

RIGHTS IN ACTION

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



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What's new?

- We have launched our new Feelings of Safety Survey. We want to hear what helps you feel safe so we can help make Canberra a safer place for children and young people.
 - Learn more on page 4.

Did you know...

- 92% of LGBTIQ+ young people wished people in their life understood their LGBTIQ+ identity better to help them feel like they belong.
- 86% of LGBTIQ+ young people said it helped them feel safe and like they fit in when they saw others showing support with rainbow or ally accessories.

National Youth Survey conducted by Minus18 minus18.org.au/national-survey-2025/

Yuma! Welcome to our May edition of Rights in ACTION. This month, we are celebrating IDAHOBIT Day!

This edition also highlights your right to learn about your rights! And how your abilities to do that change as you grow. We also share the results from our 2025 Feelings of Safety survey. You can take the 2026 survey (find out how on page 4) and we also hope you like our child rights playlist! Enjoy!



Your right to learn to use your rights and be supported as you develop.

Governments should let families and communities help you learn to use your rights. As you get older, you won't need as much help to use your rights.

Article 5 United Nations Convention on the Rights of the Child.

Support to use your rights

Sometimes you need support from parents and carers to make sure you can use your human rights. Parents, carers, and families should help you learn about your rights and make good choices. As you grow older and develop new skills, they should give you more freedom to decide things for yourself. Adults are there to guide and support you, while also respecting your growing independence.

Everyone grows up and develops differently, and you might feel ready for things before you are allowed to do them. This might be frustrating, but it is usually because adults are trying to keep you safe.

As you get older and learn more, they should listen to you and give you more chances to make your own decisions. This right is about adults supporting you, helping you understand things, and trusting you more as you grow.



What young people told us

Many young people say they want rules to focus more on what they can do, not just how old they are. Through the CYPC's Listening Tours, children and young people shared ideas like:

- "Children being able to do whatever they want if it's safe and reasonable."
- "Kids of any age can watch any movies as long as they feel comfortable watching it."
- "Let some of the kids that are over the age of 12 vote for the ACT elections. So children can have the freedom to vote for the people that they want to vote for."
- "A child has the right to be independent but also has the right to ask for help and work in groups."
- "Not as serious adult supervision around house."

Sometimes adults need help to see when you are ready for more responsibility. If you want more independence, try calmly explaining how you feel, but also remember that some rules are there to help keep you safe.

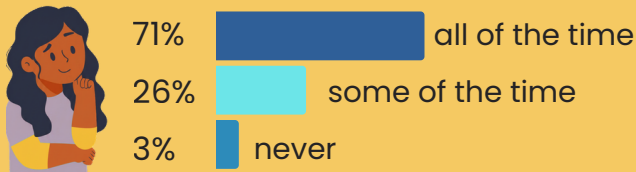


What you told us about safety

In 2025, we ran a survey to find out how safe children and young people feel in organisations and services they are involved in. Below are some of the things we found out and what we suggested organisations should do.

What we heard

Children and young people told us how often they feel safe in organisations and services they spend time with.



60% said they did not think adults in their organisation would make them feel uncomfortable or unsafe.

85% agreed they would feel worried if an adult made them feel uncomfortable.

83% said they would talk to someone if they felt uncomfortable or unsafe with an adult.



We asked who they would tell if an adult made them feel uncomfortable or unsafe. Most children said they would tell a parent.

But...

3% said they would not tell anyone.



3% reported never feeling safe.



4% felt nothing was done to help them feel safe.



All children have the right to feel safe so we work with organisations and services to make them safer.

Our advice to services

Based on what you told us, we came up with some suggestions for how services can make themselves more child safe. These are our recommendations:



- Pay attention to what is happening for children. If they seem worried or uncomfortable, step in and do something.



- Listen to children’s ideas, views, and feelings. Use what they say to improve how things work.



- Let everyone know how grown-ups in the organisation should behave around kids, teens, and young people.



- Talk with children about what will make it easy and safe for them to tell someone about their worries or concerns.



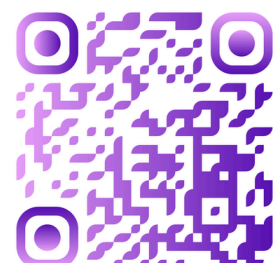
- Talk with and listen to parents, carers, and families.



- Use what children, parents, carers, and families say to make changes to systems and processes. Let them know how what they shared was used to make improvements.

Video

To find out more about the survey, check out our video on YouTube by scanning the QR code or go to: youtube.com/watch?Pm6Yz6XsGRo





HAVE YOUR SAY ON SAFETY... TAKE OUR FEELINGS OF SAFETY SURVEY NOW!

What makes you feel safe when you spend time in organisations and groups like your school, sporting club, drama group, or other groups you are part of?

We want you to tell us so we can help organisations be safer for kids, teens, and young people like you. We will ask you about:

YOU!
(like your age, or if you have a disability)

An organisation you are or have been involved with.

A situation that some kids, teens, or young people might be in.

We will not ask you anything that might tell us who you are or where you live.

You can stop the survey at any time, and you can skip any questions you don't want to answer.

If you are over 12 years old, you can make your own choice about whether you do the survey or not.

If you are under 12 years old, we will get you to ask a grown up if this is okay... but whether you do the survey is still up to you.

LET ME KNOW



To complete the survey, please scan the QR code or click on the link below:

tinyurl.com/feelingsafe26



IDAHOBIT DAY

The Human Rights Commission was proud to celebrate IDAHOBIT by coming together to support LGBTIQ+ children and young people in the ACT.

We created a rainbow wall filled with messages of kindness, hope and support. It shows how powerful it is when we stand together for inclusion. You can check out some of the messages on this page.

This year's IDAHOBIT theme reminds us to keep working together to create safe, welcoming spaces for everyone. It also reminds us that this work matters every single day.

You are awesome,
Unique, Special. Find
the people who appreciate
the wonderful individual
you are. Share kindness
& acceptance.
Be proud!

Hey there! I want you
to remember that you
matter, your identity
matters and celebrate
who you are! Find your
people!! Look after yourself!



You are beautiful.

I see you.

Whatever thoughts are
in your head, whatever
others in your life might
say to you, please
remember - I am in
this world and I think
you are beautiful.

It's OKay to be
Yourself - Even if
Others don't Always
Understand. Times are
Changing & I hope we
will all be able to live
without judgement soon!
You aren't Alone &
We Love you!

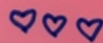
It's important to
find the people in this
world who love you
for who you are.

And I promise - they
are out there & you
are worthy!!! ♡ xoxo



My hope is that in
2026, LGBTIQ+
children + young people
feel safe to be who
they are, without
fear, without shame,
and with confidence
to shine like a
rainbow!
Everyone should be
welcome here x

hi!
happy idahobit ♡ you should
be proud to have come so far
as your true and authentic self!
take time today to give yourself
a hug and appreciate the
many support systems around you!
More people have your back than
you realise - you've got this



Being True to yourself
and loving the person
that you are is the
greatest gift you can
give yourself.

Trust yourself.
Your value, your life.

Never change who
you are
Always Be
Yourself



Believe in yourself
one day at a time.

You are amazing,
just as you are.

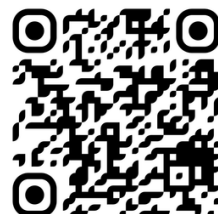
Keep shining and being
authentically you.

You can do anything and
be anything you want.

Lots of ♡ and hugs
to you - always.



To learn more about the history behind IDAHOBIT day. Use the QR code or go to:
abc.net.au/btn/high/idahobit/103847344



To learn what LGBTIQ+ stands for check out Headspace's video at:
youtube.com/watch?v=dhbjwYckNM or scan the QR code.

Our Child Rights Playlist

Last month we challenged you to create your own child rights playlist. This week we wanted to share some of our favorites. These songs have been nominated by Jodie and her team. Why not check them out and see if you find any new favorites.

Refugee & Asylum Rights

“On the Turning Away” – Pink Floyd

“Welcome Home” – Stan Walker

Article 22 (Refugee children)



Family, Care & Protection

“Small Bump” – Ed Sheeran

Article 7 (Right to know and be cared for by parents)

Article 19 (Protection from harm)



Life, Survival & Development

“Stayin’ Alive” – Bee Gees

“Imagine” – John Lennon

Article 6 (Life, survival and development)

Article 38 (Protection in armed conflict)



Non-Discrimination & Identity

“Born This Way” – Lady Gaga

“Girls Girls Girls” – Fletcher

“Same Love” – Macklemore & Ryan Lewis

Article 2 (Non-discrimination)

Article 8 (Identity)

Article 13 (Freedom of expression)



Justice & Fair Treatment

“Hurricane” – Bob Dylan

Article 2 (Non-discrimination)

Article 37 (Protection from unlawful detention)

Article 40 (Fair justice system)



Protection from Abuse & Exploitation

“Don’t Stand So Close to Me” – The Police

Article 19 (Protection from violence and abuse)

Article 34 (Protection from sexual exploitation)



Voice, Participation & Expression

“I Have a Voice” – Broadway Kids Against Bullying

“Voilà” – Emma Kok

Article 12 (Right to be heard)

Article 13 (Freedom of expression)



Dates to look out for this June

2026							JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6							
7	8	9	10	11	12	13							
14	15	16	17	18	19	20							
21	22	23	24	25	26	27							
28	29	30											

Pride Month - June 2026

Pride Month is a time to celebrate and show love, support, and acceptance for people in the LGBTIQ+ community. It is about making sure everyone feels respected and valued for who they are and who they love.

There are lots of ways to get involved during Pride Month, like going to local events and activities. To find out what's happening near you, check out: visitcanberra.com.au/articles/pride-events.

World Environment Day - 5 June 2026

World Environment Day is a chance for everyone to help protect our planet. This year's focus is on helping the Earth heal by restoring nature and caring for the land.

Why not celebrate by taking one small action, like walking to school, switching off lights when you are not using them, or learning something new about the environment? Every small step helps our planet!



Learning Disability Week - 15 to 21 June 2026

Learning Disability Week is a time to learn about learning disabilities. It is about helping everyone understand each other better, be kind, and make sure all children and young people feel included, heard, and proud of who they are.

It reminds us that everyone learns and grows in their own way, and everyone belongs and has the right to be included in school, activities, and everyday life.

World Refugee Day - 20 June 2026

Refugees are people who have to leave their country because they are being **persecuted** and are not safe. Finding a new and safe place to live often means making a long and dangerous journey.

When refugees finally reach somewhere safe and can start a new life, they still face many challenges. These can include finding a new home, learning how to earn money or get the things they need, and missing loved ones who could not come with them.

World Refugee Day reminds us to care for and support refugees, who go through many challenges to have the same basic rights that many of us enjoy without even thinking about them.



Persecution

When someone hurts, threatens, or treats a person (or group of people) badly because of their race, religion, nationality, membership of a particular social group, or political opinion.