



# RIGHTS IN ACTION

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



## What's new?

- After midnight this Friday, we won't have to wear a mask in as many places. They are still needed in classrooms, hospitals and a few other places so keep one with you when you're out and about.
- Check out my video messages about RATs and vaccinations on our *Covid Info for Kids* page at [actkids.act.gov.au](https://actkids.act.gov.au)
- We have a new question on our [Young Thinker Forum](#), head there to have your say!
- 1st of March is World Compliment Day! See how many compliments you can give in a day.
- Enlighten Festival begins next week (4-20th March) and is full of family friendly activities. Check out what is in store at [enlightencanberra.com](https://enlightencanberra.com)

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Hi everyone,

Welcome to the February edition of our newly named **Rights in ACTION** newsletter!

In this edition we are launching our consultation on children and young people's experiences of racism in the ACT. There is evidence that racism is an issue in the ACT, but we don't think many people talk to children and young people about it. Hearing from children and young people about racism will help us find ways to stop it and to support people who have experienced it. Check out the article on page 2 to find out more.

We also have some information about Covid Fatigue. We talked about this before, in our *Lock it Down* newsletter last year, but since Omicron threw a few more challenges at us, it's worth taking another look at how you might be feeling. There's a few fun things to try out too.

As always, I'd love to hear your thoughts about this newsletter... or about anything that interests or concerns you. You can send us your thoughts in writing or through art or any other way that suits you. You can also ask questions so that I can try and find some answers for you.

Jodie



[ACTKids\\_CYPC](https://actkids.act.gov.au)



[actkidseact.gov.au](mailto:actkidseact.gov.au)



## Talking about racism

This year we are partnering with Curijo and the Multicultural Hub to talk to children and young people in the ACT about their thoughts and experiences of racism. We know racism affects people who live in the ACT so we want to make sure you have a chance to shape our understanding of the specific ways it impacts children and young people.

It can be difficult to talk about racism, but silence allows it to keep happening so it's really important for us to create safe spaces to discuss the impact racism has, and ways to address it.

We want children and young people to tell their own truth about their experiences and ideas so there will be lots of ways to have your say. If you want to participate you might have a few questions, so here is some information that might help you decide if this is something you're interested in.

### Who will we talk to?

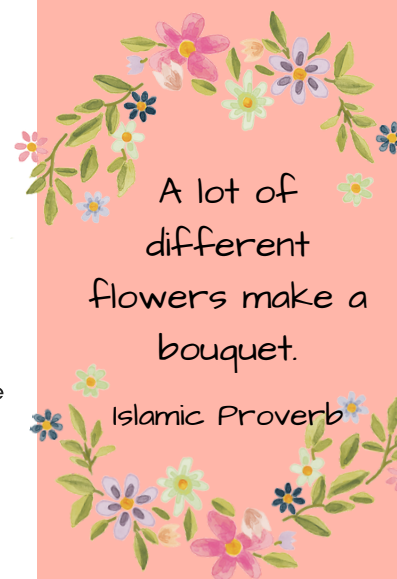
We want to hear from as many children and young people in the ACT as we can so there will be lots of ways to be involved. It doesn't matter whether you have experienced racism yourself or not, seen (or heard about) it happening to someone you know, or just have thoughts about what it is and how we can try to stop it happening - we want to hear your thoughts. We will have lots of ways for you to be part of these discussions including face-to-face meetings, an online survey in the middle of the year, and a range of other online options as well. To get started, we will work with our partner agencies and other organisations that work with children and young people to organise some face-to-face meetings with groups of children and young people.

### What will we ask?

We will be asking about your experiences of racism and your thoughts on how to reduce it. At the beginning of this project, as part of the face-to-face discussions, we will also be asking what questions should go in the survey. This means that the survey will be designed with input from children and young people. That's important because it will help us to make sure it's relevant and useful to you, instead of just asking questions about what adults want to know.

### How can you take part?

Keep your eyes on our social media to see when we are hosting meetings, or send us an email or PM us on Insta to let us know you would like to be involved. If you don't want to talk in a group but still want to let us know your thoughts, you can use email, PM or our [Young Thinker Forum](#) to tell us what you want us to know. Also, if you want to share your thoughts but don't like speaking in a group or sending things online, that's fine too. You can email us to set up a phone call and talk to us that way.



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[ACTKidseact.gov.au](mailto:ACTKidseact.gov.au)



Upload your thoughts through  
our Young Thinker Forum  
[actkids.act.gov.au](https://actkids.act.gov.au)

"But you know, happiness can be found even in the darkest of times, if one only remembers to turn on the light."

Albus Dumbledore



## Stress beaters

The school year is in full swing and things are getting busy. We are still dealing with Covid and recovering from a couple of years of disruption, but even though borders are opening and masks are being removed, common life stressors can still make things hard.

Stress can come in many forms; it might be too much homework, trouble with friends, or something going on at home. Sometimes you might not even know what is making you feel stressed but you feel it anyway. It's important to recognise when things are getting on top of you and to take steps to beat the stress. You might not be able to remove the thing that is causing the stress, but you can help your body cope with it. Here are a few ideas.

I matter

★ Speak positively to yourself. You can write a few phrases somewhere only you can see and repeat them to yourself when you need a boost.

I am loved

★ If your worries are distracting, you can create a worry jar -- write a worry down and put it in the jar. Once the lid is on, tell yourself you don't have to think about it until you are ready.

I am kind

★ Talk it through -- chat to a friend, family member or teacher. It might be enough to share, or you could ask for help to brainstorm some solutions.

★ Pour a glass of fizzy water and watch the bubbles rise and pop. Just watch and breathe until you feel calm.

★ Create a homework routine so you can schedule time to do your work. Make sure you leave time for good sleep and some fun activities too.

★ Get creative! Whatever creativity looks like for you it helps you de-stress because it uses different parts of your brain.

I can do this

I believe in me

I am brave

## Animal of the month

Animals are a great source of joy. Pets provide routine and affection. Wildlife in our parks and gardens can also hold a special place in our hearts and some even form relationships with their human neighbours. We would love to celebrate the animals that bring you joy. Send us a picture and description of your animal friend and we can include it in future newsletters. This month we have included a pet from one of our team members. Meet Tom!



**Name:** Tom  
**Breed:** Greyhound  
**Why we love him:** He is very lazy and loves stretching out at our feet for a sleep. He also knows when you need a hug and leans on you to show his love.



## Autumn dreaming

One of the great things about Canberra is how distinct the seasons are. After a pretty unsettled summer, I'm a little sad that it's coming to an end. But the good news is that autumn usually puts on a pretty good show, so here are a few ways to help you celebrate all things autumn.

Collect autumn leaves, stick to black paper then laminate for a seasonal place mat

Plant some bulbs that will pop up in the spring

Celebrate Enlighten Festival by making your own paper lanterns.

Rake up some leaves in your backyard, or a friends', and leap over the heap. Who can get higher or further?

Make your own apple juice - you can have it cold or warm it up in a pot with a little maple syrup.

Make a pine cone bird feeder. Tie string around a pine cone. Put some peanut butter on it, then stick bird seed to the peanut butter.

Take a walk up a Canberra mountain and look at the autumn trees.

