



# Stepping Out into Our Future

Artwork: Creative representation of Palm Island by Dr Lynore Geia

## #IHMayDay18

Universities are invited to participate in  
#IHMayDay18 by:

- Listening to and responding to the voices and the messages from the tweets of Aboriginal and Torres Strait Islander people.
- Re-tweeting tweets marked #IHMayDay18.
- Embedding Indigenous health knowledges in the curriculum.
- Developing supportive, culturally safe environments and practices for Indigenous staff and students.
- Embedding cultural safety as a core part of professional practice across medicine, nursing and midwifery, public health and allied health.
- Sharing the news about the event with your networks.
- Signing the pledge for Indigenous health equality:  
<https://croakey.org/sign-this-pledge-for-health-equality-for-aboriginal-and-torres-strait-islander-people/>
- Reflecting upon how your institution can do more to listen to Aboriginal and Torres Strait Islander people as part of your everyday.
- Following and supporting @IndigenousX

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*#IHMayDay is an annual Twitter event, led by James Cook University academic Dr Lynore Geia, that takes a strengths-based approach and privileges the voices of Aboriginal and Torres Strait Islander people to discuss health matters.*

*On Thursday, 31 May, #IHMayDay18 is co-hosted on Palm Island by the local TAFE, and the Palm Island Centenary Committee, in conjunction with Croakey.*

*A program of guest tweeters will run from 7am until 10.00pm AEST. Discussions will be moderated by Dr Geia and Croakey Contributing Editor, Ms Summer May Finlay.*