



DEADLY TOOTH TIPS

TIPS TO KEEP TEETH HEALTHY

SOCIAL MEDIA TOOLKIT



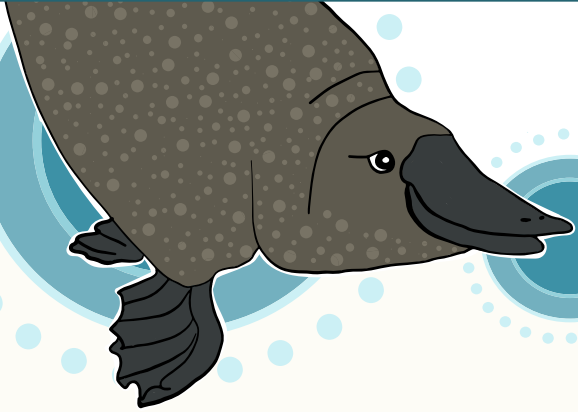
dental health
services victoria
oral health for better health

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May 2021

Introducing new dental health ambassadors

Wala the Platypus, Dhuna the Koala and Dirran the Kangaroo



Wala the Platypus

Wala is the Yorta Yorta word for **water**.

Wala is a cheeky platypus. Wala likes to spend time in the water. Wala is an excellent swimmer and likes to race the fish to see who is quicker.

Fun Fact: The platypus is not like other animals. It is a very special Australian animal with a flat bill, furry body and webbed feet.

Dirran the Kangaroo

Dirran is the Yorta Yorta word for **teeth**.

Dirran is a curious kangaroo. Dirran loves to read books and explore new ideas. Dirran can bounce high by using its strong legs and long tail.

Fun fact: Did you know that a kangaroo's teeth wear down and fall out. They have another set of teeth that slowly moves forward to take their place.



Dhuna the Koala

Dhuna (pronounced thuna) is the Yorta Yorta word for **eat**.

Dhuna loves to sing and dance. Dhuna loves to hide in the eucalyptus trees and feast on the leaves. When Dhuna is not eating, Dhuna spend their time sleeping in the branches.

Fun Fact: Koalas are fussy eaters and have 2-3 favourite kinds of eucalyptus leaves.

Artist: Madison Connors (nee' Saunders). A proud and strong Yorta Yorta (Wolithica), Dja Dja Wurrung and Kamilaroi woman and mother to two booris (babies) Marley and Yindi. Madison was born in Shepparton and spent most of her years on her grandmother's Country. She comes from a strong line of women and is following in their footsteps. Oral history has taught Madison to yarn with her Elders; to listen, to understand and acknowledge the challenges they faced, to be strong in the face of adversity and to continue teaching her children the importance of her history, their history. Written with the help of my 4 year old son.

Social Media Toolkit

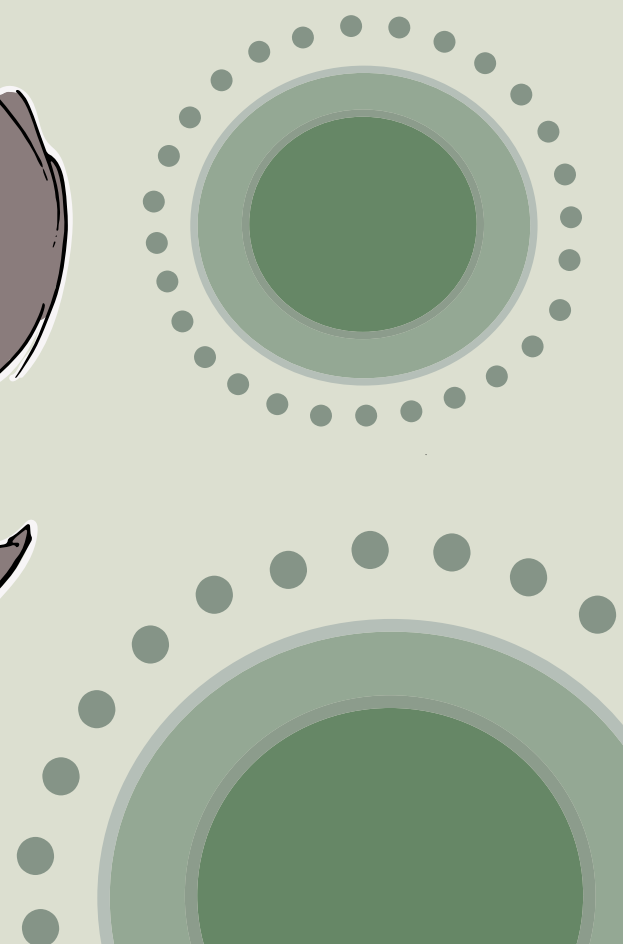
Deadly Tooth Tips is a new resource developed by Dental Health Services Victoria Aboriginal Community Development Officer and the Health Promotion team, in partnership with artist Madison Connors (nee' Saunders), a proud and strong Yorta Yorta (Wolothica), Dja Dja Wurrung and Kamilaroi woman and mother to two boorais. The aim of **Deadly Tooth Tips** is to share messages on how to help keep our teeth and body healthy.

The **Deadly Tooth Tips** artwork, designed by Madison Connors, is the centre piece of resources that use language, themes and images to reflect Aboriginal culture and community.

Australian animals, the platypus, koala and kangaroo were chosen as child-friendly ambassadors to represent key dental health themes, Drink well, Eat well and Clean well. The names of the animal ambassadors keep words alive from the language of the Yorta Yorta people - Wala (water) the Platypus, Dhuna (eat) the Koala, and Dirran (teeth) the Kangaroo.

Poor dental health - mainly tooth decay - affects 1 in 4 Australian children. Now, more than ever, it is essential that we support children's health by helping families understand the importance of dental health and share information that supports children and families to make healthy choices for teeth.

Deadly Tooth Tips offers an example of integrating Aboriginal art and culture to support good health and wellbeing.

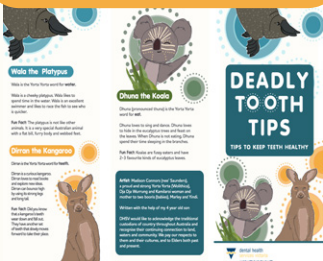


Deadly Tooth Tips resources

To help spread the message,
here are some resources to share:

Download the resources by clicking
on the links below.

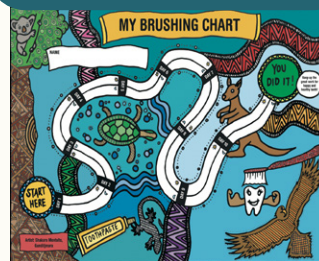
Deadly Tooth Tips tip sheet



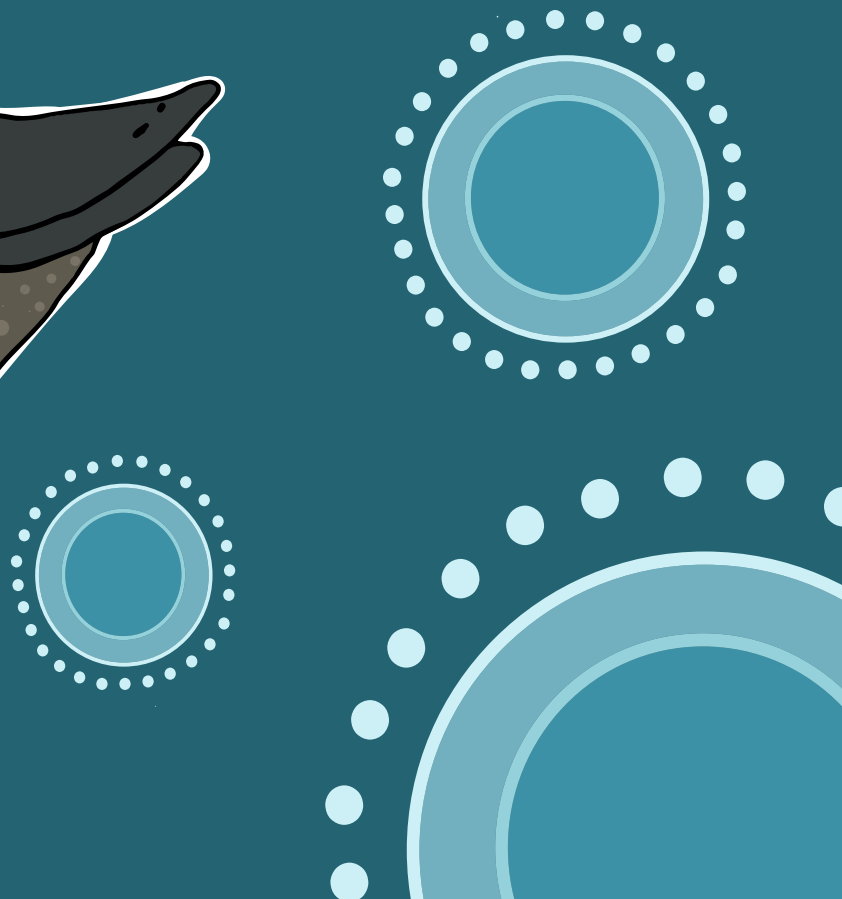
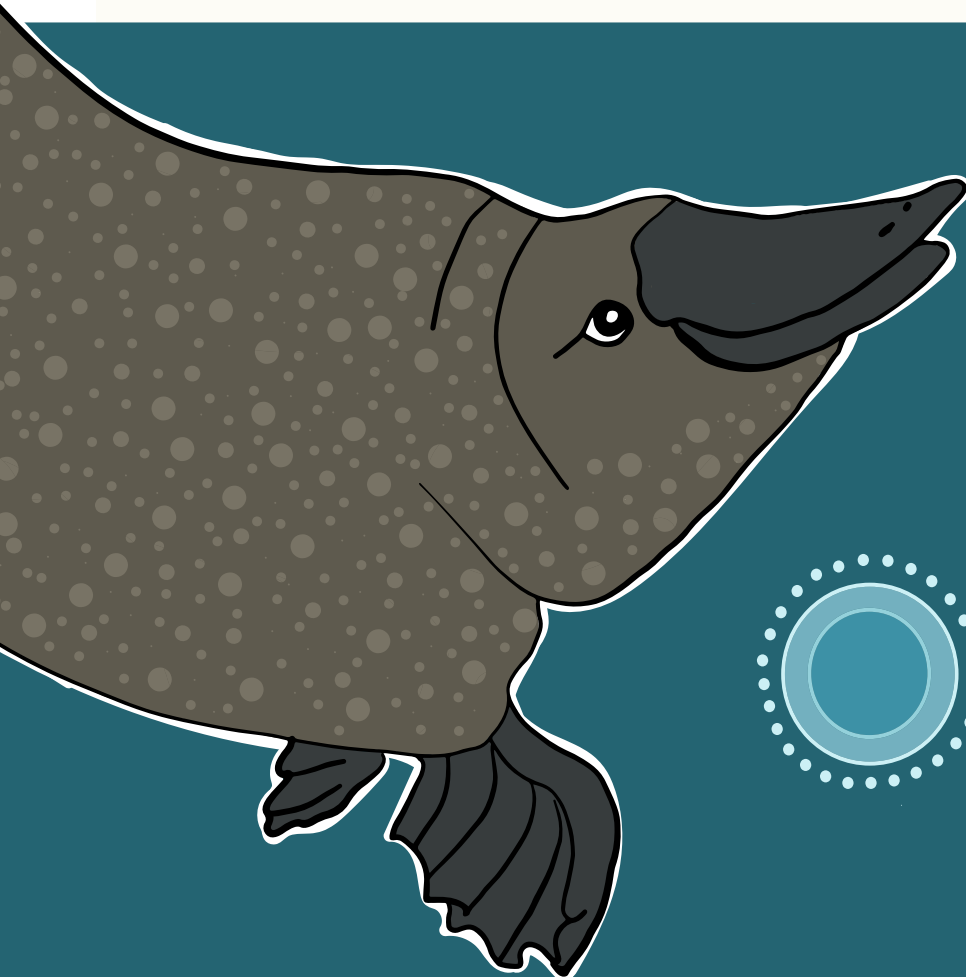
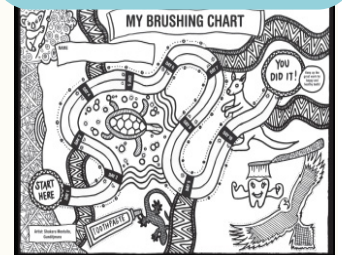
Deadly Tooth Tips social media tiles



Toothbrushing chart



Toothbrushing chart colour-in version



Social Media Tiles

Get involved. Share the images and messages below on social media. Simply click to download the images and start sharing. And remember, join the conversation with the hashtag #DeadlyToothTips

Share with families

Download the **Deadly Tooth Tips** social media tiles and share the **Deadly Tooth Tips** tip sheet with families at your early years' service, school, dental service or in your local community – and spread the word around the deadly habits that protect little teeth and prevent tooth decay.

Choose a post, cut and paste the text, download an image and share in your social media channels.

- National Close the Gap Day (March)
- National Playgroup Week (March)
- World Oral Health Day (March)
- International Children's Day (April)
- National Smile Day (April/May)
- NAIDOC Week (July)
- National Families Week (May)
- Dental Health Week (August)
- National Nutrition Week (October)
- Children's Week (October)
- National Aboriginal and Torres Strait Islander Children's Day (August)
- World Cavity Free Futures Day (October)
- World Smile Day (October)
- Universal Children's Day (November)

You can find more toothbrushing information here: <https://dhsv.link/toothbrushing>
If you have any questions, please email healthpromotion@dhsv.org.au



Wala the Playtupus

Wala is the Yorta Yorta word for water.

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Dhuna the Koala

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Tap water is free – no fat or sugar – and it strengthens your teeth!
#DeadlyToothTips
#DrinkWaterUMob

Drinking water with fluoride is one of the easiest things you can do to strengthen your teeth!
#DeadlyToothTips
#DrinkWaterUMob

Bones and teeth love dairy foods like milk, cheese and yoghurt
#DeadlyToothTips

Social Media Tiles



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Use the FoodSwitch app to find hidden sugars
<https://apps.apple.com/au/app/foodswitch/id1059284559>
#DeadlyToothTips

Crunchy, raw fruits and vegetables, like apples, celery and carrots make great snacks – and help clean teeth
<http://www.vaccho.org.au/assets/01-RESOURCES/TOPIC-AREA/NUTRITION/TIP-SHEETS/KIDS-TIP-SHEETS/VACCHO-HEALTHY-EATING-KIDS-WEB.pdf>
#DeadlyToothTips

An apple a day helps keep tooth decay away! For healthy food swaps
<http://www.vaccho.org.au/assets/01-RESOURCES/TOPIC-AREA/NUTRITION/POSTERS/POSTERS-FOOD-SWAPS-A3.pdf>
#DeadlyToothTips



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If you're looking for a new favourite toothbrushing song, try one of these <https://linktr.ee/brushing>
#DeadlyToothTips

Find your local dentist
<https://www.dhsv.org.au/our-services/find-dental-clinics/clinic-search>
#DeadlyToothTips

Tash and 'Chomper' join their animal friends, to show us how to have fun when we brush our teeth
<https://youtu.be/TWA6UWUwkh8>
#DeadlyToothTips

Sample newsletter/blog article

Cut and paste to share this article by email, newsletter or blog across your networks:

Introducing new dental health ambassadors Wala the Platypus, Dhuna the Koala and Dirran the Kangaroo

Introducing new deadly dental health ambassadors, Wala the Platypus, Dhuna the Koala, and Dirran the Kangaroo, created to advocate for the dental health of Aboriginal and Torres Strait Islander children and families.

Developed by Dental Health Services Victoria (DHSV) Aboriginal Community Development Officer and the Health Promotion team, together with artist Madison Connors (nee' Saunders), a proud and strong Yorta Yorta (Wolothica), Dja Dja Wurrung and Kamilaroi woman and mother to two boorais. Wala, Dhuna and Dirran headline a new **Deadly Tooth Tips** series, to share messages about activities that help keep our teeth and body healthy.



Poor dental health – mainly tooth decay – affects 1 in 4 Australian children. Now more than ever, it is essential that we raise awareness and support children and families in caring for their children’s oral health.

Visit www.dhsv.org.au and download the **Deadly Tooth Tips** social media tiles and share the **Deadly Tooth Tips** tip sheet with children and families.