

# RIGHTS IN ACTION

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



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## What's new?

- Our Feelings of Safety Survey is closing soon. There is still time to tell us what helps you feel safe. Go to [surveymonkey.com/r/26D65XW](https://surveymonkey.com/r/26D65XW) to answer the survey. You can also check out page 5 for more information.

## Did you know...

- The average office chair with wheels travels about 12.5 km per year!
- The Netherlands was the first country to drop its working week to below 30 hours (in Australia, people work an average of 38 hours per week).
- In Australia, Tuesday is the most common day to call in sick to work.

Facts from [corporatechallenge.com.au](https://corporatechallenge.com.au)

Yuma! Welcome to March Rights in ACTION. This month we are exploring your right to safe work. Lots of you have asked us about the age at which children can work in the ACT and what jobs you are allowed to do. We answer your questions on page 2!

We also finalised our 2025-26 strategy, so we have made a version just for you. Check it out on page 4.

This edition also has ideas for volunteering and an easy recipe to try. As always, let me know what you would like to see in Rights in ACTION. I would love to hear from you.

*Jodie*





# Your right to work

Last year we talked to lots of school students during my Listening Tour and many of you asked how old you need to be to get a job. In the ACT, you can work at any age but there are some rules about how much you are allowed to work and the type of work you can do. These rules are to protect your other rights, like your right to be safe, your right to education and your right to play and rest.

Some of these rules are about how much time you can spend working. Below are the different hours you can work at different ages.

## 0-3 years

You are allowed to work 3 hours a day, but no more than 10 hours total each week.



## 4-11 years

You can work 4 hours a day but no more than 10 hours total each week.



## 12-14 years

You are allowed to work 6 hours each day but no more than 10 hours total each week.



## 15-16 years

When you are 15-16 years old, you can work more hours each day, but:

- No more than 10 hours each week
- You can only work one shift per day, with a 12-hour break between shifts
- You cannot start work before 6:00am or end work after 10:00pm.



## 17 years

At 17 or after you finish year 12 (whichever happens first), you are allowed to work full-time.



At any age, your job must be safe and must not be during school hours.

You can read more about the rules here: [Young People at Work Guide](#).

The rules about work apply when you are volunteering as well. If you work for family members, they also have to follow these rules. Having a job can be a great experience, but you must be safe, supported and treated fairly.

# Volunteering

You might not be ready to get a job, so why not volunteer? Volunteering is when you donate your time to help others or the environment. Using your time to help people is a great way to have fun, learn new skills, and build your confidence. Volunteering also gives you experience that can help you with work in the future.

It can be hard to find organisations that have young volunteers, so here are some suggestions for ways you can get involved!



There are search engines you can use to find volunteering opportunities such as [volunteeringact.gov.au](https://www.volunteeringact.gov.au) and [GoVolunteer.com.au](https://www.GoVolunteer.com.au).

When you search, make sure you filter the results for younger volunteers because not all places take young people.

You can volunteer through your school or ask your family and friends for ideas. Or you could organise your own way to help others!

- Tutor younger students in a subject you are good at
- Coach a younger sports team
- Read to an elderly family member or friend
- Fundraise for a charity event.



If you are interested in caring for our environment, you could have a look at Urban Parks and Places Volunteering (if you are under 15, your parent or guardian will need to be there with you).

More information can be found at <https://www.cityservices.act.gov.au/public-land/maintenance/volunteering>.

# CYPC Strategy

A strategy is a plan for what you want to do, and how you want to do it. We asked children and young people how to make the ACT a better place to grow up.

We heard that a lot of children and young people do not feel valued by adults. Many of you feel you are not being listened to when important decisions are made, and this leads to gaps in the support you get.

To help fix this, we aim to make sure you feel safe, respected and valued.



## Goal



**Children and young people in the ACT feel safe, respected, and valued.**

## Participation

**Children and young people feel listened to and their views inform decision making.**

- Children and young people understand their human rights and how to claim them.
- Children and young people are valued and able to inform decisions and new laws.

## Protection

**Children and young people feel safe and supported by relevant and responsive services.**

- Organisations and services that work with children and young people are safe and feel safe to children and young people.
- Organisations and services that work with children and young people listen to them.

## How this will happen



## How we work



- We listen to children and young people and help other organisations improve how they work with children and young people.

- We tell people about children's rights and Child Safe Standards so adults know about your rights and can help you access them.

- We work with others to create change for children and young people.

- We are accountable to children and young people.

- There are a lot of ways for children and young people to connect with us.
- We teach students about human rights in fun and engaging ways.

- We teach organisations about human rights and the Child Safe standards in engaging ways.
- We are a Child Safe Organisation.



# School fete cookie bake!

Need an easy cookie recipe for your next bake sale or school fete? This one is delicious, and only has six ingredients!

## Ingredients

- 1 ½ cups brown sugar
- 225 grams butter
- 2 eggs
- 1 tsp vanilla essence
- 3 cups plain flour
- 1 ½ cups chocolate chips

## Method

- Line a baking tray with baking paper.
- Preheat oven to 180 degrees.
- Beat sugar and butter in a large bowl with an electric mixer until it looks lighter in colour.
- Beat in eggs, one at a time.
- Add vanilla essence.
- Stir in flour and mix well.
- Add in chocolate chips and gently mix.
- With a teaspoon, spoon dough onto a baking sheet, about 5 cms apart.
- Bake for 10 to 15 minutes or until the cookies begin to go brown.



There is still time to answer our

## Feeling Safe Survey

**What helps you feel safe in organisations or services (like at school, sports, or dance clubs)?**

**We want to know so we can help organisations be safer for kids, teens, and young people like you.**

**For more information about the Survey, visit our website at [actkids.act.gov.au](http://actkids.act.gov.au) or email me at [actkids@act.gov.au](mailto:actkids@act.gov.au)**

**To answer the survey go to:  
[surveymonkey.com/r/26D65XW](https://surveymonkey.com/r/26D65XW)  
Or use the QR code.**

