

CYPMatters

Every child and young person counts!

Respect & listening

Rights and Freedoms Calendar

The Rights and Freedoms Calendar marks important human rights days and anniversaries, and provides links to related education resources. It provides young people with easy access to practical examples and tools they need to understand not only their rights and responsibilities, but the importance of human rights in every setting. [More >](#)

I couch-surfed across Australia to talk to 4,000 young people about what matters to them

There is a misconception that young people are waiting in the wings, yet to experience the real world. However young people experience the same issues that confront the rest of the community, but their experiences and perspectives are unique and varied. Policymakers cannot get the full picture if they don't heed their views. [More >](#)

Tasmania on track to pass landmark legislation to make gender optional on birth certificates

Tasmania is on track to become the first jurisdiction in Australia to make it optional to include gender on birth certificates. People aged 16 years or older will be able to apply to change their registered gender, or to include or remove gender information from the register, without parental approval, following counselling. [More >](#)

Health & wellbeing

Children thrive with right@home

This home visiting program places nurses in children's homes from birth to 2 years of age, on a regular basis, to support mothers experiencing adversity to develop parenting skills and promote family wellbeing and child development. Participation led to significant improvements in parenting skills and safer home environments. [More >](#)

Understanding the development of resilience

Science tells us that some children develop resilience, or the ability to overcome serious hardship, while others do not. Understanding why some children do well despite adverse early experiences is crucial, because it can inform more effective policies and programs that help more children reach their full potential. [More >](#)

Backing the Strengths of Aboriginal Young People

Aboriginal youth know who they are and where they want to go, and we need to use these strengths if we are to close the gap. Connection to country, culture and family can be profoundly healing. But in the many decades spent working to improve the health of Australia's first peoples, it's a strength that has too often been ignored. [More >](#)

Wealth Matters for Health Equity

Longitudinal studies have documented strong, pervasive links between income and multiple health indicators across the life span. Although the relationship between wealth and health has been less frequently studied, a growing body of evidence reveals that greater levels of wealth also predict better health outcomes. [More >](#)

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Talking about parenting: Why a radical communications shift is needed to drive better outcomes for children

When it comes to parenting, major gaps exist between what the research tells us and how the public generally thinks about this very important role. These differences in understanding are important because they get in the way of better outcomes for children. They may be a barrier to parents seeking help or undermine public support for funding and designing policy solutions and system supports around parenting. [More >](#)

Policies for tackling obesity and creating healthier food environments: 2019 progress update

Unhealthy diets and obesity are leading contributors to poor health in Australia. This report argues that addressing obesity and improving population diets requires a comprehensive government response at Commonwealth and State and Territory levels. [More >](#)

Voice for Aboriginal and Torres Strait Islander children through new Closing the Gap Joint Council

SNAICC – National Voice for our Children, the national peak body for Aboriginal and Torres Strait Islander children will play a vital role in progressing the rights of children over the next ten years through the Joint Council on Closing the Gap. The Joint Council is the outcome of a formal partnership agreement between the Federal Government, states, territories, and the National Coalition of Aboriginal and Torres Strait Islander Peak Organisations. [More >](#)

Report of the Senate Inquiry into ParentsNext, including its trial and subsequent broader rollout

The findings of a Senate Inquiry into the punitive ParentsNext program states that the ‘flaws’ in the program ‘indicate fundamental changes need to be made’ and recommends that ParentsNext not continue in its current form. [More >](#)

Support needs of siblings of children with disability

In 2015, there were an estimated 255,000 children and young people (0–25 years) with severe or profound disability in Australia. A recent mapping project has highlighted the significant challenges and longer term health impacts that siblings of people with disability may experience during their childhood and into adulthood. [More >](#)

Under pressure: The squeezed middle class

A recent OECD report showing the relative size of the middle class in developed nations, now and over time, finds ‘millennials’ are less likely to be in the middleclass than their baby boomer counterparts. In Australia the proportion of those on middle incomes is proportionally below OECD average and the proportion of those on lower incomes and those considered ‘poor’ is above OECD average. [More >](#)

Developing an Intervention to Improve the Health Related Quality of Life in Children and Young People With Serious Parental Mental Illness

Children and adolescents living with parental mental illness are at increased risk of behavioural, social and educational difficulties, mental and physical health problems and have poorer quality of life. Adverse outcomes can extend into adulthood but are not inevitable. An eight week group intervention for children aged 6 to 16 called Young SMILES has been developed to address these issues. [More >](#)

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NDIS: progress report 2019

This is the second progress report of the Parliamentary Joint Standing Committee on the National Disability Insurance Scheme. It covers events from 1 July 2017 to 31 December 2018, providing an overview of the committee's activities and the activities of the NDIA, the DRC and the Quality and Safeguards Commission; explores issues raised in evidence; and considers potential future areas of inquiry. [More >](#)

The world's adolescents - large unmet needs and growing inequalities

To support adolescents worldwide to have the best outcomes, The Lancet designed a universal global measure of 12 indicators for adolescent health and wellbeing. For Australia's adolescents, the results were mixed. Overall, the study found that the health challenges facing this generation is greater today than it was 25 years ago. [More >](#)

An unequal start: addressing child health inequities

By the time Australian children start school, research has demonstrated two clear issues: high rates of preventable health and developmental problems, and clear inequities already evident in health and developmental outcomes, that are largely unnecessary, unacceptable and potentially preventable. [More >](#)

Training new doctors through child's play

Interacting with children requires particular training and enhanced skills from a medical practitioner. This is partly because a child is still developing their cognitive abilities and emotional maturity, and consultations also include parents and family in the decision-making process. [More >](#)

The Royal College of Paediatrics and Child Health (RCPCH) responds to WHO physical activity guidelines

The RCPCH has responded to the WHO physical activity guidelines, stating that they are 'useful benchmarks' but the screen time limits seem disproportionate to the harm caused and that barriers to physical activity for children are more frequently related to housing, work patterns, family stress, and lack of access to play spaces. [More >](#)

Safe & nurtured

Practice Guide: Creating positive social climates and home-like environments in therapeutic care

This guide explores how to create therapeutic care contexts based on considerations about the notion of 'home', key features of the physical environment and the core aspects of the social climate which are critical to establishing a home-like environment and a sense of normality for young people in care. [More >](#)

Practice Guidelines for the Clinical Treatment of Complex Trauma

The updated and expanded iteration of the Practice Guidelines for the Clinical Treatment of Complex Trauma has substantial inclusions in the underpinning research base in a number of areas. These include elaboration of the nature of complex trauma in light of recent research and developments, revisiting of phased therapy in the context of current debates, and the problematics of 'evidence-based' treatment. [More >](#)

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Thinking creatively to safeguard d/Deaf and disabled children and young people

Disclosure is a long and complex journey for any child, but for children and young people who are d/Deaf or disabled it can be even more difficult to express what is happening. More creative ways to empower and support them need to be found, so they feel confident in recognising and indicating when something is wrong. [More >](#)

Report on Pilot Visiting Program and Review of Records for the Adelaide Youth Training Centre 2018

This report on the 10-week pilot visiting program and subsequent review of records identifies issues affecting residents of the Centre including unclothed searches, facilities, privacy and access to cultural programs. The TCVU visited both of the AYTC campuses—Jonal and Goldsbrough—five times each over the course of the pilot. [More >](#)

Should drug-addicted kids be forced into rehab? An abuse survivor and a magistrate think so

The idea of mandatory rehabilitation of substance-addicted youth is currently being debated in Victoria and South Australia, where a proposal is before State Parliament. However, it's not just the absence of doing drugs; the major issue in young people's lives is isolation, disadvantage and marginalisation which need careful consideration. [More >](#)

Out of the shadows – domestic and family violence: a leading cause of homelessness in Australia

Domestic and family violence is one of the main reasons women and children become homeless in Australia. More than 121,000 people experiencing domestic violence sought help from specialist homelessness services in 2017-18. Of these over three out of four who sought services due to domestic and family violence were female. [More >](#)

Family law for the future – an inquiry into the family law system

This report recommends that the resolution of family law disputes be returned to the states and territories so children do not fall through the gaps between family law courts, the child protection systems and state and territory responses to family violence. [More >](#)

Leading UK children's charity introduces innovative digital apps to support children in care

Digital apps developed for children in care in the UK will enable them to share worries and concerns directly with their social worker. Two apps are being used; one allowing any child to express their feelings and another that makes it easier for younger children and children with learning disabilities to talk to their social worker. [More >](#)

Safer activities and events

Every group or organisation has a duty to safeguard children and young people in their care. This includes making sure that all children who attend events and activities are kept safe. This information, aimed at the voluntary and community sector also includes sample codes of conduct for adults and for children and young people. [More >](#)

Housing outcomes after domestic and family violence

Research indicates that effective responses for people experiencing domestic and family violence include an integrated range of interventions. In particular, secure, stable housing is critical to promote safety and wellbeing, including for children [More >](#)

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Enjoying & achieving

Australian Early Development Census National Report 2018

The 2018 AEDC collected data on the development of almost 309,000 children in Australia, representing over 96 per cent of children in their first year of full-time school. While Australian children's development as a whole is improving, 21.7 per cent of children were developmentally vulnerable on one or more domain. [More >](#)

If we want students to feel safe at school, we can't encourage teachers to spot potential extremists

Identifying the key components for preventing and addressing radicalisation towards violent extremism in schools remains under-researched. It's fraught with negative consequences, such as further marginalising and stigmatising vulnerable students, if not delivered cautiously and sensitively. [More >](#)

Youth work inquiry: final report including recommendations and summary

This inquiry considers the role of 'youth work' as a distinct educational process to support young people's personal and social development and the extent to which it supports a set of practical or technical skills and competencies for young people, and develops their voice, influence and place in society to bring about positive changes. [More >](#)

I grew up in state care. To say that university has changed my life would be an understatement

In Australia there are around 50,000 children in state care. Of these, 60% will become long-term welfare dependent; 30% will experience homelessness; around 46% of boys will spend time in prison, and 15% of girls will spend time as sex workers; 25% will work in menial jobs for the rest of their lives. Only 2.8% will make it to university. [More >](#)

What is executive function and how does it relate to child development?

The increasingly competent executive functioning of children and adolescents enables them to plan and act in a way that makes them good students, classroom citizens, and friends. This helps them grow into adults capable of juggling a multitude of commitments, such as parenting, employment, continuing education, and civic involvement. [More >](#)

Participation

Settlement outcomes of humanitarian youth and active citizenship

This group of young people come to Australia with an array of strengths, including being multilingual, having well-developed cross-cultural skills and global networks, and having strong aspirations to achieve educationally and contribute to Australian society. However, they can also face a range of challenges. [More >](#)

Prepared for adult life

Exploring emotions and relationships with young people with Special Educational Needs and Disabilities

Sex and relationships can be a confusing or scary subject for children and young people with Special Educational Needs and Disabilities. These resources aim to empower young people to be safe and supported. [More >](#)