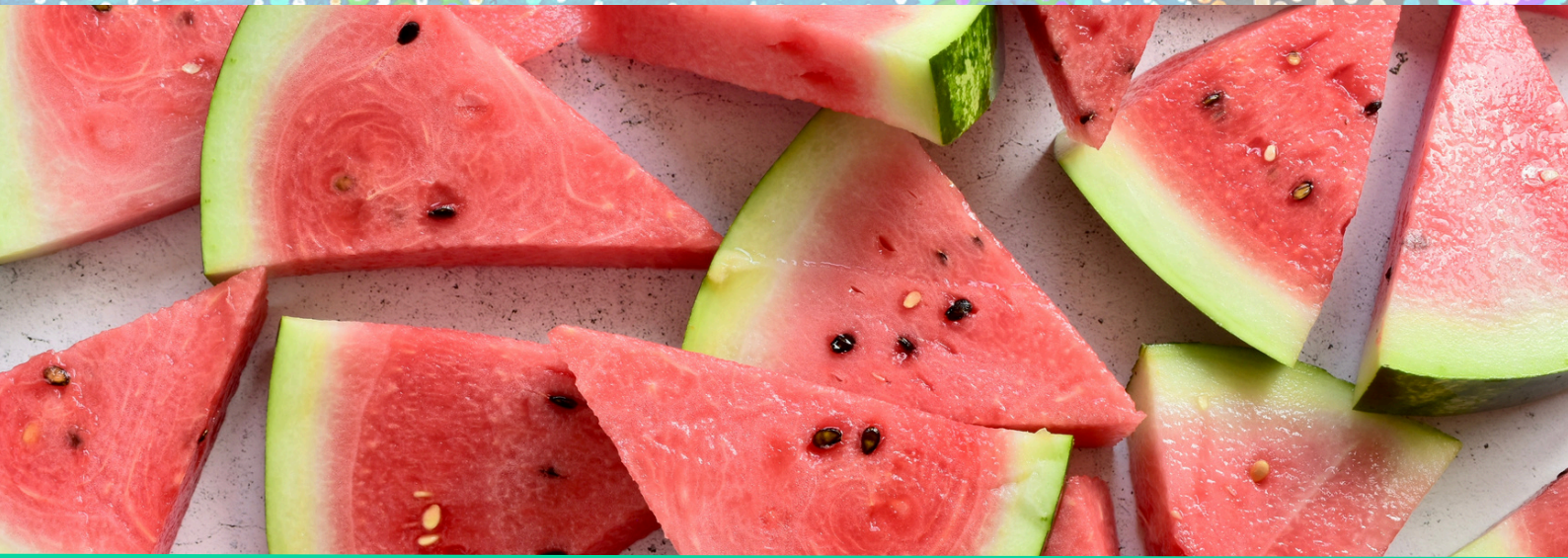


# RIGHTS IN ACTION



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



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Feeling Safe Survey

## What's new?

- We want to know what makes you feel safe! Let us know in the [Feeling Safe Survey](#). Page 8 has more information.

## Did you know...

- Aboriginal and Torres Strait Islander cultures have their own understanding of weather, developed over tens of thousands of years. Different Nations recognise different seasons, with some naming six different seasons throughout the year. [Learn more here](#)
- Australia is the driest inhabited continent in the world.
- Canberra has one of the largest temperature ranges in the world, with temperatures dropping below freezing in winter and sometimes reaching over 40 in summer.



Yuma! Welcome to the Summer edition of Rights in ACTION. We have had a big year! This edition celebrates the end of the school year, explores your right to your own beliefs, and has some ideas about fun things to do during the holidays.

Sometimes holidays can be tough when you are out of routine and away from the support networks you have at school. Page 6 has some self-care ideas.

I loved talking directly with so many of you over this past year and hearing from you through email and our Young Thinker Forum. Thank you for continuing to engage with our work. I can not do it without you! Have a good rest and I will see you again in 2025!





**You have the right to your own opinions, beliefs and religion, as long as you are not hurting other people. Parents and guardians should guide you to use this right in a way that is good for your age.**

### **Article 14, Convention on the Rights of the Child**

You have the right to explore and express your beliefs. This includes having a religion or belief of your choice and being able to practise your belief without being stopped by government or other adults. Your family or carers must guide you in exploring your beliefs in ways that suit your age and abilities.

All rights have limits, and your right to express your beliefs is limited by your responsibility not to harm other people, and to respect the beliefs of others.

In the ACT, this right is also protected by the [ACT Human Rights Act 2004](#). The right has two parts; first is your right to have the belief, and the second is your right to express your belief in practice. The ACT Human Rights Act protects things like:

- Religious rituals and ceremonies
- Building places of worship
- Publishing and sharing religious information
- Displaying religious symbols or wearing particular clothes
- Observing holidays
- Having a particular diet.

Exploring what you believe is an important part of growing up, working out who you are, and developing your values. This right not only enables you to do that, it also recognises that communities that respect each other's rights are safer and happier places to be.



# Out and about in 2024

One of my favourite things to do as Commissioner is to meet and talk with children and young people! Here are a few of the events we held or went to over this past year where I talked to young Canberrans!



**Top:** Tara Cheyne, Minister for Human Rights, and Jodie at the launch of Your Rights in Your Words

**Middle:** Alex and Kirra at CareersXpo

**Bottom:** Jodie and Frishta at Dickson College Wellbeing Expo

**Top:** Lawson Connor receiving his Exceptional Young Person Award from Jodie during the Children's Week Awards.

**Middle:** Commitments made by Out-of-Home Care providers at the Launch of Listen to Me

**Bottom:** Brainstorming at one of our Listening Tour sessions.

# Go Bush!

Got nothing to do? Go bush! Here are some fun things to do while you are walking in the bush!

## BUSH WALK

Walk in the bush and enjoy being in nature! Play "I Spy..." while you walk or see how many different birds you spot.



## STICK HUTS

Find different sized sticks and lean them against each other to create a hut. It is all about balance! Only use fallen branches, never break them from trees.



## CITIZEN SCIENCE

Canberra Nature Map turns anyone into an environmental scientist! The website aims to get all community members to play a role in identifying and recording species so that decision makers and researchers have a powerful database of information. Play your part by spotting your favourite species!



## TAKE PHOTOS

Take close-up photos of different types of leaves, flowers, sticks, pebbles or bark. The different patterns and details can make these photos look like paintings!



Be snake safe!

## Stay safe in the bush.

We are not called the Bush Capital for nothing! There are lots of walks to explore. Here are some tips to keep you safe while you are hanging out in the bush.



- Stick to the tracks.
- Take water, a hat, and sunscreen.
- Never go alone and stay together.
- Tell someone where you are going and when you will be back.
- Be honest about how fit you are and choose trails that match your abilities.
- Be snake safe. Learn about their habitat, behaviour, and snake bite first aid.
- Make sure you take a phone but remember you may not always be in range.
- Wear the right clothes for the weather and check the forecast -- it can change quickly.



# Smash Burgers

## RECIPE

### Ingredients:

- 500 grams of beef mince
- Salt and pepper to taste
- 1 tablespoon of cooking oil of your choice
- Baking paper
- Frying pan and heavy saucepan or flat plate
- Toppings of your choice

### Steps:

- Place beef, salt and pepper in a large bowl and mix well.
- Divide mince into 4 to 5 portions and roll each into a ball.
- Heat oil in pan on medium heat or heat up your BBQ.
- Place a ball of mince onto a chopping board, cover with a piece of baking paper and firmly press the heavy saucepan or plate onto the ball until it is flat and about 1-2 cms thick.
- Remove the baking paper, place your patty into your pan, or onto your BBQ grill.
- Cook on 1 side for about 3 mins, turn over and cook until it is cooked through (about 2-5 mins depending on how thick your patty is).
- Once all patties are cooked, place onto your burger buns and top with your favourite burger toppings.

**Easiest burger patty recipe ever, great in a frypan or on the BBQ!**

# Pizza muffins

These muffins are great for picnics, or your lunch box!

### Ingredients:

- 2 cups self-raising flour
- 80 grams melted butter
- 1 egg
- 1 cup buttermilk
- 6 pieces salami cut into small pieces
- 3/4 cup pizza cheese
- Half a tablespoon Italian herbs
- 1 cup cherry tomatoes, halved

### Steps:

- Preheat oven to 180 C and grease a 12-hole muffin tin with butter.
- Sift flour into a bowl and stir in butter, egg and butter milk.
- Add cheese, salami and Italian herbs, mix until combined, but do not over mix.
- Divide mixture between muffin holes.
- Top with 3-4 tomato halves per muffin.
- Bake for about 20 minutes.
- Leave to cool for 5 mins before turning the muffin tin upside down over a rack to release muffins.
- Serve alone or with butter.

Use this batter recipe (the flour, butter, egg and butter milk) as a base for other muffin ideas. You can add spinach and feta, corn, capsicum, zucchini or fresh basil.

You can even make them sweet by adding half a cup of sugar, then berries, chocolate chips or cinnamon.

## Getting rid of uninvited picnic guests

Having a picnic is a great way to hang out with friends and family in the holidays. But ants can ruin the fun! Here are some tips to keep ants away from your picnic!

1. Check the area before you lay out your picnic blanket and keep away from ant colonies.
2. Keep your food covered and try not to drop crumbs.
3. Lay lemon peel around the edge of your picnic area - ants hate it (they also do not like mint).
4. Keep your picnic blanket clean, but do not wash it in sweet smelling laundry soap because ants love sweet smells (and skip the perfume if you are heading for a picnic too!).
5. Use a decoy - place some sweet food far from your picnic to attract ants away from you.



# Self-care during the holidays

It is awesome to have a break, but for some people, the change in routine during the holidays can be hard. You also see friends less and some of the support you have at school might not be available. Here are some tips to stay well during the holidays.

Write a self-care plan so you can identify your stress and know how to relax. Include ideas of people to talk to or places to go if your first steps don't work.

Create a daily routine that includes self-care. Make time for things you enjoy, like listening to music, walking, art, or sport.

Talk to those you live with about self-care. Some self-care can be done together, for others you might need some space. It helps to know what each of you prefers.

List things you are grateful for everyday. It sounds corny, but it can help you focus on things that make you happy and give you energy.

Eat healthy food. A healthy diet can help you feel positive and gives you energy, which makes it easier to look after your mental health.

## Who to contact for support

Even if you have a great self-care routine, you might need to talk to someone for extra support. Friends and family might be great at this, but sometimes it helps to have other options. Here are some services that will be operating throughout the holidays that you can contact for mental health support.

### Kids Helpline

- Free counselling and free phone call
- 24 hours, 7 days a week (open Xmas Day)
- 1800 55 1800
- [kidshelpline.com.au](http://kidshelpline.com.au)

### Headspace

- Free counselling and free phone call
- 9am-1pm, 7 days a week.
- 1800 650 890
- [headspace.org.au](http://headspace.org.au)

### 13 Yarn

- Free counselling
- 24 hours, 7 days a week
- 13 92 76
- [13yarn.org.au](http://13yarn.org.au)

### Mindmap

- Free counselling and free phone call
- 11am-10pm, 7 days a week, (12-8 on Xmas)
- 1800 862 111
- [mindmap.act.gov.au](http://mindmap.act.gov.au)

# Stay safe at the beach

**STOP** to look for rips. **LOOK** for other dangers. **PLAN** how to stay safe.

Aussie beaches are amazing, but they can be dangerous. The biggest risk is rips. A rip is the current that takes the water coming in as waves, back out to sea. They are strong and can be deadly. Knowing what they look like, and what to do if you get caught in one can save your life.

**Remember:** **ONLY** swim at patrolled beaches and stay between the flags.

## Key signs there is a rip

Not all of these signs will be present. Some rips have only one or two.

**Darker water:** shows deep patches the water has carved out on its way back to sea.

**Gaps between waves:** calmer spots can show a rip heading back to sea.

**Seaweed, sand:** strong currents moving out to sea can take sand and seaweed out.

**Rippled surface:** Rippled patches, surrounded by smooth areas, can show currents moving in different directions.

**Fewer waves:** Rip currents have fewer waves breaking and no white foam reaching the sand.

## How to survive a rip

- Stay calm.
- Raise your arm to show you need help.
- Float with the current, do not try to swim against it.
- To escape the rip, swim parallel to the beach, or towards breaking waves.



To learn more about rips, go to [surflifesaving.com.au/beach-safety/rip-currents/](http://surflifesaving.com.au/beach-safety/rip-currents/).

Inland waterways can also be dangerous. For safety tips about Canberra's waterways check out [parks.act.gov.au/before-you-go/safety](http://parks.act.gov.au/before-you-go/safety)





# Have your say on safety...

What helps you feel safe in organisations or services (like at school, sports, or dance clubs)?

We want to know so we can help organisations be safer for kids, teens, and young people like you.

## Take our Feeling Safe Survey now!

Read the information sheet on our [website](#). Scan the QR code below (or use the link) to access the survey!



[surveymonkey.com/r/26D65XW](https://surveymonkey.com/r/26D65XW)



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