

RIGHTS IN ACTION

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



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What's new?

- Around the world, many people have been celebrating Ramadan, a month of fasting, praying and reflecting. When the new moon appears, Ramadan ends with Eid al-Fitr, a happy feast. This year, in Australia, Eid al-Fitr took place on Thursday 19 March.
- Earth Hour is happening on Saturday 28 March 2026. At 8:30pm, people all around the world will turn off their lights for one hour to show they care about our environment.

Did you know...

- Articles 43 to 54 in the Convention on the Rights of the Child are all about what governments and other organisations need to do to make sure you can enjoy your rights.

Yuma! Welcome to our March edition of Rights in ACTION. This month we look at how the government must help protect your rights through the laws they make and the choices they take. We also share some tips on looking after yourself when learning about world events, especially when the news feels big or scary. Plus, there are fun activities for you to explore.

If you have ideas for what you want to see in Rights in ACTION, send me an email or ask a trusted adult to help you share your thoughts.

I love hearing from you!

Jodie



Your rights should be protected by the government, and they must make laws and decisions that support your rights.



Article 4, Convention on the Rights of the Child

YOUR RIGHT TO BE PROTECTED BY THE GOVERNMENT

In last month's issue, we talked about how you can't fully enjoy your right to be heard unless adults actually listen. All your rights work like this. For you to enjoy them, adults, organisations, your community, and the government all need to work together to make sure your rights are respected.

Article 4 of the Convention on the Rights of the Child says that the government must take real action to support your rights. This includes decisions about how the government spends money, how resources are shared and what laws are made. If one of your rights is not being protected properly, Article 4 means the government must do something about it. Big changes can take time, but the government is required to keep working towards making Australia a place where all your rights are protected and can be enjoyed.

Over the past couple of years the ACT government has updated some of our laws to better protect your rights. Here are some examples:

2024: Child Safe Standards Scheme: All organisations working with children and young people must meet standards so you are safe, and feel safe. You can read more about being safe at actkids.act.gov.au.



Article 19 - The government must make sure you are safe from all forms of violence and abuse by anyone caring for you.

2024: The right to a healthy environment: The ACT Human Rights Act 2004, was updated to include this right.



Article 24 - Your right to good healthcare, good food, and clean water.

2025: The minimum age of criminal responsibility was raised from 12 to 14 years old in 2025.



Article 40 - Your right to special treatment if you are accused of a crime.

What laws do you think need changing? Email Jodie to tell her your ideas at: actkids@act.gov.au

These are all positive changes, but there is more work to be done so that your rights are fully enjoyed here in the ACT. Jodie, your Children and Young People Commissioner, is part of the national End Physical Punishment of Australian Children campaign. This campaign aims to end physical punishment of children everywhere. Right now, 68 countries have completely banned physical punishment of children, but Australia has not. In the ACT, physical punishment is banned in schools and early childhood services, but it is not yet specifically banned in homes.

Article 4 gives people who are asking for change a strong argument. It shows that it is the government's job to protect your rights and make the changes needed to keep you safe.

RIGHTS DETECTIVE



Is article four in action or not? Play this game that our work experience student created!

Read the scenarios and circle whether article four is being violated or put into action.

Scenario one: The government builds a new school in a rural area so more kids can attend.

Violated
In ACTION

Scenario two: A new country (Auraland) signs the Convention on the Rights of the Child but never changes its laws to be in line with it.

Violated
In ACTION

Scenario three: The city of Nonchalentia demolishes their only children's hospital to build apartment blocks.

Violated
In ACTION

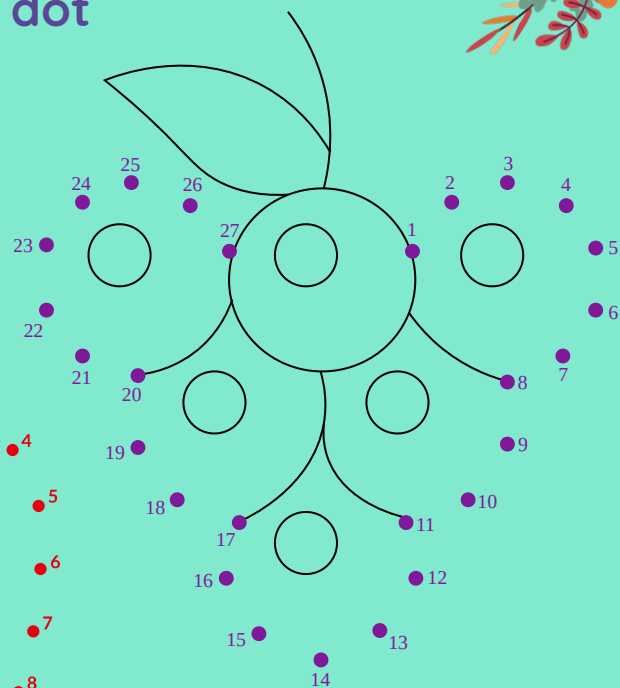
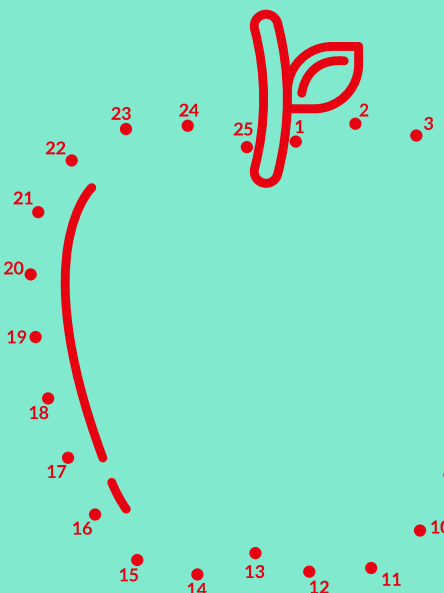
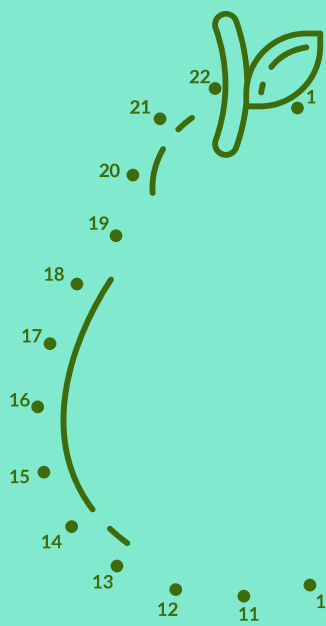
Scenario four: The president of Clavicularia holds an annual meeting with his government cabinet on how to improve the lives of children.

Violated
In ACTION



Autumn fruits dot to dot

Follow the numbers to connect each dot.



Scenario 1 - In Action
Scenario 2 - Violated
Scenario 3 - Violated
Scenario 4 - In Action

ANSWERS



Staying safe while accessing news

There are a lot of scary stories in the news at the moment. You have a right to access information safely. Below are some resources that talk about how to stay safe while learning about what is going on in the world.

Upsetting news

Behind the News created a video where they talk to a psychologist about how to deal with upsetting news but also stay informed. Go to the website or use the QR code to view it:

abc.net.au/btn/classroom/upsetting-news/105451682



Staying Informed Safely reel

We have created an insta post that takes you through tips to access media safely as well as 3 questions you can ask yourself if you still find yourself getting anxious or stressed while learning about the news. Check it out at: tinyurl.com/4mfu6wtd, or scan the QR code.

There is also a copy of our information sheet/poster at the end of this edition.



Media literacy

Increasing your awareness about the way that the media can influence us can help us step back and keep things in perspective. It also helps us spot misleading, biased, or completely fake information. Behind the News has some great videos on media literacy that you can check out at abc.net.au/btn/classroom/what-is-media-literacy-/104499628





wordsearch



Highlight the words you find in the puzzle.
The answers are below!

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | O | V | E | R | N | M | E | N | T | R | E | T | T |
| I | S | S | C | T | Y | U | L | A | W | R | T | E | R |
| A | O | U | E | R | T | O | W | S | G | C | S | E | G |
| Q | G | P | Q | R | E | S | S | G | L | O | D | I | A |
| V | C | P | U | F | F | T | I | A | C | T | I | O | N |
| C | O | O | A | A | A | H | Y | D | E | C | C | E | Q |
| I | M | R | L | I | S | G | P | R | O | T | E | C | T |
| M | M | T | I | R | R | I | M | E | P | Y | M | E | Y |
| R | U | R | T | N | I | R | Y | E | I | O | P | R | E |
| R | N | E | Y | E | N | O | I | T | A | C | U | D | E |
| E | I | E | D | S | G | E | M | U | T | P | I | I | E |
| N | T | Y | I | S | A | I | I | T | E | E | T | Y | Q |
| P | Y | L | W | U | R | O | D | P | V | O | I | C | E |
| U | E | N | R | E | S | O | U | R | C | E | S | T | E |

ACTION
EDUCATION
RIGHTS

GOVERNMENT
RESOURCES
AID
COMMUNITY

LAW
PROTECT
VOICE
SUPPORT

SAFETY
EQUALITY
FAIRNESS



Dates to look out for this April

| 2026 | | | | | | | APRIL | | | | | | |
|------|-----|-----|-----|-----|-----|-----|-------|-----|-----|-----|-----|-----|-----|
| 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 | | | | | | | | | |

World Autism Awareness Day - 2 April

April is World Autism Understanding Month, starting with World Autism Awareness Day on 2 April. Autism Awareness Day reminds us all to learn about autism and support inclusion for autistic people.

World Autism Understanding Month celebrates the strengths of autistic people and encourages us to understand and appreciate differences. This helps everyone feel supported and included.

This month is a great time to think about how we can help others feel welcome at school, at home, and in our community. If you do not know much about autism, why not do some research this month?

National Youth Week - 11 to 21 April

National Youth Week celebrates young people aged 12 to 25 years and all the great things they do in our community. Grants are available to help young people create projects, events, or activities that celebrate diversity, bring people together, or help build new skills. Find out more in the grant guidelines at: tinyurl.com/mvtbpmvr.



Youth Homelessness Matters Day - 15 April

In the ACT, housing has been recognised as a human right under the ACT Human Rights Act 2004, and this will officially take effect in 2027.

Sadly, many children and young people still do not have a safe or stable place to live. Youth Homelessness Matters Day reminds us that we all need to keep working until every child/young person has a home where they feel safe, supported, and able to grow.

Why not use Youth Homelessness Matters Day to:

- Learn about youth homelessness.
- Create a poster or artwork about why having a home matters.
- Write a list of things you are grateful for in your own home.



Earth Day 2026 Our Power, Our Planet - 22 April

Earth Day is a special day when people all around the world work together to take care of our planet. We can all help the Earth by making small, easy changes every day. Even one tiny change can make a big difference!

Here are some ideas:

- Try eating a vegetarian meal once a week.
- Turn off lights when you leave a room.
- Take shorter showers and turn off the tap while brushing your teeth.

Every little action helps keep our planet clean and healthy.





Staying Informed Safely

Sometimes world news can feel overwhelming or scary. Here are some tips to help you learn safely.



Keep things in perspective

Remember that lots of good things are happening too!

Find the positives

Whenever you find bad news, look at a good news story to balance it out.

Limit time

Limit how long you read or watch the news.

Check the facts

Not everything you see online is true. If you are not sure, ask an adult to help you find out.

Talk with others

If you feel worried or upset, talk to someone you trust.

If you are still worrying, here are three questions you can ask yourself:

1. Am I responsible?



It is almost never your responsibility to fix the problem!

- Remind yourself who is responsible.
- Focus on something you can control (see the next point).
- Talk to a trusted adult to work through the big feelings.

2. Can I take action?



Think of actions you can take to help contribute to positive change:

- Focus on things you can do to help, even in a small way.
- Spend time with others who feel the same way.
- Tell your local member of parliament that you want change!

3. How can I refocus?



Find ways to refocus and relax:

- Take a break from media, and do something outside.
- Practice mindfulness or relaxing breathing.
- Get active - exercise helps your mind and body relax.