

# CYPMatters

Every child and young person counts!

## Respect & listening

### **Natural advocacy – how you can empower a young person**

Children and young people in care have not always had the time and support they need to develop the knowledge, skills or confidence to express their views and advocate for themselves. This blog explores ‘natural advocacy’; what it is and how you can be a natural advocate for children and young people in care. [More >](#)

### **Connected Parenting**

Adults shape our communities through the values and attitudes they promote and tolerate. Children’s experiences influence their relationships, their beliefs and their behaviour and will stay with them forever. [More >](#)

### **What lies beneath: Power**

The second edition of this magazine explores the role Power plays in the issues we work on, how it’s distributed, in what ways it’s abused and how traditionally marginalised groups are reclaiming it. The magazine also discusses what youth activism has shown us about the power that under-18s wield. [More >](#)

### **Children’s Rights Report 2019 – In Their Own Right**

While most children in Australia live in safe, healthy environments and do well, there are some groups of children whose rights are not adequately protected, which impacts negatively on their wellbeing and ability to thrive. This includes Aboriginal and Torres Strait Islander children, children with disability, those from culturally and linguistically diverse backgrounds, and lesbian, gay, bisexual, trans and intersex (LGBTI) children. [More >](#)

### **What Aboriginal children and young people have to say**

This report presents the views and experiences of 2,800 Aboriginal children and young people gathered through face-to-face consultations. Topics raised during consultations included connection to culture; racism and discrimination; education; accessible activities and programs; supportive workers and services as well as justice. [More >](#)

### **Young people share their views about living in residential care**

Making residential care facilities more ‘home-like’ with fewer residents was just one of the many suggestions from young people who have lived in residential care. This article looks into the reports and findings from the South Australian Guardian’s Child and Young Person Visitor trial program which wrapped up late last year. [More >](#)

## Health & wellbeing

### **Inter-generational transmission of Indigenous culture and children’s wellbeing: Evidence from Australia**

This research found that Aboriginal and Torres Strait Islander children who are taught about their traditional culture are better equipped to overcome stress and are more likely to thrive later in life. [More >](#)

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## **Aquariums, meerkats & gaming screens: how hospital design supports children, young people & their families**

Every time you take your child to the emergency department or a loved one to a mental health outpatient appointment, the very building and spaces you encounter will have been designed, for a number of reasons. Not only will these spaces be functional, their designs encourage patients to seek help or act to relieve stress. [More >](#)

## **Cities of Opportunity: Best Cities for Families in 2020**

Adelaide was the top ranking Australian city at 22, with other Australian cities in the top 50, in this study of 150 cities around the world. The study analysed cities for opportunities such as housing affordability, cost of living, education, employment, safety, healthcare and family friendliness. [More >](#)

## **Factors that foster resilience in Aboriginal adolescents and implications for early intervention**

Most Aboriginal and Torres Strait Islander adolescents in Australia grow and flourish in supportive family environments that enable good mental health and social development. For some, however, adolescence is marked by significant threats to mental health that can be caused or exacerbated by experiences of discrimination, low socio-economic environments, and the historic and ongoing marginalisation of Aboriginal and Torres Strait Islander culture. [More >](#)

## **Depression, anxiety, and peer victimisation during the transition from childhood to adolescence**

Research has found relationships between peer victimisation experiences, common during early adolescence, and depression and anxiety and all three of these domains are related to a variety of negative wellbeing outcomes, such as poor school connectedness, social outcomes, quality of life, and physical health [More >](#)

## **Australia's children**

Childhood is an important time for healthy development, learning, and establishing the foundations for future wellbeing. Most Australian children are healthy, safe and doing well. However, childhood is also a time of vulnerability and a child's outcomes can vary depending on where they live and their family's circumstances. [More >](#)

## **Growing Up in Australia: The Longitudinal Study of Australian Children (LSAC) Annual Statistical Report 2018**

The latest data on 10,000 Australian children, followed since 2003, shows the children have begun to turn away from their parents as their main source of advice. They're having romantic relationships and have started driving. Find out what helps them to be resilient, what worries them, and how they're contributing to their communities. [More >](#)

## **Cities increase your risk of depression – but also boost mental health**

Over half the world's population live in cities, with 68 per cent estimated to be living in urban areas by 2050. The detrimental effects of urban living on physical health have long been recognised, including higher rates of heart and respiratory disease. More recent is the revelation that it can also have adverse effects on mental health. [More >](#)

## **Expert Advice: How We Can Help Kids Feel Safe During Bushfires**

As adults, it can be hard to know how to keep children feeling safe when there's danger around them. We can't just pretend it's not happening, but what can we do or say that will actually help? [More >](#)

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## **Severe childhood deprivation reduces brain size, study finds**

Researchers have found that children who experience severe deprivation early in life have smaller brains in adulthood. The findings, based on scans of young adults adopted as children into UK families from Romania's orphanages show that despite being adopted into loving, nurturing families early neglect appears to have changed their brain structures. [More >](#)

## **Online resource helps Aboriginal kids in out-of-home care connect to culture**

For an Aboriginal child in out of home care, being in a non-Aboriginal placement with no connection to family, community and cultural identity can have a big impact on their wellbeing and cultural journey. Deadly Story is a new online resource changing the way Indigenous children access culture and connect to Country across Victoria. [More >](#)

## **'I need nature, I need space': high-rise families rely on child-friendly neighbourhoods**

Children's living environments in Australian capital cities have changed significantly in the past ten years, particularly for the growing numbers of families living in private, inner-city, high-rise housing. A study of one area, shows families rely heavily on neighbourhoods to meet their children's needs and make up for a lack of space in the home. [More >](#)

## **Investing in the Wellbeing of Tasmania's Children and Young people**

Wellbeing is the state where a child or young person feels loved and safe; has access to material basics; has their physical, mental and emotional health needs met; is learning and participating; and has a positive sense of culture and identity. [More >](#)

## **Safe & nurtured**

### **How Australia can invest in children and return more**

This report estimates Australian governments are spending \$15.2 billion each year on high-intensity and crisis support services. The research found that the cost of late intervention equates to \$607 for every Australian every year and is advocating for new approaches using early intervention strategies to achieve social and economic benefits. [More >](#)

### **What can workers in residential care and youth justice do to safeguard children and young people?**

Safeguarding practice for children and young children in residential care and youth justice is challenging not only for children and young people but also for staff and workers to provide safe and caring environments. Children and young people in these environments have experienced trauma. They have been harmed, are at risk of harm, or have harmed others and have been removed from the care of their parents and are living outside the family structure. [More >](#)

### **7 in 10 young people have used expiring content in the last year – new research from Childnet**

Expiring, or ephemeral, content includes posts, messages and photos that disappear after they have been viewed, or that are only available for a certain amount of time. This snapshot into how children and young people are using such technology is taken from a poll conducted in 2019 with over 1,000 young people aged 8-17 in the UK. [More >](#)

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## How childhood trauma affects child brain development

There are key 'sensitive periods' during early childhood and adolescence where children and young people's brains are more malleable, making them more susceptible to positive or negative experiences. Sharing the Science is a trauma-informed approach to child brain development that uses six key metaphors, to improve understanding of child development, foster healthy brain growth and help children who have suffered adverse childhood experiences. [More >](#)

## Pre-birth assessment and infant removal at birth: experiences and challenges: a literature review

Despite considerable concern from frontline practitioners, to date there has been a lack of attention paid to the issue of state intervention during the perinatal period. In particular, there is a lack of synthesis of experiential evidence from either birth parents or professionals regarding pre-birth assessment or infant mother separation at birth. [More >](#)

## 9 Plain English Principles of Trauma Informed Care

The trauma literature can be overwhelming. Its basis in neuroscience offers incredible insights into its impact but it is also challenging to decipher and make relevant to the ways in which children that have experienced abuse and neglect can be effectively supported. [More >](#)

## Safe and well: Supporting families, protecting children (SA)

'Safe and well' recognises that many families coming into contact with the child protection system also face other complex challenges such as domestic and family violence, homelessness, drug and alcohol abuse and mental health concerns. In addition, children in care and young people transitioning to adulthood often carry trauma and have specific needs that require ongoing support. [More >](#)

## Pass the parcel: children posted around the care system

The Children's Commissioner for England has published a report about looked after children who are living in placements outside of their local area. "Some children in care have told me they feel like parcels – passed from pillar to post, unsure where they even are on a map. We wouldn't want this for our own children, and we shouldn't accept it either for those children who rely on the state to look after them." [More >](#)

## Improving agency records on CSA

Effective decision making about how to identify, prevent, disrupt and respond to child sexual abuse is dependent on data to inform it. Currently, the data collected about CSA cases and the responses provided by services is limited, uses variable definitions and is difficult to extract, analyse and compare. In order to be able to make comparisons over time we need to improve the consistency and quality of the data from statutory services. [More >](#)

## School seclusion, restraint and exclusion can increase trauma in children with mental health difficulties

*Trauma, challenging behaviour and restrictive interventions in schools* is a review of recent literature on the impact of seclusion, restraint and exclusion on children's mental health. It finds evidence that the use of restrictive interventions can make the problems they seek to resolve worse, creating a vicious circle of trauma, challenging behaviour, restriction and psychological harm. [More >](#)

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## **The problem with child protection isn't the money, it's the system itself**

Child protection relies on community members and professionals (teachers, nurses) to identify and report safety issues for individual children. While this may offer some benefit to some children, the World Health Organisation identifies how such case-by-case approaches have come "at the expense of efforts to prevent maltreatment occurring in the first place". Individualised approaches ignore the magnitude of the problem of child neglect and abuse, and fail to address the underlying causes and contributing factors. [More >](#)

## **Enabling change with Aboriginal families and services'**

After spending time with 12 Aboriginal families and 15 services in northern Adelaide this report laid the foundations for how Family by Family today engages with community and highlights the shifts that still need to occur with urban Aboriginal families to thrive. Written in 2013, the report is still relevant today. [More >](#)

## **Place-based approaches to preventing child abuse and neglect**

This blog describes Together for Childhood, a UK place-based, evidence-informed approach aiming to bring local partners and families together to make communities safer for children. It includes findings from an evaluation of how the approach was implemented and provides key messages for others seeking to undertake similar initiatives. [More >](#)

## **Independent Review of Aboriginal Children in OOHC**

This Review is aimed at examining the high rates of Aboriginal children and young people in out-of-home care in New South Wales and the implementation of the Aboriginal Child Placement Principle in this jurisdiction. [More >](#)

## **Harmful sexual behaviour in schools: podcast**

Educational settings play a key role in identifying and preventing harmful sexual behaviour. However, this can be difficult to manage without adversely affecting the education of both the child that has experienced the abuse and the child who has displayed the behaviour. [More >](#)

## **Enjoying & achieving**

### **The City at Eye Level for Kids**

In principle, what children want in a city is the same as everyone else: safe and clean streets and public spaces; protected paths and bike lanes; access to safe, pleasant and welcoming green and public spaces; clean air; opportunities for recreation, and amusement; and a sense of safety and security, both at home and away from home. A child-friendly lens to create a public space can help city leaders, policy makers and urban practitioners envision safe, inclusive and resilient cities and human settlements for all. [More >](#)

### **Alice Springs (Mparntwe) Education Declaration**

Education Ministers have agreed a new national declaration on education goals for all Australians. Known as the Alice Springs (Mparntwe) Education Declaration, it sets out the national vision for education and the commitment of Australian Governments to improving educational outcomes. [More >](#)

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## **Bushfire education is too abstract. We need to get children into the real world**

A recent evaluation of a bushfire education program at Victoria's Strathewen Primary School showed it increased children's knowledge of local bushfire risks and the actions people can take to manage them. It also helped increase children's confidence for sharing their knowledge, sense of empowerment and reduced related anxieties. [More >](#)

## **Queensland families get back-to-school help with charity pop-up shop**

After what has been a particularly distressing Christmas period for many Australians, there is hope a program to help families struggling with back-to-school costs in regional Queensland will be rolled out around the country. [More >](#)

## **The school that's making high school more like primary**

High school has long been a culture shock for students; they move from the cocoon of primary school, where one teacher covers everything and knows them intimately, to a baffling array of classrooms and subjects. [More >](#)

## **Parent and family engagement: an implementation guide for school communities**

This resource aims to provide school communities with practical guidance on implementing successful parent and family engagement practices, focusing on the 'how' rather than just the 'why'. [More >](#)

## **Thousands of kids are going back to school traumatised - and not just because of the bushfires**

Children all over the country are packing their bags to go back to school. Those who have been affected by bushfires may be dealing with homelessness, dislocation, moving to a new school, and separation from their family members and friends and the stressful challenges of a new school year might feel simply impossible. But for the women and their children across Australia who are being subjected to abuse at home, these problems might seem all too familiar. [More >](#)

## **Popular Music Media Literacy: Recommendations for the Education Curriculum**

A recent study has found that media literacy, learning about the role of media in society and gaining essential skills of inquiry and self-expression, is virtually missing from the primary school curriculum in Australia despite the fact children are avid consumers of media from far a younger age. In an era where children are being influenced by media almost from birth, it is critical that media literacy is taught to avoid negative effects on their personal development. [More >](#)

## **MCR Pathways social bridging finance initiative for educational outcomes**

This evaluation of a school-based mentoring programme for care-experienced and disadvantaged children and young people in Scotland, which aims to improve school attendance, participation and educational attainment, found participants are significantly more likely to stay on at school and move on to a positive post-school destination. [More >](#)

## **Big Ted's tech tips for 2020: good online habits start early**

By a very young age, many children across Australia are already using digital devices. Children can learn and develop important skills and behaviours with the right kinds of online games, apps and education programs. The eCommissioner has teamed up with Big Ted, Jemima and their friends from ABC Play School to launch new eSafety Early Years resources, designed specifically for children under 5 years of age. [More >](#)

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## Participation

### **How to talk to children about climate change**

It's quite easy for younger children to think of climate change as an imminent threat, however, children can be empowered to be part of the solution. It's important to offer hope and we all need to know that we can make a difference and by all of us doing something small, we can contribute to a bigger picture. [More >](#)

### **Doing good business**

This resource for researchers provides much needed guidance on how to involve Aboriginal and Torres Strait Islander children and young people in research about their experiences of family violence. [More >](#)

### **We Are Here: A Child Participation Toolbox**

This Toolbox builds on a children's rights perspective to provide the tools needed to implement meaningful child participation in a variety of settings and to prepare children to play leading roles in participatory events. It reinforces an understanding that participation can come in many forms, and through a variety of engaging activities helps prepare children for these different situations. Uniquely, this Toolbox also offers tools to help find meaningful ways for children and adults to work together. [More >](#)