



RIGHTS IN ACTION

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



What's new?

Covid is still hanging around, but there are still other things going on! We are half-way through the year now and there is a lot to look forward to over the coming month.

- As part of our consultation on racism in the ACT, we have launched a survey. Check out page 3 to find out how you can have your say.
- We will be at the CareersXpo on the 17 and 18th of August - if you are there, come by to say hello and take part in our activities!
- The Human Rights Commission will also be at the Expo: Unleash the Resilience of Multicultural Canberra. We would love to say hi there too!
- 20-26 August 2022 is Book Week! Are you dressing up? I am! Keep an eye on my Insta to check out my costume @ACTKids_CYPC.

In this issue...

- **RACISM IN THE ACT:**
 - * **SOME THINGS WE'VE HEARD SO FAR** *
 - HAVE YOUR SAY**
- **LIGHTING THE SPARK**
- **STILL COPING WITH COVID**
- **ANIMAL OF THE MONTH**

Hi everyone,

Welcome to the July edition of Rights in ACTION.

It's great to be able to update you on some of what we have heard through our consultation on racism in the ACT. My team and I are working with Curijo and Multicultural Hub and so far have spoken to over 40 children and young people. You can read what they have told us on page 2, and get more info about how you can have your say on page 3.

There's also some information about an awesome program called Lighting the Spark. If you are a young Koori woman, find out about it on page 4.

If you would like to get in touch, let me know how you are going with COVID still hanging around, tell me what you want us to include in this newsletter, or just say hi! You are important and I would love to hear from you!

Jodie



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Young Thinker Forum
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THE CHILDREN AND YOUNG
PEOPLE COMMISSIONER IS

LISTENING!

Share your thoughts on racism in the ACT



The ACT Children and Young People Commissioner is talking to children and young people in the ACT about racism.

To answer our survey online, scan the QR code with your phone or device.

If surveys aren't your thing, you can still have your say.

Contact us to have your say, your way!



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CHILDREN & YOUNG
PEOPLE COMMISSIONER
ACT Human Rights Commission





Lighting the Spark in our Future Leaders

Free Workshop

for young Koori women aged 14 years and over in
the ACT and surrounding region

**HAVE YOU EVER WANTED TO MAKE A CHANGE
AND CREATE A SOLUTION FOR YOUR FAMILY
AND COMMUNITY?
NOT SURE WHERE TO START!**

Come along to the Lighting the Spark program,
and learn from strong First Nations women about
how to take an idea and bring it to life.

Learn from incredible local leaders and mentors about
teamwork, storytelling, ideation, validation, problem
exploration, prototyping, branding, customer pains
and gains and business models.

Get practical support you to start your business
journey.

Support the people you care about the most.
Make a change in your community.

Build a better future for yourself,
in the way you want.




18 – 19 August

10am – 3pm

Food will be provided


Still coping with COVID

Many things have returned to pre-COVID normal, like big events going ahead and being able to travel. But with masks, hand sanitiser and the continued impact on schools, it is clear we can't ignore COVID yet. After almost three years of the pandemic, and so many people getting COVID now, it can be really tiring, frustrating and even overwhelming. Here are a few tips to cope with COVID!



Name that feeling!
It's ok to say
COVID makes
you mad!

We have said it
before, but go
outside, it really
does help your
body and mind.



Draw. Even if
you think you
are bad at it.
Drawing helps
calm your brain.

Stay connected
to your special
people in
person or
online.



Wash your
hands, wear a
mask and stay
home if you are
unwell.



Sri Lankan Leopards

This month, our animal of the month is the Sri Lankan Leopard, actually, one Sri Lankan leopard in particular: Yakalla.

"Yakalla is a Sri Lankan leopard. She moved to Canberra almost the exact same time as I did. She lives in the National Zoo. When she came to Canberra, she was super shy and it reminded me when I was shy coming to Canberra. So I made her a note and her zoo keeper read it to her, then sent back a picture of Yakalla looking at the letter I wrote. I felt a connection because I am half Sri Lankan too. We became friends after I sent her the note and I always look for her at the zoo. Now she has 2 cubs.

Sri Lankan leopards are endangered from habitat loss and being hunted for their beautiful coats. They live in forests and grasslands and they eat small deer, monkeys and birds. They are excellent hunters. I love leopards and so should you!"

By Z, aged 8



Yakalla and one of her cubs



Yakalla reading my letter.