds and strong futures.



Joanne Hill is a proud Noongar and Ngadju woman from the Thorne, Michael, Hume, Hart, Dimer, Wilson, Rogers and Boxer families, with connections throughout the Southern area of Western Australia and South Australia. Joanne has over 25 years' experience working with the South West Indigenous and wider community, at delivering successful economic and social outcomes for her community. She is a mother of three and is passionate about children's health and healthy lifestyles.



Leah Wearne is a Warnman woman of the Martu people, with connections to Noongar boodja through her father, Pastor Jack Braeside. She is a Care Finder at Advocare, a Justice of the Peace, and a member of various boards and committees. As a mother of three children, Leah brings both personal experience and professional dedication to raising awareness about common skin conditions through storytelling.



Jacinta Walton is a Wilman Noongar woman from Goomburrup (Bunbury), where she grew up and now lives and works. She is a Higher Degree by Research student and Aboriginal Project Officer in the Healthy Skin team at The Kids, where she facilitates the development of the Moorditj Marp storybook series. Jacinta is passionate about supporting strong health literacy through co-designed health promotion, education and resources that reflect community voices, knowledge and strengths. Her research explores how health promotion can be more representative, relevant and meaningful to communities.



Bernadette Ricciardo is a Wadjella (non-Aboriginal) Australian of Italian and Irish ancestry. Born in Mt Barker on Menang boodjar (land) and raised in Perth on Whadjuk boodjar, she is a mother of four. Bernadette is a practicing dermatologist and skin health researcher with over 15 years' experience. She is passionate about strong skin for all koolungar.

MAJOR CONTRIBUTORS

Asha Bowen, Charmaine Councillor, Ingrid Amgarth-Duff, Agnes Low, Keerthi Anpalagan, Sally Blane, Tamara Hunter & Tammy Gibbs

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Annette Garlett, Sally Smith, Charlee Brahim, Brooke Garlett Kirsten Cox & Carol Michie



Illustrator

Tyrown Waigana is an Artist and Designer with connections to Wardandi Noongar people of the south west, Yawuru people from the Kimberly region and the Ait Koedhal clan on Saibai Island in the Torres Strait. Following the coast Waigana's heritage stretches almost half the country and is deeply connected to the oceans. Tyrown was born and raised in Fremantle, where his passion for art was fostered by his family and surrounding. He grew up admiring family members who made art, the cartoons he saw on TV and a curiosity around creating. Tyrown's practice explores the everyday myth, gaps in communications and rhetoric around Indigenous identity while putting a humorous spin on much of his work. He enjoys pushing himself creatively both in concept, topic and outcome. Tyrown believes his creativity is limitless and seeks to prove this by taking on complex projects that allow him to grow. **crawlincrocodile.com**



Graphic Designer

Kelli Savietto is a graphic designer and artist based in Boorloo (Perth). She works across a diverse range of industries, specialising in publication design, brand identity, and illustration. Drawing on her Nyikina and Yawuru heritage from the Kimberley in Western Australia, she is passionate about bringing Indigenous-led projects to life, weaving cultural narratives that resonate and connect. **kellisavietto.com**

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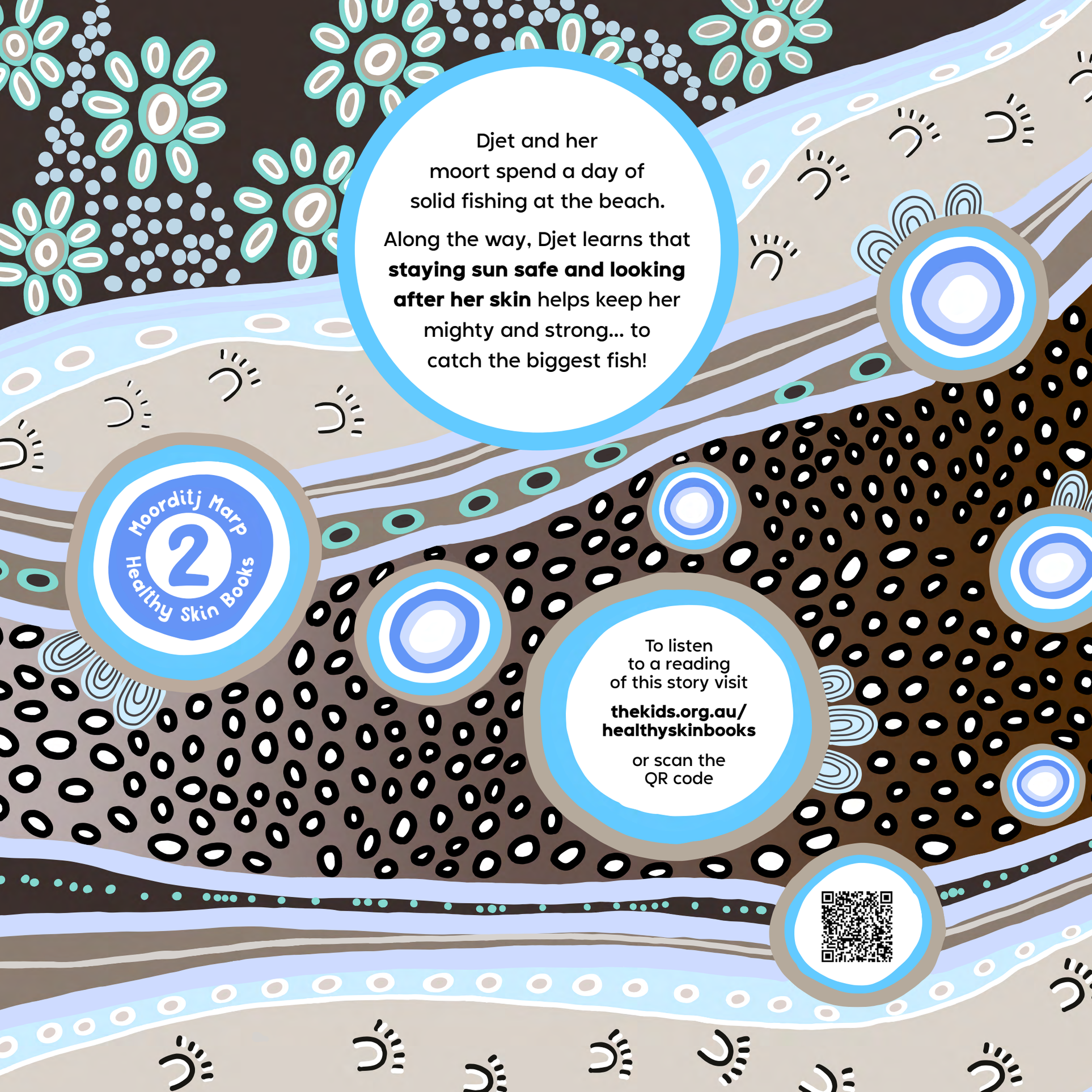
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Djet and her moort spend a day of solid fishing at the beach.
Along the way, Djet learns that **staying sun safe and looking after her skin** helps keep her mighty and strong... to catch the biggest fish!
Moorditj Marp
2
Healthy Skin Books
To listen to a reading of this story visit
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