

RIGHTS IN ACTION

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



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You have the right to express yourself!

Express your Pride!

Express yourself and have your say.

What's new?

❄️ Winter is halfway through already but, with holidays coming up, there is still plenty of time to celebrate the cold weather. Check out the winter fun in Canberra: winter.inthecity.com.au.

Did you know...

- Did you know that smiling can reduce pain? The chemicals in our body that are released when we smile can act as pain killers!
- The amount of sleep we get can impact our happiness? A study showed people who did not get enough sleep found it harder to remember positive ideas and easier to remember negative ones!

Yuma! Welcome to the June edition of Rights in ACTION! We are already halfway through the year, and holidays are fast approaching. This edition is all about your right to freedom of expression! Learn more about your right on page 2, then try some of the activities on page 4 for fun ways to express yourself. If you do any of the activities, I would love to hear about it, and see a photo.

I hope you have a restful holiday and are refreshed for Term 3. As always, I would love to hear about the things that are important to you, so get in touch!



FREEDOM OF EXPRESSION!!

You have the right to express yourself. This includes finding information and sharing your ideas in any way, like by writing, drawing or speaking, as long as you are not hurting other people.

Article 13
Convention on the Rights of the Child

Your right to freedom of expression means you can share who you are, your values and your views, in the ways you want to. Being able to do this without being afraid of punishment is what helps us stand up for our rights and stick up for other people.

Having the freedom to express your ideas, and being able to listen to others respectfully is a key part of making sure our communities are safe for everyone.

The Convention on the Rights of the Child says that you can do this in any format you choose - by speaking, through art, or by writing, for example.

This right comes with a responsibility: You can only share your opinion or ideas if they are not damaging to other people. This means you must respect other people's rights, freedoms and reputation, and they should respect yours.

Part of being able to express yourself is having information that supports you to form your own opinions and learn what other people think. This means media has a role to play. Governments must make sure you have information from the media that promotes your social, spiritual and moral wellbeing, and your physical and mental health. There also has to be guidelines to make sure information made for you is not going to harm your wellbeing.

The right to freedom of expression is also included in section 16 of the ACT Human Rights Act 2004. To find out more about human rights in the ACT, you can [explore the resources we developed for kids, teens, and young people](#) - children and young people just like you helped us to make them.



We have freedom of expression!

EXPRESS YOUR PRIDE

June is International Pride month. It marks the anniversary of the Stonewall riots in New York, which were a turning point for LGBTIQ+ rights in America. In June 1978, Australia's LGBTIQ+ community held protests to fight for equality. Even though these protests were a key milestone in Australian history, there is still work to do.

LGBTIQ+ young people in Canberra still experience unacceptable levels of bullying and harassment. According to the Writing Themselves In 4 report:

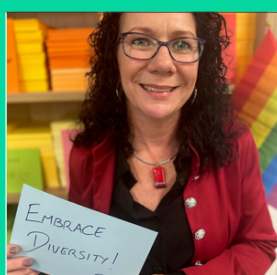
- 57.2% said they feel unsafe at school due to their sexuality
- 40.4% experienced harassment in the previous 12 months
- 26.8% said they never had LGBTIQ+ people mentioned in a supportive or inclusive way during their education.

We want LGBTIQ+ young people to hear positive, supportive messages all the time, so every year we share our rainbow wall. Here are a few of the messages we wrote this month.

[*www.latrobe.edu.au/arcshs/work/writing-themselves-in-4](http://www.latrobe.edu.au/arcshs/work/writing-themselves-in-4)

Every colour of
the rainbow
is different
and
equally beautiful.
♡♡♡

YOUR DREAMS
ASPIRATIONS
BELIEFS MATTER
YOU ARE LOVED
& VALUED.



Be proud
of who
you are ☺

you are
unique,
beautiful
&
incredible!!

There is only
one YOU in the
world + the
world is
lucky to have
YOU!

YOU ARE
VALUED
😊

You are the
SUNSHINE
Bringing Light
to All
☺

Believe
In
Yourself ♡

Be yourself
+
SHINE
😊

Draw a Self Portrait

Frida Kahlo, a Mexican artist, painted herself a lot. She did this to express feelings she could not express in other ways. She also explored her identity and her unique life experiences.

What would you show about yourself in a painting?
What do you love about yourself?
What is unique about you?



Make a Signature Dish

Food can be a great way to express yourself. A signature dish is a recipe you are very good at, so you are known for making it.

Can you learn to cook your favourite food? Are there any changes you can make so it is uniquely yours?

It could be a secret ingredient, or how you present it that makes it yours!



**Express yourself and
have your say!**

Design a Costume

Design a costume or new outfit. Clothes can be a fun way to explore your identity and express it creatively.

You can use old clothes, fabric, clean recyclable rubbish like plastic bags or paper, things you find in nature, or pictures you have painted!

Design something that says what you want to say about you!



Big play survey

There's still time to have your say about Play!

Play Australia is asking children around Australia about how much time you have for play, and where you can hang out.

You can answer their survey here:

www.surveymonkey.com/r/BigPlay24

We are not involved in this survey so we won't know the results. Play Australia will use the survey to find out how to protect and improve the right to play for children around the country.

