

RIGHTS IN ACTION

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



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What's new?

- A new all-abilities playground is being planned for Florey. The playground will be designed so children of different ages and abilities can play, explore, and have fun together. The plans are expected to be shared later this year.

Did you know...

- If a child or family needs extra support, people like teachers, nurses, social workers, and youth workers can help them find the services they need.
- In many First Nations cultures, caring for children is a shared responsibility, with families and communities working together to help children grow and thrive.

Yuma! Welcome to our July edition of Rights in ACTION. This month is packed with ways to learn about your rights, share your views, and get involved. Learn about your right to get help when your family needs extra support, read about our NAIDOC Week celebrations, and find out how to share your ideas about protecting the environment.

You have the right to share your views and have them taken seriously. Your ideas, experiences, and opinions matter. We encourage you to keep speaking up, asking questions, and getting involved in issues that are important to you. We hope you enjoy learning about your rights!

thinking of you!



Jodie

You have the right to get help from the government if your family is in need.

United Nations Convention on the Rights of the Child - Article 26

When families need extra support

Children and young people often tell us that cost of living is having an impact on you:

"Have more recognition of kids in poverty."

"School uniforms should be cheaper."

"Free Medicare because people can't be healthy, it's too expensive."

All children have the right to the things you need to grow, and to learn and stay healthy, like:

- healthy food
- a safe place to live
- clothes
- healthcare
- education.

Sometimes it is hard for families to pay for all of these things. This might happen if a parent loses their job, someone in the family becomes sick, or there are other challenges at home.

The Convention on the Rights of the Child says that governments must help families who are struggling so children can still have what they need. This help can be provided in different ways. For example, governments might help families pay for things, provide support services, or connect them with community organisations for help.

What might this look like?

An example story

Alex loves going to school and playing with their friends. One day, Alex's mum loses her job and it becomes harder for the family to pay for things like food and bills.

Article 26 says that children should get help when their family is going through a difficult time. Governments should help make sure children have what they need to be healthy, and to learn and grow.

Alex's mum applies for Centrelink payments and gets support from a local community organisation that helps families with food and other basic needs. This support helps the family get through a tough period while Alex's mum looks for a new job.

Because of this help, when Alex grows out of their school uniform, they can get a new one. This means Alex feels comfortable at school and is less stressed about money.





NAIDOC WEEK

50 YEARS DEADLY

5-12 JULY 2026

This year, NAIDOC Week celebrated 50 years of strength, culture, and pride. It recognised the achievements of First Nations peoples and celebrated the rich cultures and traditions that have been passed down through generations. It also encouraged us to look to the future while staying connected to culture, community, and Country.

Our team attended a NAIDOC Week Flag Raising Ceremony as part of this year's NAIDOC Week celebrations. The ceremony brought people together to recognise the importance of Aboriginal and Torres Strait Islander cultures, histories, and contributions to our community.

Our team also took part in a NAIDOC Week activity that encouraged us to think about fairness, respect, and how we can better support First Nations children and young people.

While NAIDOC Week has ended, the lessons it shared continue. We can all keep listening, learning and working together to help make sure everyone is treated fairly and that everyone's rights are respected.

Know your rights

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 have the right to have your cultural connection with land, waters, and seas valued and protected.

Section 27, ACT Human Rights Act, 2004

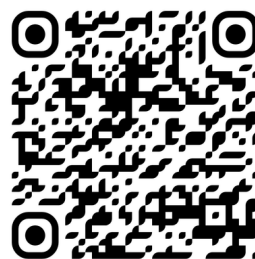
Know your rights

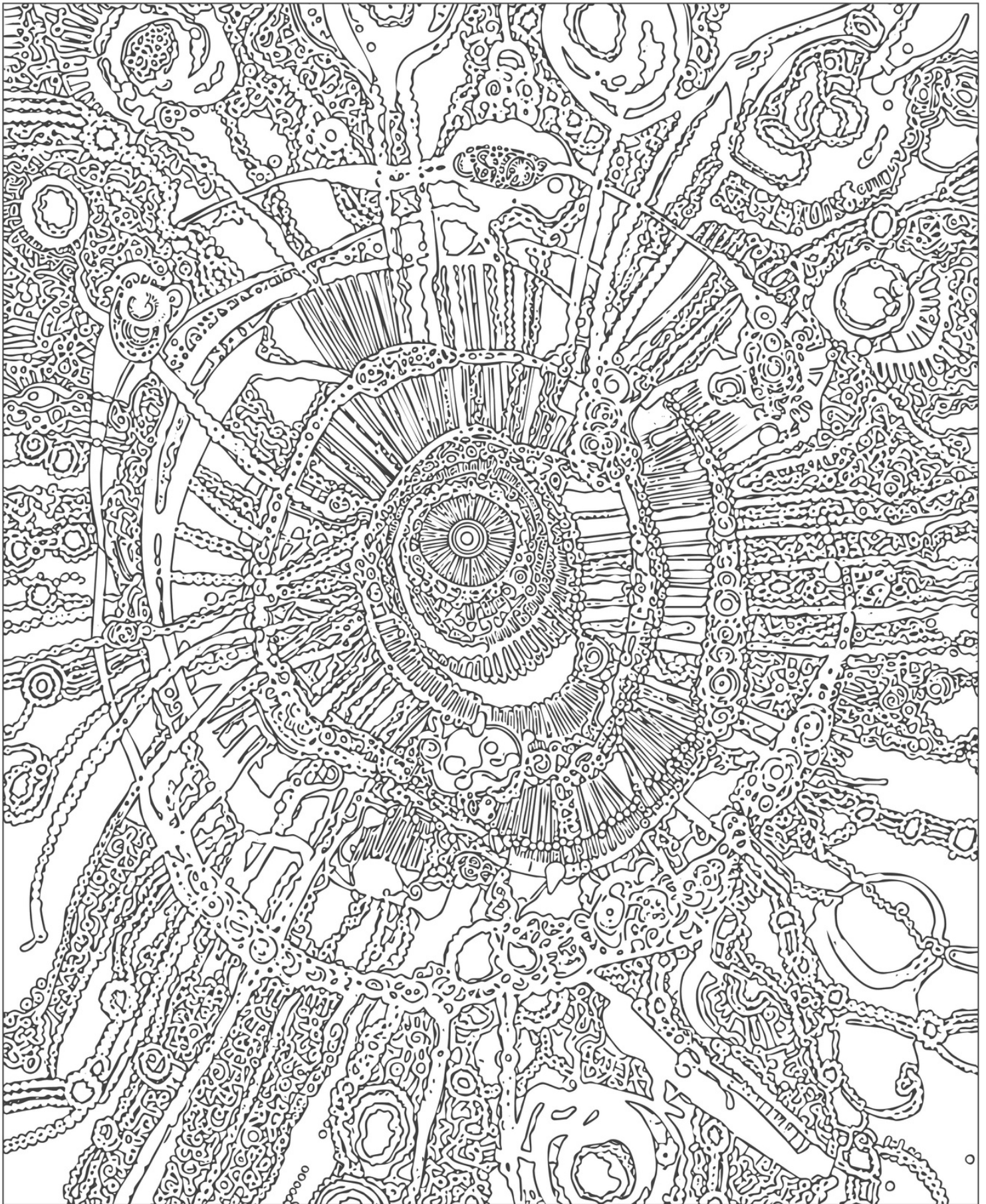
First Nations children and young people have the right to learn about, enjoy, and share their culture, language, and traditions.

Article 30, United Nations Convention on the Rights of the Child.

Want to learn more about NAIDOC Week? Scan the QR code or go to Behind the News at: tinyurl.com/wbpk5szb.

We have also included an official NAIDOC Week colouring sheet on the next page for you to enjoy!





**NAIDOC
WEEK**
**50 YEARS
DEADLY**
5-12 JULY 2026

***Paralpi* by Zaachariaha Fielding**

Paralpi extends Zaachariaha's acclaimed *Inma* series and reflects a deeply cultural and immersive narrative grounded in Country. The artwork depicts the sounds of *Paralpi*, a significant place just outside Mimili on the eastern APY Lands in South Australia. As Zaachariaha describes, *Paralpi* is a place where people come to embrace and celebrate children, where they are taught by Elders to move and mimic their Clan emblem — for Mimili, this being the maku (witchetty grub).

#NAIDOC2026

#FIFTYYEARSDEADLY

#NAIDOCWEEK



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Aboriginal Flag
designed by Mr
Harold Thomas.



Torres Strait Islander Flag reproduced by kind
permission of the Torres Strait Island Regional
Council, designed by the late Mr Bernard Namok.

Help the planet, Help young people.



ACT Youth Climate Action and Wellbeing Consultation

During our consultations, many children and young people told us they want adults to do more to protect the environment.

**“I wish children had the right to make
decisions about...our environment.”**

Share your thoughts about how protecting the environment through climate action can help children and young people feel connected, build friendships, support wellbeing, and feel prepared and resilient in a changing climate.

Get involved

Children and young people are encouraged to take part. Parents, carers, and others who support children and young people are also welcome to share their ideas.

This consultation is being run by Canberra Health Services and Sonder Youth, which is a youth mental health organisation on the South Coast. It asks questions about loneliness and wellbeing, so it is a good idea to have a trusted adult with you when you answer the survey.

You can also request an interview so there is someone you can talk to if you feel worried about any of the questions. When talking to someone online in this way, it is important to make sure an adult you trust is nearby so they can meet the person too. This is part of keeping yourself safe online.

**Do the
survey**



tinyurl.com/246ves4r

The survey takes about 10 minutes and is anonymous. Share your ideas and experiences.

**Book an
interview**



sonderyouth.com/interview-eoi

Request a friendly one-on-one 45-minute online chat to share what you think. Young people aged 12-25 who take part will receive a \$50 gift voucher.



What we heard from you!

In term 2, Jodie and her team, visited seven after-school care programs. We spoke to over **340** students about your human rights!

We also asked what the children we spoke to would do to make the ACT better for children and young people. Jodie uses your ideas when she speaks to other adults about how to create a better place for you to grow up.

Here are some of the things we heard:



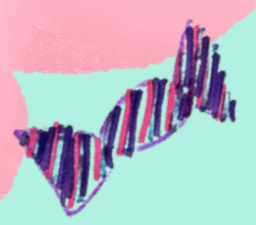
★ CHOICES

“I’m old enough and mature enough to stay home.”

“I wish they would do what we wanted, but they say we can’t”

“Allow more kids rights because I believe we shouldn’t be treated so unfair”

“I wish children had the right to make decisions about their life, and our enviornment.”



Respect



“Make everybody nice and no bullying”

“All kids should be happy and listen to others.”

“Be kind and be fair to all kids.”

“Stop bullying!”

“Not all of us are ‘moody teenagers’ and it’s a dumb stereotype.”



Person have food



Home



"Give people food if they were poor."

"Build lots of buildings so people can have homes."

"Let everyone have the food they need."

"Make sure everything at homes is good and Make sure they have a house. FREE!"

"More homes for people who don't have homes."



Environment

"Do not chop trees, plant seeds"

"No pollution."

"Make more trees grow."

"No smoking I'm looking at you."

"The earth is a beautiful place..."

"Stop killing animals."

"Look after kangaroos and trees."

"No littering."



plant seeds

do not chop trees



Play



"That young children can play, rest and relax."

"That I would like to go to kids art lessons..."

"More playgrounds so kids can play more."

"Soccer ball, talking, drawing, friends, outside, colouring in."

"More exhibits for kids."



If you want us to come to your school, group, or club, email us at actkids@act.gov.au.



Dates to look out for this August

🎉 Learn • Celebrate • Take Action 🎉

National Aboriginal and Torres Strait Islander Children's Day | 4 August

DID YOU KNOW?

First Nations children and young people have the right to enjoy, learn about, and share their culture, language, and traditions.

This year's theme is "Living Our Truth". It celebrates stories, culture, connection, and the important role of Elders in sharing knowledge with younger generations.



TRY THIS: Ask a family member to share a favourite family story, memory, or tradition. Draw a picture or write a few sentences about why it is special to you.

Homelessness Week | 4 to 10 August

DID YOU KNOW?

Every child has the right to a safe place to live. It is a human right.

You told us:

💬 "Kids without homes should get a home."

This year's theme is "Homelessness Action Now," reminding us that everyone deserves a safe and secure home and this is not an issue that can wait.

TRY THIS: Make your own welcome sign. You can put it up on the front door or just inside.



Bullying No Way Week | 17 to 21 August

DID YOU KNOW?

Every child has the right to feel safe and respected.

You told us:

💬 "There's a little more bullying than what [adults] think."

This year's theme is "Small Acts, Big Impact," a reminder that the small choices we make (like including others, showing kindness and speaking up) can all help stop bullying.

CHALLENGE: Do one act of kindness every day this week.



Wear it Purple Day | 28 August

DID YOU KNOW?

Everyone has the right to feel safe, included, and proud to be themselves.

Wear It Purple Day began when a group of students wanted to create communities where all young people feel accepted and supported.

This year's theme, "Colours of Courage," recognises the strength and courage that many LGBTIQ+ people show when others may not understand or accept them.



TRY THIS: Wear something purple and find a way to include someone new - invite them to play, sit together at lunch, or just say something kind to them.