

# RIGHTS IN ACTION

A newsletter for ACT children and young people about their rights and wellbeing



## CONTENTS

Your right to health

That is a wrap for the  
CYPC for 2023!

Should you be worried  
about holiday screen  
time?

Holiday mental health

Summer activities and  
recipes!

## What's new?

- The Human Rights Commission is closed from Friday 22 December 2023 until Tuesday 2 January 2024. The CYPC team will be back on Monday 15 January 2024.

## Did you know...

- There are 90 days in summer (and 91 in leap years, like 2024).
- The forecast for Christmas day is a high of 28, partly cloudy and a slight chance of rain. It is still a while away though, so that could change!
- Canberra's hottest ever day was in January 2020 with the temperature hitting 44 degrees. It did not go below 40 until after 7pm.



Yuma! In celebration of the summer, this is a special holiday edition of Rights in ACTION! Whether you are dreading the holidays, or can't wait for school to end, this edition of Rights in ACTION has something for you! It is all about your right to health and how to be healthy over the long hot summer.

We hope you enjoy your holidays, and if you celebrate Christmas, have a merry one!

*Jodie*



# Your right to health

You have the right to the best health possible. Being healthy means you can grow and develop your physical, emotional and social wellbeing.

The 'best health possible' means that each person's level of health will be different because they are different, but the government has to work to make sure each person's health is the best it can be.

## What does the right to health include?

To be healthy you need: clean water, nutritious food, good health care, health education (so you and the adults caring for you know how to keep you healthy), and an environment that supports your health.



### Clean water

You cannot be healthy without safe, clean drinking water. Governments are responsible for making sure children have clean water, even when private companies manage it. Managing sewage is part of this.



### Healthy food

Governments must make sure children have access to good food. They should promote breastfeeding for babies. They should also help children avoid junk food by having rules about not advertising it to children.



### Good health care

All children should have quality health care, that is affordable, available and suits everyone. Health care should help prevent sickness, promote health, and treat people who are sick.



### Health education

Governments should make sure children have information about health that children can understand. This information should include healthy eating, promoting exercise, how to avoid accidents, hygiene and more!



### Clean environment

Governments need to stop pollution, provide good, clean and safe housing, and manage rubbish disposal. They should have rules to stop companies polluting and also take action against climate change.

## Your right to be heard

All rights are connected, so your right to be heard is connected to your right to health. Your views about health services, barriers to using them, and attitudes of health professionals should all be heard and be considered when decisions about services are made.

You should also be given more choice over your health as you get older and can take more responsibility for making your own decisions.

# LOOKING BACK AT 2023!

Last edition we showed you our annual report, and what we have been doing over the past year. The CYPC had a busy year, with government meetings, reviewing legislation and most importantly, hearing from children and young people in the ACT.

Here are some photo highlights of the CYPC year!



2023 Careers Xpo



Children's Week Magical Park Game



Right to play consultation - playground designs



New logo



Jodie & Barb in Darwin at the SNAICC Conference



Public Advocate + CYPC team Book Week Morning Tea



Human Rights Act consultation



Children's week awards



Work experience students



# Should you be worried about holiday screen-time?

Many adults worry about the effects of screen-time on children. And we know some of you are also concerned about the impact it has on your brain. But children and young people in the ACT have also told us that you value the social connection, games and entertainment that screens provide.

With no school, screen-time can increase over the holidays. So how should you manage your screen-time so you keep the good things and reduce the bad things?

A study by The Conversation found that, although there are downsides to too much screen-time, what you are watching on your screens is what matters the most.

## **Watch something educational or watch with family**

It is true that watching lots of TV can cause struggles in school and difficulties with reading and writing skills. The more TV you watch, the harder that is.

But if you watch with an adult or watch an educational program, your literacy skills could get better. Watching something with parents lets you ask questions about the show, which can help to develop your language skills.

## **Stay away from socials**

This study highlighted that some forms of screen-time are mostly harmful. One of these is social media. Social media is linked to mental health problems like anxiety or depression, and the study did not identify any benefits from it.

Socials can be difficult to give up, especially when you are not seeing friends every day at school. So, if you are on socials, try to limit how much time you spend on them and be very mindful what you are clicking on. Only look at things that encourage you.

**It is important to make sure you are using your screens in ways that support your brain and mental health. It is also okay to have some fun on your screens but try to focus on things that are positive.**



# Taking care of your mental health in the school holidays

By Lucy, year 10

During school holidays, your routine changes and the support you have at school is not available. It is important to take care of your mental health and keep yourself occupied so that you can get the most out of your break. There are many things you can do to support your mental wellbeing these school holidays.

## Take care of your physical health

Physical health goes hand in hand with mental health. Make sure you are sleeping well and have a night-time routine that helps you to relax and reduce any worries you may have at night. Ensure you are going to bed at a reasonable time and try to remove any distractions from your bedroom.

Getting exercise releases chemicals such as endorphins and serotonin, which help to improve your mood, so make sure that you are moving your body every day. Make the exercise fun and try to do something you enjoy.



## Connect with loved ones and tune into yourself



It is important to maintain social connections and have someone to talk to. Having a support circle of people you can trust is helpful for maintaining good mental health. Make time to go out with your friends and family these holidays and let them know that you are there for them.

Make sure to take care of yourself and be mindful of your emotions. Take a few minutes every morning to check in with yourself and think about how you are feeling and what you might need. Keep a journal if you find it helpful. You may like to engage in mindfulness or meditation to help manage difficult emotions.



## Do activities you enjoy

Keep yourself occupied and do something enjoyable every day. It is important to do things that uplift you and make you happy, and doing enjoyable things every day will give you a sense of purpose and routine. If you find it helpful to do so, plan out activities to do or make a list of things you enjoy.



## Reach out

If you are struggling with your mental health reach out to someone you trust, call a hotline, or seek professional help if possible. The activities above can help but sometimes you need extra support from someone else. Remember, it is okay to ask for help, and your mental health is important.



# Recipes to beat the heat

Make sure to get an adult to help you with these recipes if you are not used to using sharp knives or boiling water.

## Rainbow Kebabs

With any type of fruit you like, create some rainbow kebabs and see who can do the most colourful one.

- Cut fruit into bite sized chunks
- Thread onto a skewer
- Serve with melted chocolate, whipped cream or maple syrup for an extra treat!

## Make your own icy poles

Who doesn't love an icy pole in the hot weather?! Well, it is actually very easy to make your own flavour!

### Instructions:

1. Add your favourite fruit (frozen or fresh) to a blender with your choice of juice.
2. Pour into ice block moulds or old, clean yoghurt containers.
3. Insert a popsicle stick, or a spoon with the handle pointing out.
4. Freeze until solid. Then enjoy.

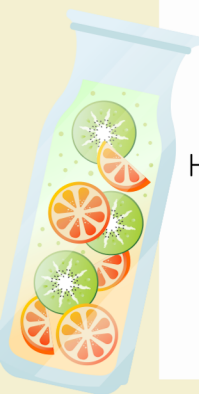
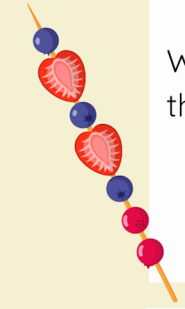
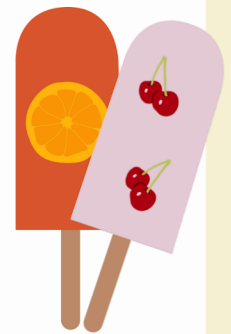
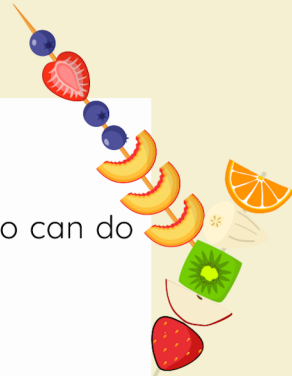
## Flavoured water

The weather predictions are that this summer will be hot and dry. It is important to stay hydrated by drinking plenty of water. But too much water can get boring. So, why not make it exciting?!

- Almost any fruit can be used to flavour water. Slice it up, put it in a jug of water and put it in the fridge, covered, for about 12 hours for the best flavour.
- If using citrus, pour a little hot water onto it before topping with cold water. It brings out the flavour from the skin. Make sure your jug is heat-proof.

Here are our favourite flavour combinations:

- Cucumber and lime
- Strawberry and mint
- Orange and lemon
- Nectarine and basil
- Raspberry and lime
- Pineapple and lime
- Watermelon and mint



# Outdoor Bingo

Get outdoors and see how many of these things you can do. Once you have seen or done something, you can cross the box out. You do not need to pick anything up or touch the plants or insects. Once you have done them all, yell BINGO! Imagine how you might surprise people around you when you do :)

<p><b>SPOT A PIECE OF BARK</b></p> 	<p><b>WALK AROUND A SEAT</b></p> 	<p><b>WALK AROUND A TREE</b></p> 	<p><b>TOUCH A FENCE</b></p> 
<p><b>SPOT A BIRD</b></p> 	<p><b>SPOT A FAIRY</b></p> 	<p><b>HOP 3 TIMES ON 1 LEG</b></p> 	<p><b>SPOT A ROCK</b></p> 
<p><b>JUMP LIKE A FROG 3 TIMES</b></p> 	<p><b>SLIDE DOWN A SLIDE</b></p> 	<p><b>SPOT AN INSECT</b></p> 	<p><b>GIVE SOMEONE A HIGH 5</b></p> 
<p><b>SPOT A HERB</b></p> 	<p><b>HEAR A BIRD NOISE</b></p> 	<p><b>DO 5 STAR JUMPS</b></p> 	<p><b>HUG A TREE</b></p> 
<p><b>SPOT THE SUN</b></p> 	<p><b>SPOT A FLOWER</b></p> 	<p><b>SPOT A CLOUD</b></p> 	<p><b>SPOT A SNAIL SHELL</b></p> 

## FACT

Here are some fun facts about summer that you can tell your friends!



The Eiffel Tower grows more than 15 centimetres in summer, because it is made of iron which expands in heat.



Daylight makes people happy! It is proven that sunlight has a positive impact on how we feel.



To stay cool, dragonflies do headstands to turn their heads away from the sun.

# OUTDOOR FUN

Warm weather is made for being outside! So here are some ideas for a few fun things to do that will get you outdoors.

**Remember:** Wear a hat and sunscreen, drink plenty of water and spend time in the shade when you can.

## Build a fairy garden

Creating a fairy garden is a great way to get outside and be creative. You can put anything you like in your garden like leaves, rocks, plants, little homes, fairy lights and more!

All you need is a pot, cup or container, some soil, stones, leaves and flowers. You can add a little home built out of bark, sticks or stones.

Do not take anything for your fairy garden from public land (parks or nature reserves). Only use things in your own garden.



## Make a soccer ball

In some parts of the world a new soccer ball is too expensive, so children make their own.

1. Collect, old clean plastic bags, squash one into a ball shape, stuff it into another and squash them together into a ball shape. The tighter you make it, the better your ball will be. Keep doing this until your ball is the right size. Take some string and wrap it around your plastic bag ball. Tie it off tightly so it will hold together when you kick it.
2. You can also do this with leftover wrapping paper after Christmas. Ball up the paper, cover with another bit and keep making the ball bigger. Wrap leftover ribbon around it and tie it tightly.
3. Now go outside and test your home-made ball!



## Create a frozen dig

Imagine you are an archeologist and have some freezing fun with an ice dig. All you need is some small waterproof toys, an old ice-cream or Tupperware container and water. Place your toys in the container. Fill it with water and put into the freezer for several hours until frozen solid. You can add brown food colouring if you want to make it look like dirt.

Take it outside and use some old spoons to dig and a paint brush to brush away the loose ice. You can use a notebook to record what you have found and even set up a museum display!





# Christmas Word Search



## CYPC Christmas Word Search

Y	H	G	G	S	H	L	I	G	H	T	S	I	C
R	E	F	T	S	O	C	H	I	L	D	R	E	N
C	M	T	T	A	L	A	S	T	F	I	G	M	C
S	M	T	E	R	I	S	A	N	G	E	L	M	E
L	G	L	E	A	D	B	S	T	H	G	I	R	F
I	H	R	N	F	A	E	L	R	E	R	L	L	A
S	W	R	A	A	Y	E	S	I	L	N	R	F	M
S	U	N	G	E	S	R	H	S	N	E	G	L	I
R	R	W	E	E	S	T	R	U	H	N	C	A	L
D	H	E	R	C	H	R	I	S	T	M	A	S	Y
E	S	T	S	M	N	T	N	E	S	E	R	P	S
A	E	R	T	S	U	M	M	E	R	I	L	F	E
P	F	E	S	N	O	W	F	L	A	K	E	A	N
B	S	A	R	R	E	B	N	A	C	A	I	M	E

GIFT  
ANGEL  
SUMMER  
CANBERRA  
SUN  
RIGHTS  
TEENAGERS  
HOLIDAYS  
CHRISTMAS  
FAMILY  
TREE  
LIGHTS  
SNOWFLAKE  
PRESENT  
CHILDREN



Play this puzzle online at : <https://thewordsearch.com/puzzle/6280918/>



### DIY Gift Idea

## Dry snow globe



Easier to make, but just as pretty, dry snow globes have the snow, the pretty scene but no water so you do not need to worry about leaky jars!

### What you will need:

- Clean glass jar with lid
- Small toys (animal figure, car, tree etc)
- Dry snow from a craft store (or make your own with some white paper and a hole punch!)
- Glue
- Ribbon

### Instructions:

- Glue your toys onto the inside of the lid.
- Sprinkle some snow into the lid and onto the toy.
- Tip your jar upside down and screw it into the lid.
- Tie some ribbon around the neck of the jar.
- Your gift is ready!

