

# RIGHTS IN ACTION



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



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## What's new?

- From 2 February 2026, ACT bus timetables will change while Commonwealth Avenue Bridge is being made stronger. The number of buses running between the City and Tuggeranong will be reduced to one every 15 minutes. New timetables will also be released in January 2026.

## Did you know...

- Play is not something that only humans do; lots of animals play too. Some examples include dolphins, rabbits, elephants, and otters.
- Playing is not just fun. It is good for you. Learn more on page 2.

Happy

Summer

Holiday

Yuma! Welcome to the Summer edition of Rights in ACTION. This month highlights your right to play, relax, and participate in cultural activities. We have included some fun ways to action this right over the holidays.

It has been a big, exciting year, and I have loved getting to speak with so many young Canberrans throughout 2025. A big thank you to everyone who contributed to my work. I hope you all have playful and fun holidays!

*Jodie*





# Your right to play, relax, rest, and participate in cultural activities

You have the right to play, relax and rest, and to participate in cultural or artistic activities. The government should make sure there are no barriers for all children to enjoy this right.

Article 31, United Nations Convention on the Rights of the Child.

Playing, relaxing, and resting aren't just fun, they also help your mind and body grow! Taking part in cultural and creative activities is important too. These things matter so much that they are included as special rights for all children and young people.

## Benefits of playing

Playing means doing something just for fun, but it also has lots of benefits. When you play, your brain develops by creating new connections. Playing helps you have better physical and mental health, and it develops social skills and your ability to learn. It can also help you develop your imagination and learn to solve problems.

There are lots of different types of play. This includes:

- physical play like climbing, running, or playing sports
- imaginative play like pretend play and role-playing using your imagination
- social play such as playing with others, games, sports, and group activities
- object play by using toys or other objects while you play
- exploratory play through activities where you explore the world, like nature walks or science experiments.



## Benefits of relaxing and resting

Relaxing and resting are important to your health and wellbeing. They reduce stress, make your body stronger, and improve your memory and ability to pay attention. Resting can help reset your body and mind, so you are ready to learn new things.

## Benefits of cultural activities and art.

Taking part in cultural activities from your own culture can help you feel a sense of belonging and connection. Culture can be experienced in many ways, such as through food, dance, art, learning language, or participating in traditions. Learning about other peoples' cultures is also valuable because it teaches us different ways of thinking about the world and helps us respect differences.



What is your favourite type of play?





### Question 1: What are human rights?

- a) everyone's right hand.
- b) rights that everyone has, no matter who they are. These rights help us be protected and treated fairly.
- c) school rules that keep you safe.
- d) something you have to earn when you are older.

### Question 2: When your teacher asks for your opinion, what right are they supporting?

- a) your right to express yourself.
- b) they are not supporting a right.
- c) your right to health.
- d) your right to have good housing.



### Question 3: Who is protected under the United Nations Convention on the Rights of the Child:

- a) the government.
- b) only children in Australia.
- c) children and young people who are under 18 years old all over the world.
- d) endangered animals.

### Question 4: Which one of these is NOT a human right?

- a) the right to your own beliefs.
- b) the right to be free and safe.
- c) the right to be alive from the moment you are born.
- d) the right to no homework.

### Question 5: Your right to decent housing means...?

- a) your housing must meet your needs and have all essential services.
- b) everyone should have a mansion.
- c) your house must look pretty.
- d) you can be forced out of your house for no reason.



### Question 6: Who has a special right to play?

- a) only children living with a disability.
- b) nobody, playing is not a right.
- c) all children and young people under 18 years old.
- d) only young children from 0-5 years old.

### Question 7: Which one of these rights relates to climate change?

- a) the right to a fair trial.
- b) your right to a healthy environment
- c) the right to be free and safe.
- d) your right to meet with people who share your beliefs.



### Question 8: What does your right to have a say about decisions that affect you mean?

- a) you should always get what you want.
- b) what you want does not matter.
- c) adult's ideas are always wrong.
- d) adults must listen to and consider your views. If a decision is made that is not what you wanted, adults should explain to you why they made that decision.

### How many did you get right?

Knowing your rights helps you speak up for yourself and stay safe. If you want to learn more about your rights, we have made a book just for you: '[Your Rights in Your Words](#)'. You can also read previous editions of Rights in ACTION at: [hrc.act.gov.au/childrenyoungpeople/info-for-kids,-teens,-and-young-people/rights-in-action](http://hrc.act.gov.au/childrenyoungpeople/info-for-kids,-teens,-and-young-people/rights-in-action)



# A fun recipe to try during the holidays!

Two of our recent Young Thinkers at Work (work experience students) designed this page for you to enjoy. But pavlovas can be tricky so you might need an adult's help!



Help the Work Experience students get to Jodie! Draw a path between the obstacles.

START →

## Holiday Pavlova

### Ingredients:

- 4 large eggs
- 1 cup of caster sugar
- 2 teaspoons of cornflour
- 2 teaspoon of white vinegar

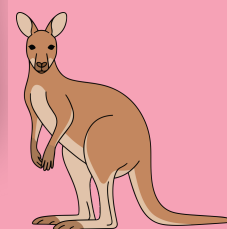
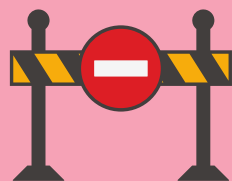
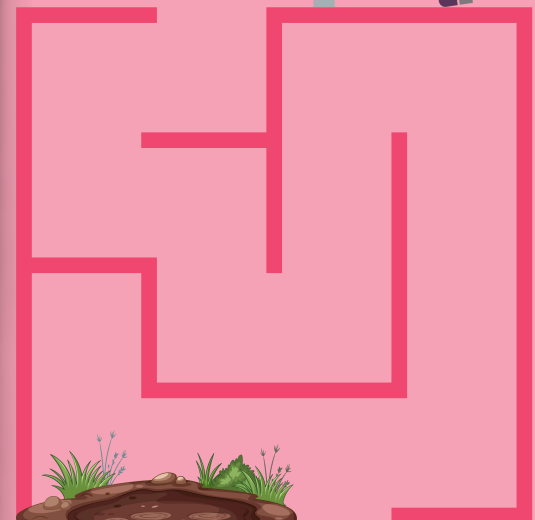
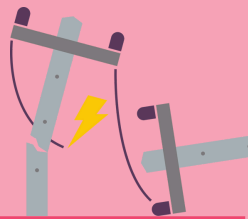


### Topping

- 1 cup of cream, whipped
- As many fruity toppings as you would like! We recommend passionfruit to drizzle on top 😊

### Instructions:

- Preheat oven to 160°C (or 140°C if your oven is fan forced).
- Line a baking tray with baking paper.
- Separate egg whites and yolks. You might need an adult to help you do this.
- Beat egg whites with an electric beater.
- When soft peaks form, add the caster sugar one tablespoon at a time while mixing,
- When all sugar is used, the meringue will be glossy, and stiff.
- Add the cornflour and vinegar and mix gently.
- Scoop the meringue onto the baking tray into a circle and smooth the sides and top into peaks.
- Bake for 1 hour until the surface is dry and pale brown.
- Turn off the oven but leave the meringue inside until the oven is cool. Once cool, carefully remove from the oven.
- Whip the cream and spoon onto the pavlova.
- Top with summer berries or fruits of your choice.



"Where are they?"

← FINISH



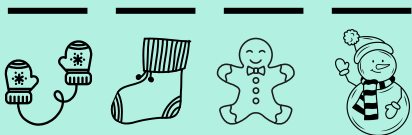
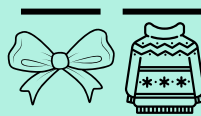


# CODE BREAKER



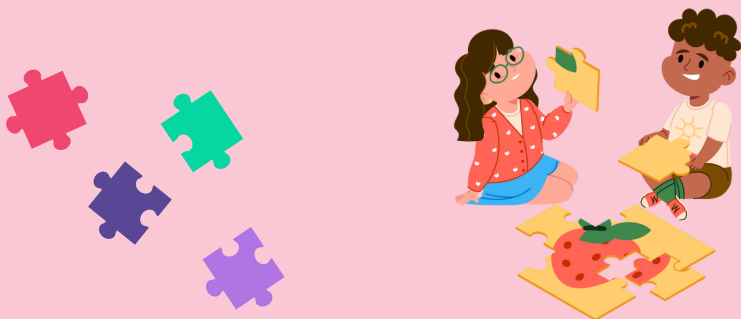
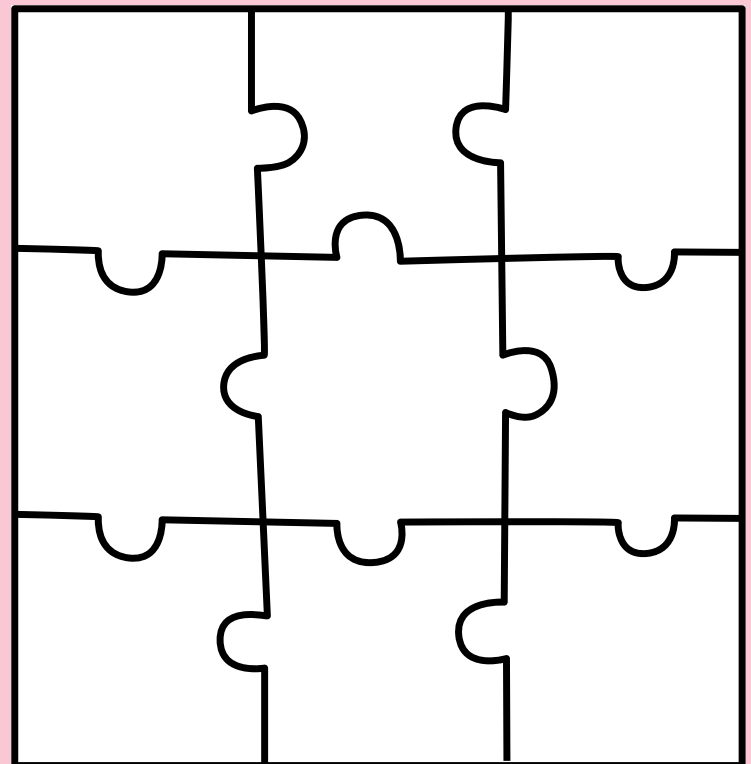
Can you decode the message below? Use the key below to break the code.

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>
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## Make your own puzzle

1. Print out the puzzle.
2. Draw a picture and colour it in.
3. Glue your puzzle onto some cardboard.
4. When the glue has dried, cut out the puzzle along the lines.
5. Challenge yourself, a friend, or a family member to put it back together again



# SUMMER TO DO LIST

The summer holidays can sometimes feel like a long time to be away from school friends and routines. Keep busy by making a 'To Do List'. Write down activities you want to do these holidays then tick them off as you complete them.



Places I want to go



Things I want to learn



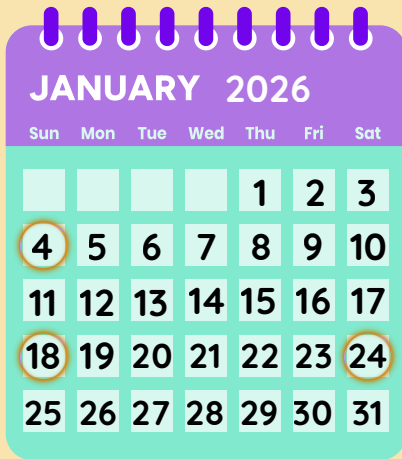
Activities I want to try



Challenges I want to do



# Dates to look out for next year



## World Braille Day - 4 January

Braille is a special way of writing that uses raised dots you can feel with your fingers. Pattern of dots are used to represent letters, numbers, or words. Braille allows people who are blind or have trouble seeing to read.

World Braille Day began in 2019. It is a day to remind everyone how important braille is for sharing information with people who cannot read printed text.

Why not try some braille activities on World Braille Day? You can find a fun worksheet at: [loc.gov/nls/services-and-resources/braille-education/fun-with-braille-activity-sheet/](https://loc.gov/nls/services-and-resources/braille-education/fun-with-braille-activity-sheet/)

## World Religion Day - 18 January

This is a special day that is held every year as a way of celebrating the similarities and differences between the many religions around the world. This is a great day to learn more about the cultures and religions that surround you, and what they mean to different people.

Here is a **challenge** 👁️👁️: Can you find out 3 new things about different cultures or religions?



## International Day of Education - 24 January

Education is a basic human right recognised by the United Nations. It an important way to help make the world a better more peaceful place. When everyone has an education, we all thrive. This day is celebrated to promote equal rights in education for all, no matter their background.

The theme for International Day of Education in 2026 is about how education can be used to help us adapt to the changes that are coming with developments in technology.

How do you think artificial intelligence might impact your education? Brainstorm and discuss with your friends and family.



## Luna New Year - 17 February to 3 March

This is a multicultural holiday that marks the start of the lunar/solar calendar, and is celebrated through various activities.

Lunar New Year is often a time for family reunions, where everyone can gather to welcome the new year with wishes for good luck and prosperity.

Many people will decorate their homes with bright red lanterns and other ornaments. Often people give red envelopes with money inside to children and unmarried people in their families, to wish them good luck for the year.

