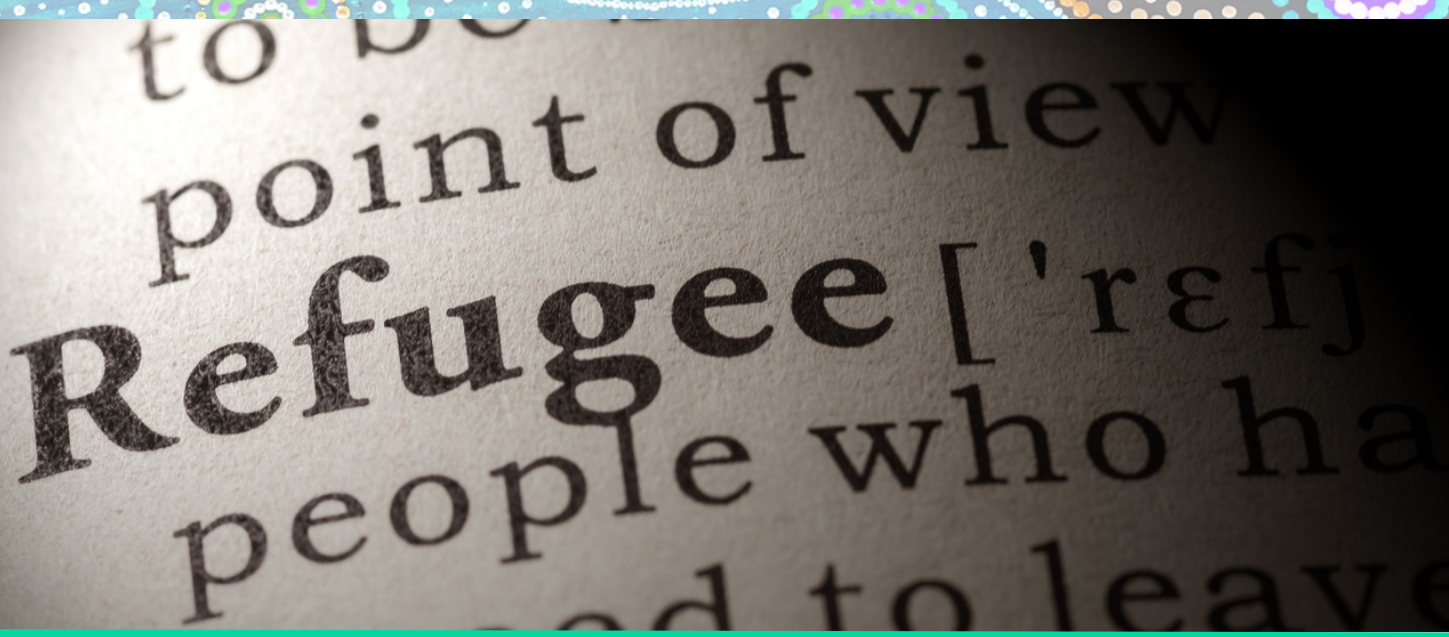


RIGHTS IN ACTION

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



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What's new?

- Starting on the 1st of August, there will be new rules in the ACT about what organisations must do to keep children and young people safe. The Child Safe Standards apply to all organisations that provide services for children and young people. Find out what you can expect from your sports club, school...and many more places on page 5!

Did you know...

- Reading books before bed can improve your sleep quality? And laughter is a mini workout!



Hi! My name is Frishta, and I am the current CYPC Youth Advisor. Welcome to the July edition of Rights in ACTION. This edition is all about the right to seek asylum. Learn more about this right on page 2. We also have an article about bullying written by our work experience student, Ryan, as well as a fun recipe to try on page 4.

The theme of this newsletter is really important to me. I left Afghanistan and moved to Australia four years ago and am currently in my first year of University, studying a bachelor's degree in law. Human Rights to me means, "freedom, dignity, equality, and justice, which equals a better world".



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Frishta



The right to look for safety

If you are not safe in your own country, you have the right to look for safety as a refugee in another country. You should have the same rights as everyone else in that country.

Article (22) of Convention on the Rights of the Child

Refugees are people who have left their country due to **persecution** and moved to another country for protection. To be recognised as a refugee, you must have crossed an international border and proved you are in fear of being hurt or treated badly because of your race, religion, nationality, membership of a particular social group, or political opinion.

When someone is recognised as a refugee, they have the right to live in their new country, work, attend school, and be free like anyone else. The Convention on the Rights of the Child (CRC) requires Australia to make sure children and young people from refugee backgrounds are able to access the same rights as all other children in Australia.

In the ACT, it is illegal for anyone to discriminate against you because you are a refugee or because of the way you arrived in Australia. The ACT Human Rights Act 2004 also says that you have the right to enjoy your own culture, speak your own language, and practice your own religion.

Refugees often have to leave their homes really fast. They can't take much with them and the journey to safety can be really dangerous. When they find safety in a new country, there is a lot to learn -- like a new language, ways of doing things, and making friends. It can be a hard journey but moving to a different country for protection is worth it for many of us.



If you moved to a new country, what do you think would be the hardest thing to learn?

If you had to leave your home in a hurry, what would be the one thing you would make sure you took with you?

Persecution

When someone hurts, threatens, or treats a person (or group of people) badly because of their race, religion, nationality, membership of a particular social group, or political opinion.



Quick and Easy Afghan Firni

Afghan Firni/Ferini is a famous custard dessert, and it is served at special events and occasions in Afghanistan.

Ingredients:

- 2 cups of full cream milk
- 1/2 cup sugar
- 1/4 cup cornflour
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon saffron (optional)
- 1/8 teaspoon chopped pistachio nuts
- 1 teaspoon of rosewater (optional)



Saffron is the stamens of the crocus flower!

Method:

1. Put the sugar, ground cardamom, saffron, and rosewater in a saucepan with 1/2 a cup of the milk.
2. Heat on medium temperature for around 5 minutes.
3. Take the remaining milk and mix it with the cornflour.
4. Add the milk and the cornflour mixture into the saucepan and stir.
5. Keep stirring the mixture until it thickens. This will take about 15 to 20 minutes.
6. Pour gently into a heat-proof dish, spreading evenly.
7. Put it in the fridge for 1-2 hours.
8. Once it is set (which means firm to touch), you can add the toppings of your choice. Try nuts or fruits.

Learn Dari!

Dari is the main language spoken in Afghanistan. Here are 3 phrases you can learn.

Hi! My name is _____.
Salam! Name man _____ ast.

How are you?
Chetoor hasten?

What is your favourite
dessert?
Sherini mawrod alaqa
shuma che hast?

Salam! Chetoor
hasten?



Let's block bullying!

By Ryan, Year 12

Recently our work experience student, Ryan, said bullying is a big problem. He wants adults to do more to stop it. Find out more about bullying here:



What is bullying?

Bullying is not the same as having a single conflict, or not liking someone. Bullying is when someone is repeatedly and deliberately mean. It can be verbal, physical or social. The person doing the bullying has more power than the person being bullied so the victim feels unable to stop it. Bullying can happen in person or online, and it can be obvious or hidden.

Bullying comes in various forms, from physical bullying to cyberbullying, verbal bullying and social bullying. These types of bullying often overlap with each other, each with their own impacts on the victim.

- A study in 2016 showed that 7 in 10 children aged 12-13 years old experienced bullying within a year.
- Another study said 1 in 5 year 4 students experience bullying on a weekly basis.
- An eSafety Commissioner's survey found that 1 in 4 children aged 8-12 had unwanted contact and content while online.

Statistics from www.aihw.gov.au

While bullying coming in many forms, the actions that should be taken are situational. For example, if the bullying is occurring on social media, blocking the user and reporting their messages is an easy way to cease online communication with the bully. Trusted adults can assist you with taking further action, so it is important to tell someone if it is happening to you.

Getting young people to give their opinions on programs like a school anti-bullying program can help improve the quality and realism of these programs, making them more effective at preventing bullying.

Where can you get support?

If you are being bullied, you should not have to deal with it alone. Adults should help you so speak to an adult you trust. If you need more support here are some places that can help:

Bullyingnoway.gov.au

Information about bullying, how to report it and what support you can get.

Kidshelpline.com.au

Call on 1800 55 1800 for advice or check out the information online.

headspace.org.au

Have an online chat with a professional or explore their resources online.

mindmap.act.gov.au

A mental health portal for young people 0-25 to find services and information: 1800 862 111



Child Safe Standards

On the 1st of August, new rules called Child Safe Standards will start. All kids, teens, and young people have the right to feel safe, be safe and be respected for who they are, no matter what.

This means you need grown-ups to be safe people. You also need to know and trust that adults will listen to you when you have worries and help make things better.

Being 'child safe' means that grown-ups need to make sure they:

- listen when you tell them about things you are worried about,
- think about what needs to happen to keep you safe,
- tell you what they will do, and
- do what they say they will do.

We will be helping organisations learn how to make their services safer for kids, teens, and young people.

You can learn more at actkids.act.gov.au.



Hi!
I am Cinder and this is Rosie, we are helping teach people about the Child Safety Standards.



You can cut down this line, and paste the Child Safe Standards onto card to make a bookmark!

Child Safety Standards

1

People who provide services care about keeping you safe and well, and must have systems and processes to make sure everyone understands why this is important.

2

Services make sure you know your rights and involve you when they make decisions that affect you.

Rights

3

Your family and your community must be told about how services are being made safer, and how they can help to keep you safe and well.

4

All kids, teens, young people, families, and people working in services must be treated fairly and with respect, and services must have systems to help make sure this happens.

5

Services that work with you have workers who are safe grown-ups. Workers get support to make sure they can keep you safe and well, and they know how to help if there is a problem.

6

Services make sure you, your family and other people in the community know how to speak up if you or they are worried about things that people in the service are doing.

7

Workers know how to keep you safe and well and keep learning new things to help them be safe grown-ups.

8

Services find ways to make sure physical and online spaces where you spend time are safer.

9

Services that work with you must check their systems and processes often and keep looking for new ways to make their services safer.

10

Services must write down the ways they keep you safe, and make sure this is easy to read and understand by anyone who wants to read it.



Child Safe Standards

