

RIGHTS IN ACTION

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



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Did you know...

The FIFA Women's World Cup kicked off last week with the Matildas beating Ireland 1-0. So, we have dedicated this section to facts about the Matildas!

Did you know...

-  The name Matilda means mighty in battle.
-  Sam Kerr, the Matilda's captain, is recognised as the best women's football player in the world.
-  The Matildas are ranked 10th in the world.
-  In polls about favourite sports teams in Australia, the Matildas are always one of the most loved!



Yuma! I hope you had a good break over the holidays and have started this term smoothly. Now you are back at school, it is important to remember you have the right to play, rest and relaxation! Make sure you take breaks when you need to. There is lots to learn and do in this newsletter, so enjoy it and, as always, please let me know what you would like us to put in future editions!



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YOU HAVE THE RIGHT TO PLAY!



UPCOMING CONSULTATION!

Did you know you have the right to play and relaxation? Both are really important to healthy development and learning. That is why governments make sure there are places for children and young people to play and relax.

Every child has the right to rest, relax, play and to take part in cultural and creative activities.

Article 31 Convention on the Rights of the Child

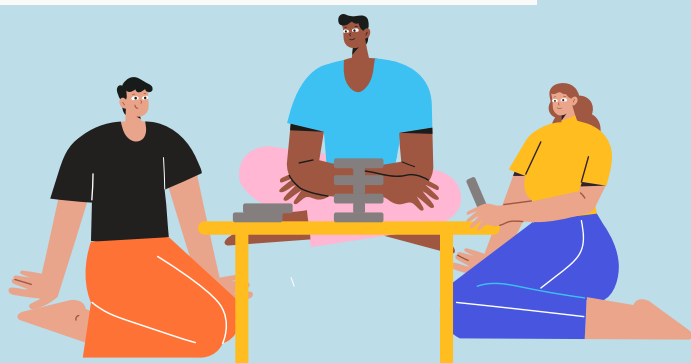
But even if there are places created for this, that does not mean all children are able to use them. Spaces need to be designed in ways that make sure people can enjoy them regardless of where they live, what their abilities are, or what age they are. This is called accessibility.

Accessibility is about making sure that EVERY person can take part in play and recreation spaces, and that we work together to remove any barriers stopping someone from being able to join in.

Over the next few months we will be talking to children and young people in the ACT about accessible play and recreation spaces. We want to find out what you believe is important in these spaces and what barriers there might be to you enjoying them.

This does not just mean playgrounds! The ways you play and relax often change as you get older, so we want to hear about spaces that older children and young people go to as well. We are looking at skate parks, basketball courts, online play and much more. We also want to hear if there are not enough safe spaces to hang out as you get older.

If you or your school would like to get involved, email us at actkids@act.gov.au or design your own play and relaxation space on the next page.



Use this space to draw or describe your dream accessible play or relaxation space! You can turn the page to landscape if you want to!

We would love to see your ideas. Send us your accessible play space drawing by email to actkids@act.gov.au

PLASTIC FREE JULY

We all know the damage plastic does to the environment, especially the ocean. It can feel overwhelming, but you can help!

Lots of single-use plastic is already banned in Canberra, which is great, but we can still help reduce plastic use even more. Stick this page onto your fridge. Every time you use one of these ideas, you can cross out the rubbish in the picture! Can you get rid of it all?

There are more ideas at plasticfreejuly.org.



Do you have something to celebrate? Avoid plastic decorations and make your own paper streamers and bunting.

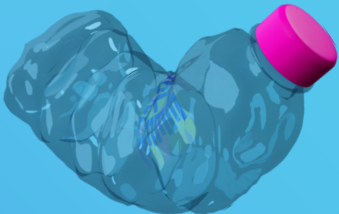


If you help with the grocery shopping remember to bring reusable bags. Don't forget some for the veggies too!



If you get take away ice cream, get it in a cone so you don't need the plastic spoon and you can eat the bowl!

Remember to take your own drink bottle with you when out and about, and refuse single use plastic bottles.



Snack on fruit instead of packaged snacks. It is healthier and doesn't use plastic packaging!



Take a keep cup or mug when you get take away soft drinks or slushies!

And remember, if you do use plastic, just make sure to reuse or recycle it!





FIND YOUR RIGHTS: WORD SEARCH



Find the 18 words hidden in this word search. Hint: they relate to the rights you have in the Convention on the Rights of the Child.

Thanks to Lauren and Lily who made this word search while they were on work experience with us.

- | | |
|-------------|---------------|
| BELIEFS | LIFE |
| CULTURE | NATIONALITY |
| EDUCATION | PARTICIPATION |
| EQUALITY | PLAY |
| EXPRESSION | PRIVACY |
| FAMILY | PROTECTION |
| FREEDOM | SAFETY |
| HOME | HEALTH |
| INFORMATION | |



4 WAYS TO CELEBRATE INTERNATIONAL DAY OF FRIENDSHIP

30th July

International Friendship Day celebrates the role friendships play in peace, cultural understanding and community unity. It is celebrated around the world, but you can celebrate right here!



Meet up with an old friend:

Do something you love to do with a friend to celebrate your friendship.



In a group or class, draw the outline of a tree. Cut out paper leaves and write what makes a good friend on each one. Stick them on the tree.



Make a new friend

Hang out with someone you do not usually hang out with.



Create a kindness chain:

In a group, write compliments about each other on strips of paper, connect the strips into a chain and hang it somewhere you will all see it.