

RIGHTS IN ACTION

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



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What's new?

- The Woden bus interchange has re-opened. Over the next few months, the temporary bus interchange will be taken down. For more information visit: act.gov.au/builtforcbr/browse-all-projects/transport/woden-transport-interchange

Did you know...

- Teachers in ACT public schools want issues in schools fixed, like staffing levels, support for students with complex needs, and staff workload. They might take action, like stopping work for short periods to push the Education Directorate to come to an agreement with them. If they do stop work, they will keep students and families informed.

Yuma! Welcome to our April edition of Rights in ACTION. This month, we talk about your right to protection during war. We also encourage you to look after yourself. Always remember to talk to a trusted adult if you are worried, and remember that adults are responsible for keeping you safe.

Meet our Youth Advisor, create your own child rights playlist, bake some tasty treats, and test how self-care activities can affect your mood. I hope the activities in this edition help you have fun, relax, and practise self-care.



You have the right to be protected during war

Article 38 United Nations Convention on the Rights of the Child.

Children have the right to be protected during war and should not be part of the armed forces before the age of 15 (17 in Australia).

What this right means

Under the Convention on the Rights of the Child, you have the right to be protected during war.

This is additional to government's normal responsibility to protect everyone in the country who is not participating in the conflict.

This right means children should be protected not only from being involved in the fighting but also be kept as safe as possible if the fighting is happening in their country.

Safety is not only about your body, but also about your mind and wellbeing. Seeing or hearing about war can be upsetting, and children have the right to protection from all these types of harm.

The law

Your right to be protected during war is supported by Australian laws that stop children from being part of the army or military before they turn 17.

In many countries, children are allowed to be in the armed forces once they turn 15.

In Australia, the law gives you extra protection by setting a higher age limit.



The government



The government can support this right by choosing peaceful solutions and avoiding war where possible. When governments decide that involvement in war is necessary, they must work hard to make sure wars end as quickly as possible and that civilians (those who are not fighting) are not targeted.

Around the world, governments often encourage diplomacy, which means talking and negotiating instead of fighting. Sometimes countries call for a ceasefire, where fighting stops on all sides so that peace talks can happen and there is a chance to end the conflict.

Your choices



There are sometimes scary or worrying news stories about war, and you might hear adults talking about how fighting in other parts of the world can affect things in Australia, like fuel prices or travel.

You have the right to know what is happening in the world and, if you have questions, it is okay to ask a trusted adult about the things you want to know about. However, it is important to remember that it is the responsibility of governments, parents, carers, and other adults to keep you safe.

You can help protect your own wellbeing by being careful with the news you watch or read:

- Limit how long you spend looking at upsetting stories
- Choose age-appropriate information made for children
- Talk to a trusted adult if something makes you feel worried or confused.

It is okay to care about the world, but you do not need to carry worries that are not yours to solve. Taking care of yourself helps protect your rights too.

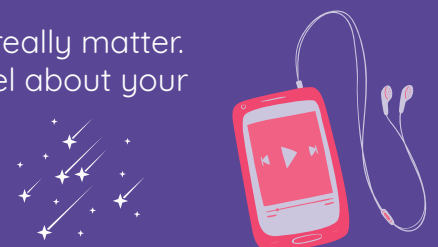
Create your own child rights playlist

Celebrate child rights with your own music play list. Use the boxes below to choose songs that remind you of your rights and help you explore music about the different rights you have under the Convention on the Rights of the Child.

NOTE: You can swap the word “song” for “quote.” Find inspiring quotes about children’s rights and use them to make a poster or artwork.

Right to be heard and express your views Articles 12 and 13	A song that reminds you that your ideas matter.	A song that is about something you believe in strongly.	A song connected to your culture.
Right to identity and belonging Articles 7 and 8	A song that makes you feel proud of who you are.	A song that helps you remember what makes you special.	Pick a song that feels like “this is me”.
Right to equality and non-discrimination Article 2	A song about fairness or treating everyone kindly.	A song about standing up for others who are treated unfairly.	A song that celebrates diversity or inclusion.
Right to play, rest, and enjoy life Article 31	A song that makes you want to dance, play, or have fun.	A song you love listening to when you are relaxing.	A song that you love to sing out loud.
Right to protection from war and violence Article 38	A song that makes you think about peace	A song that makes you feel safe or protected.	A song about making the world a better place for kids.

Your playlist is a reminder that your ideas, feelings, and rights really matter. Take a moment to think about how your playlist makes you feel about your rights, and then come up with a fun title for your playlist!



Meet our Youth Advisor

Yuma! My name is Liahni and I am a Kalkadoon woman currently working as the Youth Advisor at the CYPC. I became the Youth Advisor after volunteering with the CYPC last year. I have always been passionate about supporting community, so when I met Jodie and heard about this role, I jumped at the opportunity.

I help the team by providing a young person's perspective while assisting with projects like the Young Influencer Network and the Child Safe Standards Scheme. I also create social media posts. When joining the CYPC I was surprised by the wide range of work they do. I absolutely love it as it allows me to switch between tasks when I need to refresh, and I can contribute positively to the ACT.

Before this role, I completed a Bachelor of Science and a Graduate Certificate in Forensic Science. My goal is to continue serving my community and country as a Forensic Scientist for the AFP.

I grew up in a defence force family, with previous generations serving as far back as my great granddad, so commemorating ANZAC Day has always been very important to me, which I did over the weekend. My brother, Kade, would often bake ANZAC biscuits that we would take to the dawn service. ANZAC biscuits have been sent to service members in care packages from World War I, to even today. Here is my brother's recipe you can try at home any time!



ANZAC Biscuit Recipe

2 cups plain flour	4 tbsp golden syrup
2 cups rolled oats	6 tbsp warm water
1 ½ cups brown sugar	2 tsp bicarb soda
2 cups coconut	

1. Preheat the oven to 175 degrees celsius.
2. Line a baking tray with non-stick baking paper.
3. In a large bowl, stir flour, oats, sugar, and coconut into a bowl.
4. Combine butter, golden syrup, and water in a big saucepan and melt the butter. Stir in bicarb soda.
5. Pour wet mixture into dry ingredients and mix until it comes together. The mixture will fizz up!
6. Roll dough into balls and place onto a baking paper lined tray, evenly spaced out. Flatten balls with a spoon.
7. Cook in oven for 15 minutes until golden brown. Allow to cool on the tray before serving.





Looking after me

Some activities can help you feel happy and calm, like moving your body, colouring, drawing, writing, or listening to music. Choose one activity you would like to do more often. Try to choose one that makes you feel good *during* and *after* the activity.

Draw or write your activity in the box. Each day for one month:

1. Colour in the box for each day you did your activity.
2. Rate your mood by choosing a number and writing it on the line.



Start date: _____

Sun Mon Tue Wed Thu Fri Sat

My activity:

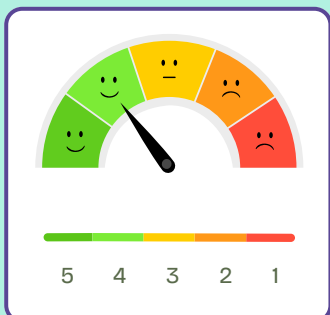
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My mood:



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Add all your mood ratings from the days you did a wellbeing activity:



Number of days you did the activity:



Mood rating:

Add all mood ratings from days you did **not** do the activity:



Number of days you did not do the activity:



Mood rating:

Was your mood better on the days you took time for your self care?

Check by adding up all the numbers from the days you did an activity. Divide this number by the number of days you did the activity. Then do the same for the days you did not do the activity. The higher your mood rating, the better your mood.

What did you discover about how the activity affects your mood?



Dates to look out for this May

2026		MAY					
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	
31							

World Laughter Day - 4 May 2026

World Laughter Day is a fun day with a powerful idea behind it. It aims to build connection, friendship, health, and peace throughout the world using laughter. Laughter is universal, which means it is something everyone does and understands, even if we speak different languages. This makes laughter something special that connects us.

Why not use World Laughter Day to laugh with others? You could learn a new joke or play games with your friends or family.

IDAHOBIT (International Day Against Homophobia, Transphobia, and Biphobia) - 17 May 2026

People from the LGBTIQ+ community still experience discrimination. This is not okay. Everyone has the right to be accepted and celebrated for who they are. IDAHOBIT reminds us to fight for equality for everyone in our community and celebrate our identities with pride.

Use this day to practise kindness to yourself and others. You could list things you are proud of, or find ways to include someone who might feel left out.



National Sorry Day - 26 May 2026

The 26th of May is National Sorry Day. This day marks an important moment in Australian history, when the Australian Government received the Bringing Them Home report on 26 May 1997. The report talks about how First Nations children were taken from their families. These children are known as the Stolen Generations.

Being separated from their families caused deep sadness and hurt, and this pain continues to be felt today. The report gave suggestions about how to help, but sadly many of these ideas have not been acted on.

On National Sorry Day, we remember and honour the Stolen Generations. We think about the pain they experienced, and we recognise that these bad things from the past still affect many First Nations people and communities.

Reconciliation Week - 27 May to 3 June 2026

Reconciliation Week is a time for us to learn about the shared history of all Australians. It is also a time to learn about the cultures and achievements of Aboriginal and Torres Strait Islander peoples. You can learn more about Reconciliation Week and events happening in the ACT at: reconciliation.org.au.

