

RIGHTS IN ACTION

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



CONTENTS

Your right to culture

How your voice is used

Let's get cooking!

Art time!

What's new?

- It is Reconciliation Week and there are still lots of ways to reflect and learn. Find out some things you can do here: [Reconciliation Australia](#).

Did you know...

- People used to think culture was something only humans have -- humans have different languages, foods, songs and traditions but now there is a lot of evidence to say animals do too. Humpback whales teach different songs to each other, groups of chimpanzees use different tools to other groups, and even different bees have their own cultures!

Yuma! Welcome to this month's newsletter. It is Reconciliation Week, an important time to focus on learning and reflection. So this edition of Rights in ACTION explores your right to your own culture. Learn more on page 2.

There is also some information about how I use the things I hear from you to help other adults make decisions that are good for children and young people, and some fun things to do too!

I hope you enjoy it, and as always, feel free to get in touch with me and tell me what you think about things that are important to you!



Your right to culture!



“You have the right to enjoy your own culture, religion and language even if it is not the same as other people in your country.”

Convention on the Rights of the Child

Culture is the beliefs and behaviours of a group of people. It includes language, art, food, traditions, clothing, customs and ways of doing things. There are people from many different cultures in the ACT.

Your culture is one of the things that make you special and unique. Imagine you have a book with stories passed down from your family for generations. That book is a part of your culture, something that makes you who you are. Your right to culture means you can read that book, share those stories, and keep passing them on.

No one can stop you from celebrating your culture, expressing your religious beliefs or using your own language. You should not be treated negatively because you have a different culture from other people in the community.

The [ACT Human Rights ACT 2004](#) protects your right to your culture, and your own language and religion. The Act also has special protections for Aboriginal and Torres Strait Islander people:

If you are an Aboriginal or Torres Strait Islander person, you have special cultural rights. You have the right to culture, spiritual beliefs and teachings, language, knowledge, and kinship ties. You also have the right to have your cultural connection with land, waters, and seas valued and protected.

If someone does treat you badly this is called discrimination. In the ACT there are a number of laws that make this kind of discrimination illegal. If you have experienced discrimination and would like to talk to someone, we can talk to you about the options that are available:

Phone: 02 6205 2222

Email: actkids@act.gov.au



How is your voice used ?

"Listening to children and accepting how they feel instead of making your own decision about how they feel."

What happens when we ask you to tell us what you think

We often ask you to tell us what you think about things that are important to you, and to contribute to things we are working on. Sometimes we ask you to send us things you have written or drawn, sometimes we talk to you in person. We listen to what you are saying, and we write it down so we can remember it.

Jodie uses what you say when she speaks to adults who make important decisions about children and young people. She tries to make sure they consider what children and young people have to say and how you feel.

Speaking to the government

There are lots of ways Jodie speaks to the government about what you have told her. One way is to contribute to the research the ACT Government does on different issues. They do this by asking the community to send in information, and then come and speak to them about the issues they are investigating. This is called a Public Inquiry.

This month Jodie has helped with two Public Inquiries; one about raising children in the ACT and one about loneliness and social isolation. She used information children and young people in the ACT told her about these issues. Jodie spoke about how we can help children and young people feel more connected in the community.

You may have participated in our consultations on racism, or your right to play and recreation. These two consultations gave Jodie ideas about what she should say at the inquiries this month.

She used your words to inform things she said about what children and young people need for their wellbeing and to feel safe, connected and included.

"Getting to socialise and push intrusive thoughts away and knowing people care for you."

"I need to know that I belong even though I am different."

"I think people, not just me, need to be heard for their wellbeing."

Thank you for having your say! Jodie listens and takes what you say seriously. You can tell us what you think any time through the Young Thinker Forum at hrc.act.gov.au/ytf or by email at actkids@act.gov.au.





Let's get cooking!

Celebrate Reconciliation week by learning about an ingredient used for thousands of years - pepper berry! These cheese and pepper berry scones are really easy and have a little spice!

Ingredients:

- 3 and a half cups self-raising flour**
- 1 cup thickened cream**
- 1 cup soda water**
- 1 tablespoon ground pepper berry**

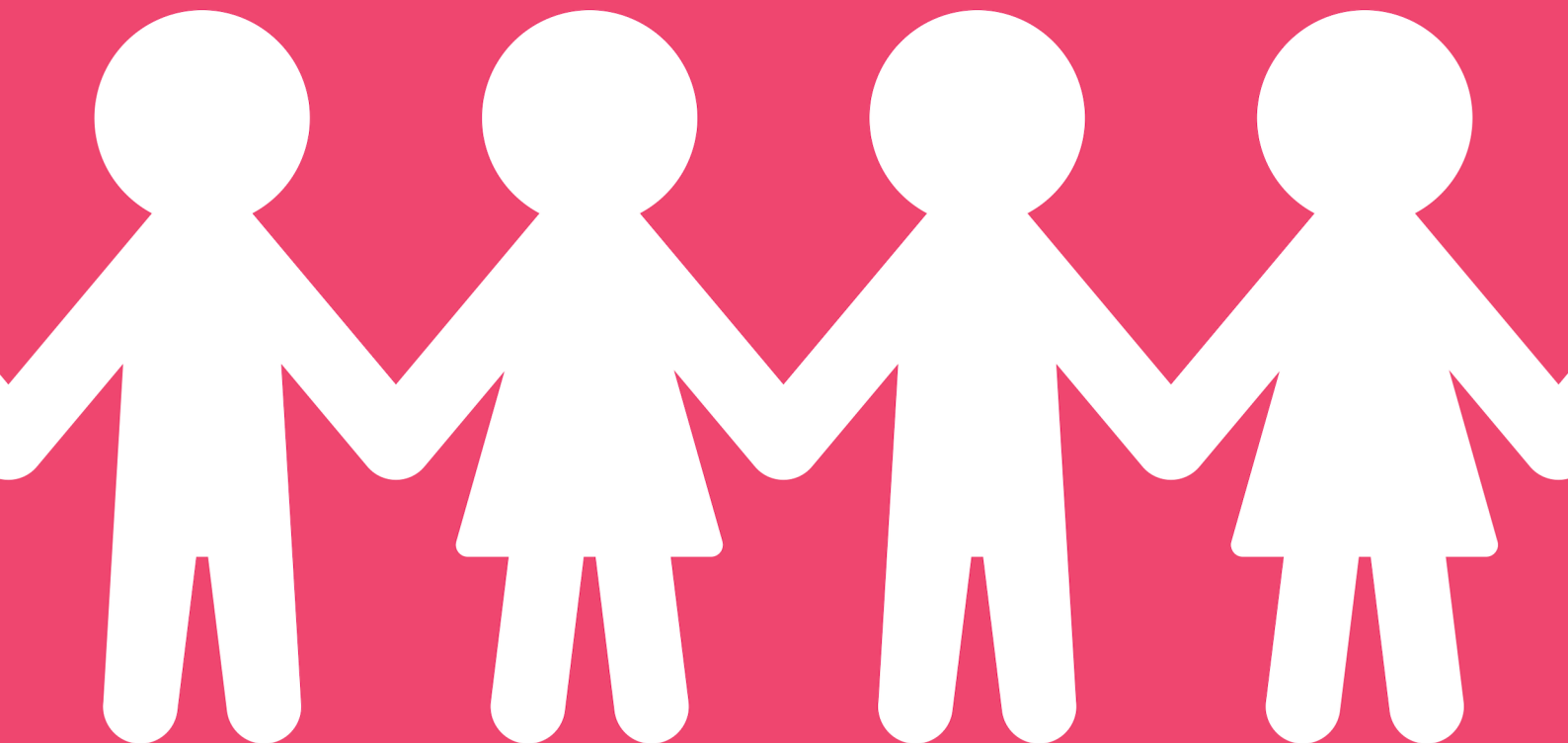


Method:

- Preheat oven to 200°C. Line a tray with baking paper.
- Mix the flour, pepper, cream and soda water in a bowl until everything is just combined.
- Place the dough onto a bench that is sprinkled with flour knead it a bit, then pat it into a square about 2 cms thick.
- Cut the large square into small squares or use a circle cookie cutter.
- Place on the tray, close to each other.
- Bake for 15 minutes until golden on top, then eat while warm with butter.

Art time!

Celebrate your culture by decorating the paper dolls below. You can decorate them so they look like you and your friends or family.



**NOW
MORE
THAN
EVER**

NATIONAL RECONCILIATION WEEK 2024

27 MAY – 3 JUNE

#NRW2024

RECONCILIATION.ORG.AU



**RECONCILIATION
AUSTRALIA**