

RIGHTS IN ACTION

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



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Did you know...

Article 12 of the United Nations Convention on the Rights of the Child states that children and young people have the right to give their opinions on issues that affect them. It also says that adults should listen to them and take those opinions seriously.

<https://www.unicef.org/sop/convention-rights-child-child-friendly-version>

What's new?

- **Nationwide Youth Consultations:** The Minister for Youth has launched a nationwide consultation hoping to get young people more involved in the political process. The consultation is talking to young people between the ages of 12-25. To learn more, visit: <https://ministers.education.gov.au/aly/fresh-approach-engaging-young-people>
- **Winter Holiday Happenings:** Check out Canberra's Winter Festival, filled with lots of fun activities for you to do with your friends and family. To learn more, visit: <https://visitcanberra.com.au/events/648133946338b44c3823cc2d/winter-in-the-city-2023>

Welcome to our June edition of Rights in ACTion. This month's newsletter is all about listening to children and young people, our upcoming consultation, and some interesting information about laws that are changing in the ACT. This edition has been created by our Youth Advisor, Paris!



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ACTKids_CYPC



ACTKidseact.gov.au



Young Thinker Forum
actkids.act.gov.au



HOW WE ARE LISTENING TO CHILDREN AND YOUNG PEOPLE

In the ACT, we have our very own Human Rights Act. Some of the language is complicated in the Act, which can make it difficult to understand. The Children and Young People Commissioner and the Human Rights Commissioner have teamed up to create child and youth friendly versions of the Act, so that children and young people in the ACT can access and understand their rights. To do this, we are asking children and young people about the words they use to explain human rights, as well as how they like to hear and learn information.

How have we been doing this?

We have been visiting many schools around Canberra and talking to students so that we can better understand how you like to learn new information and what the best way of showing you that information is. We are still doing consultations, but we wanted to share some of the things children and young people have said:



- Most children said they want to get information about their rights from adults at home and at school.
- Videos, with people or with animations, are ways young people would like us to communicate information to them.
- Many young people go online (for example, Google) to learn about human rights.

What is next...

- We will use what you told us to create versions of the Act that are easy for you to understand and are fun to use. It could be an animation, a poster for the classroom or something interactive. We are working on it, so stay tuned...



How can you contribute...

Contact us by sending an email to ACTKids@act.gov.au

THE RIGHT TO PLAY



UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD, ARTICLE 31:

This year's theme for Children's Week in October is based on UNCRC, Article 31 - children have the **right to relax, play and take part in activities that they enjoy.**



WHY SHOULD YOU HAVE THIS RIGHT?

Play is really important for all the skills you need to grow and learn. It helps you learn and helps you relax. Here are some other great benefits children and young people get from play:

THINKING SKILLS

In play, you use problem solving skills. When playing by yourself or in a group, you are developing thinking skills and memory skills.



SOCIAL AND EMOTIONAL SKILLS

Using your imagination allows you to learn to express yourself, and work with others to create new ideas.



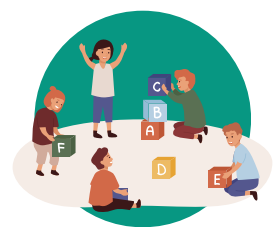
PHYSICAL SKILLS

Physical activity supports you to develop independence and teaches you how to take care of yourself.



READING, WRITING AND MATHS SKILLS

When playing, talking, drawing, and being creative, you develop your communication skills, literacy skills and numeracy (number) skills.





Popcorn Snowmen

No snow? No problem! Try our recipe for popcorn snowmen! All the fun, without the frostbite!

Note:

This recipe involves cooking marshmallows. When they get hot they can cause burns so it is a good idea to get an adult to help.

Ingredients

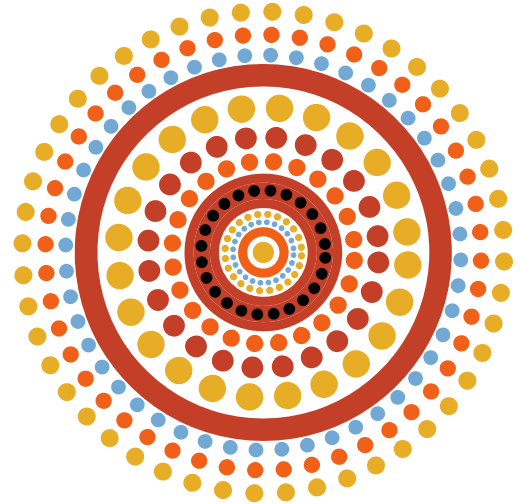
- 2 cups marshmallows
- 4 cups rice bubbles
- 1 teaspoon of butter

Method

- Place marshmallows in a bowl.
- Melt the marshmallows in a microwave. Do this in small bursts (30 seconds) checking in between because they burn fast. You can also do this in a pot on the stove -- put it on low heat and keep stirring.
- Add the butter and rice bubbles and mix well. The marshmallows will burn if they touch your skin, so ask an adult to help if you need it.
- While the mix is still a bit warm, scoop a tablespoon full of it and form it into a ball. Repeat with a smaller ball.
- Place the large ball at the bottom, then top with the small one.
- Decorate with raisins, chocolate chips and lolly snakes for the buttons, eyes and scarf!



David and Oliver, both in year 10, did work experience with us last week, and put together a few facts about NAIDOC week.



NAIDOC WEEK 2023

2 - 9 July

What is NAIDOC week?

NAIDOC Week is in July and celebrates the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples.

Why do we celebrate NAIDOC week?

It is a good opportunity to learn more about Aboriginal and Torres Strait Islanders' histories and cultures.

How can you get involved?

NAIDOC week celebrations are held around Australia. You can find out how to celebrate on the [NAIDOC website](#).

