

2023 | ISSUE 1 | FEBRUARY

RIGHTS IN ACTION

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



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What's new

- School has been back for a couple of weeks now. I hope you had a great holiday and have had a positive start to the year.
- The National Multicultural Festival is back for 2023 from 17-19 February, with a new dedicated family friendly day on Sunday the 19th.
- Bungendore is also having a Multicultural Festival on Sunday 5 February and Queanbeyan has one on 5 March. Many of you who spoke to us last year about ways to stop racism in the ACT said there needs to be more ways to celebrate different cultures, so this is great news!
- Lunar New Year is celebrated between 22 January and 5 February this year and will mark the start of the Year of the Rabbit!

Welcome to a new year and a new-look Rights in ACTION! I hope you had a chance to relax over the summer holidays and are ready for the year ahead. It will be a busy year here at the Human Rights Commission, and we want to keep you informed about our work. If you want to hear more about anything in particular or have something to say, please get in touch! I love to hear from you and we always reply!



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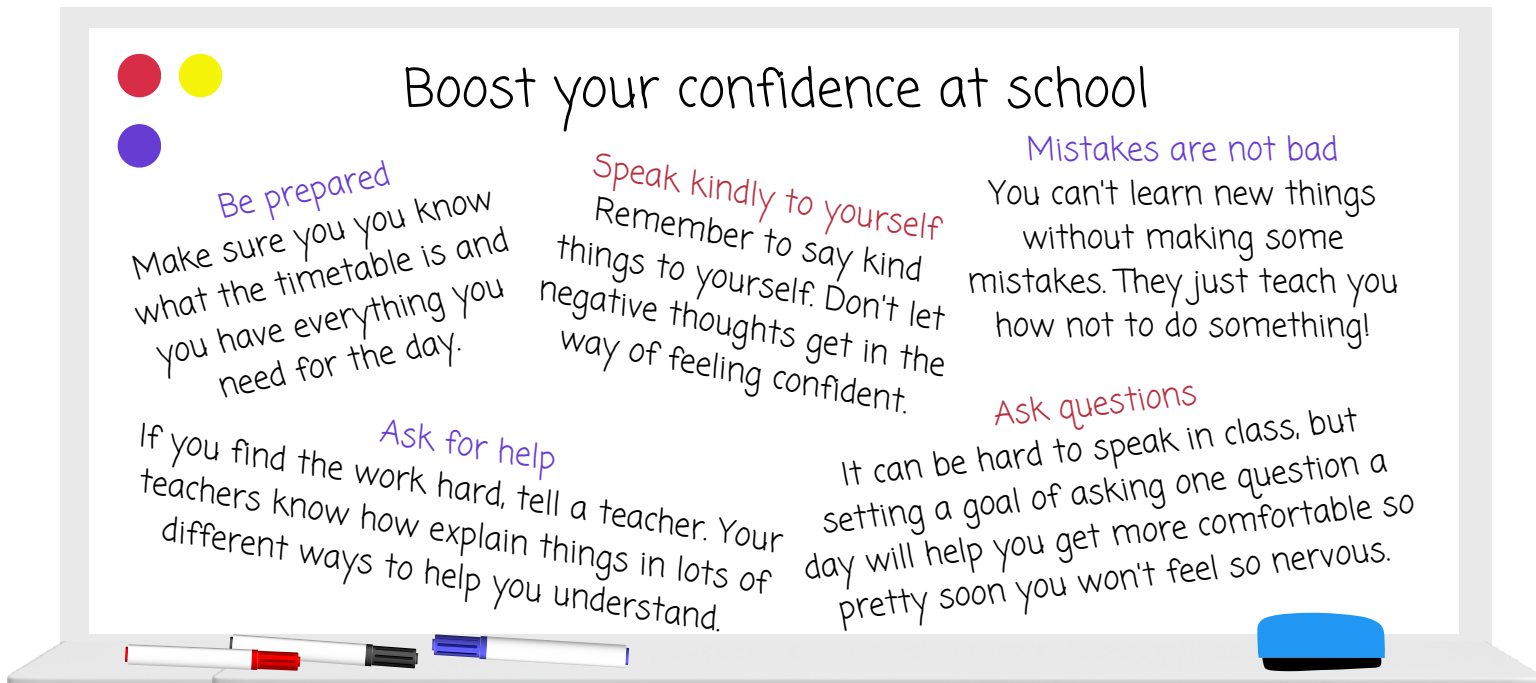


Young Thinker Forum
actkids.act.gov.au

Back to school

TIPS TO START THE YEAR OFF WITH CONFIDENCE



Whether you are starting a new school, or going into a new class, the start of the year can be scary and take some time to relax into. So now that you are back at school, here are some tips to boost your confidence and feel settled.



Creative ways to get organised

As school and other activities get started again, it can sometimes feel a bit out of control. Remembering all the things you need to do and take can be hard. If you struggle to be organised, you are not alone! Here are some fun, creative ways to help.

PLANNER

Design your own weekly or monthly planner and stick it on the fridge so everyone in the house can stay organised.	 ✓ ✓	Organise your space by making these <u>awesome DIY paper plate woven bowls</u> .	Lay out clothes the night before to save time in the morning. 	Make your lunch the day before. <u>Here's some fun lunch ideas you can try.</u>
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	Paint your bedroom door with chalk board paint and use it for reminders (ask the adults in your house first!).	<p>"A LITTLE PROGRESS EACH DAY ADDS UP TO BIG RESULTS."</p> 
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“
Work hard, nap hard.

”
Demi Lovato



Speak up!

TIPS TO HELP YOU ADVOCATE FOR YOURSELF

There can be times when you have to advocate for yourself. This means that you need to explain to someone who has power what you need so that you can do your best and feel safe. It might be explaining to a teacher what your sensory needs are in class, or telling a coach you need help learning a new skill or that you are not ready to try it.

It can be scary, but there are lots of times in life when being able to advocate is a useful skill. Here are some tips to help you speak up for yourself with adults.

Work out what you need and why. It can help to write it down. You can also list your strengths, which might help when it comes to finding solutions.

Remember to breathe!



Practice what you are going to say with a friend or trusted adult.

Suggest to the adult that you can think of solutions together. You can also think of some in advance but make sure they are realistic.

Useful phrases:
"I am finding this difficult. Can we find a solution together?"
"I am feeling worried about this. Can you help me?"
"I have some ideas about how to fix this. What do you think?"

Tell the adult you want to talk to them, and ask when would be a good so that you will have time and privacy.

Take a friend with you. They don't need to say anything; they are there for support.

Easy cheesy muffins

Ingredients

- 2 cups self-raising flour
- 2 slices ham, chopped into small pieces
- 1 capsicum, chopped
- 1/2 teaspoon ground paprika
- Pinch of salt
- 250g grated cheddar cheese
- 1 + 3/4 cups of milk

Method

- Grease muffin tin with butter or oil
- Pre-heat oven to 180 degrees
- Combine flour, paprika, ham, cheese and capsicum into a bowl
- Slowly add milk and mix well
- Spoon into muffin tin
- Place in oven for 25-30 minutes or golden on top
- Allow to cool for 5 mins before removing from tin.



Note: If you don't eat ham or capsicum you can leave it out or swap it for something else. Try turkey slices, spring onions or basil.



“

Get up, stand up!
Stand up for your rights.
Get up, stand up!
Don't give up the fight.

”

Bob Marley,
Jamaican singer and human
rights activist.



Bob Marley

Human rights issues to watch out for in 2023

One of the roles of the Children and Young People Commissioner is to monitor the new and revised laws in the ACT to make sure they support the human rights of children and young people. We also have a role in making sure children and young people know about their rights.

This year there are a few pieces of legislation that we will be paying close attention to and providing advice or information about. Here are a few you might hear about in the news or at school:

Minimum Age of Criminal Responsibility

At the moment anyone over the age of 10 can be held responsible for a crime. Lots of people think that is too young so, in 2023, the ACT Government will write laws to raise the minimum age of criminal responsibility to 12, and then to 14 years within 2 years.

Right to a Healthy Environment

Recognising the right to a healthy environment will mean all laws passed in the ACT have to consider their impact on the environment. This year, the ACT Government will be working out how this new right can be created so that it fits with other rights and existing laws.

The Voice to Parliament referendum

In the second half of this year, Australians who are old enough to vote (those over 18 years) will be asked to decide if the Constitution should be changed to create an Aboriginal and Torres Strait Islander Advisory Group that will be able to advise the Government on laws that impact Aboriginal and Torres Strait Islander peoples.

This is a national vote, but we will be paying close attention to it and will cover it in this newsletter later this year.



Joslin and Leensaa during a work experience placement in 2022

Work experience at HRC

Are you thinking about a work experience placement in 2023? Are you passionate about social justice, human rights and making sure children and young people can have a say?

If you answered yes to these questions and are in year 9 or above, we can host your placement. We host 2 students per term for 3 days. We work hard to tailor the work to your interests, so you might help us with work like:

- Taking over our social media and preparing this newsletter
- Creating a Young Thinker Forum piece on an issue you choose
- Supporting our key projects like our consultations with young people.
- Something else that we come up with together!

If you are interested in hearing more, contact us at actkids@act.gov.au.

“

I have been so fortunate to get this opportunity and spend a week learning first hand and getting an understanding of what it's like to be in the work force. I hope to be a human rights lawyer after I graduate so talking and listening to people that work in human rights has given me insight I wouldn't have had otherwise.

”

Genevieve
Work experience, 2021

Other ways to get involved

You might not be ready for work experience, but still want to be part of what we do. Here are some ways to get involved in our work:



[ACTKids_CYPC](#)

Follow us on Insta to keep up with what we are doing and hear about opportunities to connect.



Young Thinker Forum
actkids.act.gov.au

Check out the Young Thinker Forum and tell us about things that matter to you!



ACTKidseact.gov.au

Send us an email. We read and respond to all emails we get from children and young people!



ACT HUMAN RIGHTS
COMMISSION
Australian Capital Territory

