

2023 | ISSUE 3 | APRIL

RIGHTS IN ACTION

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

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Did you know...

April is Autism Awareness Month? It was created to celebrate the awesome contributions that Autistic people make to our communities. This year it is focused on promoting inclusion. Check out page 3 to hear from an Autistic young person about what this day means to them.

What's new?

- We have a new member of our team! Get to know our first ever Youth Advisor on page 4.
- It's Autumn! Send us photos of Autumn leaves so we can brighten up our June newsletter! You can email them to actkids@act.gov.au



March is all about Human Rights! In this edition of Rights in ACTION, we are exploring the ACT Human Rights Act. My team and I are going to schools throughout Term 2 to find out how you would like to learn about the Human Rights Act. We want your help to make resources especially for your age groups that explain the human rights you have in the ACT. Read page 2 to find out how you can be involved and tell us what you think!



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[ACTKids_CYPC](#)



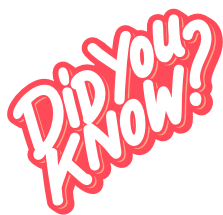
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Young Thinker Forum
actkids.act.gov.au



LEARN ABOUT THE ACT HUMAN RIGHTS ACT



...the ACT was the first state or territory in Australia to have a Human Rights Act?

This year we will be talking to lots of students in schools around Canberra about what your rights are, and how we should make sure all young Canberrans know them. Here are a few FAQs about human rights and the Act to get us started

What is an Act anyway?

An Act is another name for a law that the Government has agreed on. So, a Human Rights Act is the set of laws that explain your human rights.

What are human rights?

Human rights are things that every person should have or be able to do so that we can all live fair and safe lives. These rights help individual people and communities. In Canberra, these rights are explained in the Human Rights Act which became law in 2004.

Why do we need a Human Rights Act?

Having a Human Rights Act helps protect our human rights. The Government must use the Act when making other laws so that those other laws do not interfere with our human rights. Here at the Human Rights Commission, we get to review new laws to make sure they support human rights. If they do not, the Government has to either change them, or explain why the law is needed.

For example, making everyone stay at home during Covid could be seen as interfering with some of our human rights. The Government had to explain that restricting our rights to move around our communities was for a sensible reason and was being done in a way that would not be more difficult for some people.

How can you be involved?

We would love to hear what you think about protecting human rights in Canberra. What do you think Canberra does well for your human rights? What needs to be done to protect them better?

You can share your ideas with us at the Young Thinker Forum. Draw a picture, design a human rights symbol, write an article or record a message. It's up to you!



Scan the QR code to go straight to the Young Thinker Forum



AUTISM AWARENESS MONTH

April is Autism Awareness Month! There are lots of different types of brains, and Autism is a brain type. Autism Awareness month is a good time to learn about Autism. The best way to do that is to talk to different Autistic people, who all have different preferences, talents and experiences.

We spoke to Isaac, a 12-year-old Autistic boy, about why Autism Awareness is important.



Why is Autism Awareness important?

It's a big topic. It's important otherwise you just forget and I don't want people to forget because they should understand Autism. It's pretty cool that there's a whole month. If you know more about it you can help Autistic people express themselves.

What do you like about being Autistic?

You're different. It makes you unique. It gives you opportunities because you see things differently. It makes you good at some stuff, like I have a really good memory.



I have strong senses so smelling stuff that doesn't smell good can be hard. Big motorbike noises and stuff like that can be horrible and annoying. But it also means I notice things other people don't.

But I haven't experienced not being Autistic, so how would I know what's good about it? It's just me.

That makes sense, so what would you rather talk about?

Sport and nature. I like all sport but especially soccer. I like birds. I like playing sport with my friends.



If people want to learn more about Autism, what should they do?

They should watch YouTube videos. There's good ones [like the one about the bears.](#)



LUNCH BOX REFRESH #1

It is Term 2 so your lunchbox might need new ideas. Try creating fun fruit monsters! Choose fruit that you love to create different characters.

For inspiration go [here](#).





Meet our new Youth Advisor

This month we welcomed a new position to the Children and Young People Commissioner (CYPC) team! The job of Youth Advisor will always be filled by a young person.

The Youth Advisor will advise us on issues that are relevant to kids of all ages. They will also help us make sure the Commission is easier for children and young people to get in touch with.

Our first ever Youth Advisor is Paris. Here is a little bit about her.

Name: Paris

Age: 21

Favourite animal: Tiger

Favourite hobby: Pilates and Skiing

Why do you want to work with the CYPC team?

To help make important human rights information and resources accessible to youth of all ages, and to implement youth voice into issues concerning youth.

What do you think is the best thing about being young in Canberra?

It is a very inclusive community and we have a great Children and Young People Commissioner who wants to listen to what young people have to say.

What do you think Canberra needs to do better?

Listen to young people! Youth voice is so important!

Pineapple on pizza?

Big yes!



LUNCHBOX REFRESH #2

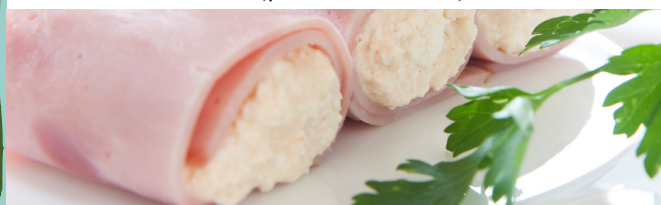
Sick of sandwiches? How about trying ham instead of bread? You can wrap up your favourite filling. It can be anything: apple slices, avocado or cheese...it's up to you!

Ingredients

- 3-4 slices of ham
- thinly sliced cucumber
- grated cheese
- salt and pepper
- grated carrot
- fresh chives

Method

- Lay each slice of ham out on a plate
- Place a small amount of cheese, cucumber and carrot (or your chosen ingredients) in the centre of the ham slices
- Season with salt and pepper
- Gather the edges of the ham up like a bag
- Tie the bag with a single chive (pictured above)
- If that's too tricky, you can roll the ham up like a sushi roll (pictured below).



"NO ONE IS PERFECT, THAT'S WHY PENCILS HAVE ERASERS"

Wolfgang Riebe





ideas wanted!



The most important part of my job as Commissioner is to hear from you! Working to make Canberra a better place for children and young people is only possible if I hear from you about the things you want me to focus on.

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So, what would you do if you were Commissioner? Do you have ideas about how to make Canberra better for children and young people? Write or draw your ideas here, take a photo of it, then go to the Young Thinker Forum and upload them. You can also upload a voice recording or video if you prefer. I will look at everything you send, and we will let you know when we've received it.



If I were Commissioner...



Young Thinker Forum