

# CYPMatters

Every child and young person counts!

## Respect & listening

### **Australian researchers find the secret ingredient to help children thrive – respect**

The world's first data-driven study of parenting support based on the Respectful Approach intervention, finds that when parents treat young children as capable and independent, their stress levels fall dramatically. [More >](#)

### **Secondary school textbooks teach our kids the myth that Aboriginal Australians were nomadic hunter-gatherers**

History textbooks are crucial to students' understanding of our nation. In colonised nations such as Australia, foundational narratives are fashioned to establish the legitimacy of the nation. However, physical evidence and the journals of early colonists show Aboriginal peoples farmed, built large villages, and many stayed in one place. [More >](#)

### **Creating better, safer mental health support starts with listening to young people**

Coping and managing your mental health is hard enough without the additional barriers created by systems and services. Kirra-Alyssa Horley reflects on her own experience as a young person in the mental health system. [More >](#)

### **Torres Strait Islander child rearing practices one step closer toward legal recognition**

The Queensland Government has taken steps toward recognising traditional family practices, introducing the *Meriba Omasker Kaziw Kazipa* (Torres Strait Islander Traditional Child Rearing Practice) Bill 2020 into Parliament. The Private Member's Bill received full support and was adopted by the Government. [More >](#)

### **What racial discrimination does to young people's wellbeing**

Research on the psychological effects on young people of ethnic and religious minorities who perceived that they had faced discrimination has found that young people did not feel better about themselves when they believed negative experiences were the result of discrimination, and so would not be likely to exaggerate this discrimination. [More >](#)

### **National Indigenous languages report**

This report identifies the strengths and speaker numbers of Australia's Indigenous languages, as well as the many economic and social benefits gained through the recognition, use and reawakening of those languages. It provides practical ways to use its findings to inform policy, program development and service delivery. [More >](#)

### **Now you have heard us What will you do? Young people's experiences of domestic and family violence**

Children and young people experience family violence differently to adults. They also have different experiences of services that are meant to help and are regularly overlooked or only considered as an add-on to their parent. [More >](#)

### **Signs of Respect encourages people to learn about the Country they live on**

Signs of Respect offers an avenue for non-Indigenous people to educate themselves on the Indigenous heritage of the land they live on, with the opportunity to bring people together. [More >](#)

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## Swimming With Sandbags

While many children and young people are more hopeful than they were in April, they remain concerned about the impacts on their education and future opportunities of a COVID-19 world. [More >](#)

## National Aboriginal and Torres Strait Islander Youth Survey Report 2019

This report draws on Mission Australia's 2019 Youth Survey of young people aged 15 to 19 years to provide unique insight into the experiences of the 1,500 respondents who identify as Aboriginal and Torres Strait Islander. [More >](#)

## Health & wellbeing

### Trajectories of childhood adversity and mortality in early adulthood: a population-based cohort study

Childhood is a sensitive period with rapid brain development and physiological growth, and adverse events may interfere with these processes and have long-lasting effects on health. This study aimed to describe trajectories of adverse childhood experiences and relate them to overall and cause-specific mortality in early adult life. [More >](#)

### A Lasting Legacy – The impact of COVID-19 on children and parents

This online survey found that a quarter of parents felt they were failing their children and more than a third stated they had lost confidence about their parenting. At exactly the same time parents noticed their children needed more reassurance and were experiencing signs of heightened stress such as eating and sleeping disturbances. [More >](#)

### Kids become food adventurers in new veggie program from CSIRO

The CSIRO Taste & Learn program is the result of research into how to get children to eat vegetables. After a successful trial in 16 South Australian schools the program is now freely available for teachers and parents. [More >](#)

### National Agreement on Closing the Gap

Agreement by all Australian governments and Aboriginal and Torres Strait Islander representatives commits to a fundamentally new way to develop and implement policies and programs that impact on Indigenous lives. [More >](#)

### National Food Strategy

Eating well in childhood is the very foundation stone of equality of opportunity. It is essential for both physical and mental growth. Part One of a two-part UK National Food Strategy contains urgent recommendations to support the country through the turbulence caused by the COVID-19 pandemic. [More >](#)

### Beyond shelter

'Housing first' has emerged as the most effective way of tackling homelessness, but Finland, Denmark and Ireland show that government resolve is crucial too. The staircase approach has assisted many individuals to regain control over their lives, but it hasn't reduced homelessness overall. Why? According to the authors of *Ending Homelessness?*, it individualises the problem and fails to address systemic causes. [More >](#)

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## **How better data could improve outcomes for children and young people**

The lack of consistently good-quality data in children's services, and the siloed and fragmented nature in which it is held by agencies, restricts the ability of frontline staff, local authorities and central government to understand what works and therefore to intervene in an evidence-based way. This report argues data should be reimagined as a strategic asset and means to reform children's services. [More >](#)

## **Journey of Wellbeing: A Preliminary Aboriginal Model of Care**

The Journey of Wellbeing outlines an Aboriginal social and emotional wellbeing (SEWB) model of care that emphasises the individual at the core of a healing plan. This model consolidates the exemplary elements of practice in the SEWB space that are being used by some Aboriginal Service Providers across NSW. [More >](#)

## **The Impact of COVID-19 on Families and Young People Living in Poverty**

This report, the results of the second of two surveys, provides a unique insight into the impact of the COVID-19 pandemic inside the homes of some of the most vulnerable families in the UK. Its findings describe how much COVID-19 and lockdown have exacerbated already existing issues such as poverty. [More >](#)

## **Child and youth wellbeing indicators: measuring success.**

The New Zealand Government outlines how they will measure success against their child and youth wellbeing indicators. Each outcome in the Child and Youth Wellbeing Strategy has a set of indicators and as progress is made resources will be added and linked to help people understand how much progress has been made. [More >](#)

## **Webinar: The case for investing in the brains of children, young people and their families to break the cycle of disadvantage**

COVID-19 has affected the lives of Australia's children, young people and families on all fronts and poses a challenge for many years to come to the mental, physical and economic wellbeing of young Australians in particular. [More >](#)

## **A framework for monitoring overweight and obesity in Australia**

In 2017–18, 25% of children and adolescents were overweight or obese. This AIHW framework monitors overweight and obesity and aims to describe at a national level, the key risk factors and their relationship with environmental, individual, social and behavioural characteristics, as well as health outcomes. [More >](#)

## **Youth Taskforce interim report**

This interim report, based on extensive research and consultation with young people and experts, will support further consultation and guide the development of the National Youth Policy Framework for Australia. [More >](#)

## **Improving outcomes for young parents and their children**

Support for young parents has been a neglected area of policy and practice development in Australia. However, there is now increased focus on addressing their needs at both state and federal government levels. [More >](#)

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## **Understanding What Shapes Child Wellbeing in Rich Countries**

This report offers a mixed picture of the health, skills and happiness of children from the world's richest countries. For far too many, issues such as poverty, exclusion and pollution threaten their mental well-being, physical health and opportunities to develop skills. Even countries with good social, economic and environmental conditions are a long way from meeting the targets set in the 2030 Agenda for Sustainable Development. [More >](#)

## **Thoughtful Parenting Kit**

Many people are involved in parenting or caring for children these days, including parents, grandparents, uncles and aunts or foster carers. This kit is for all people who have caring roles with children. At the end of each chapter, there are questions that can be used to generate discussion about the experiences of parenting. [More >](#)

## **Connecting the Brain to the Rest of the Body: Early Childhood Development and Lifelong Health**

Responsive relationships and language-rich experiences for young children help build a strong foundation for later success in school. This report looks at compelling evidence that the foundations of lifelong health are also built early, with increasing evidence of the importance of the prenatal period and first few years after birth. [More >](#)

## **Practices that enable community-led action to enhance child and youth wellbeing outcomes**

Research and experience show that children and young people do better when they live in strong and supportive communities. This resource from New Zealand emphasises that how you do it and with whom is key. [More >](#)

## **Making neuroscience more accessible: childhood trauma, the brain and mental health**

This animation, guidebook and set of videos about childhood trauma and brain development look at how children's brains adapt to abusive or neglectful environments in ways that help in the short term but increase the risk of mental health problems in the future. They aim to help frontline professionals and carers to reframe their understanding of childhood trauma to help the children in their care. [More >](#)

## **Understanding food insecurity in Australia**

This paper describes the prevalence, experience and impact of food insecurity in Australia, identifying the populations most at risk and exploring various responses. [More >](#)

## **Families in Australia Survey: Life during COVID-19 Report no 4: Dads spend more quality time with kids**

During restrictions in place across Australia from March to help stop the spread of COVID-19 many dads were working at home more or working reduced hours and were available to spend more time with their children. [More >](#)

## **Household density and children's wellbeing in Australia: Are children's homes too empty?**

Overall, measures of occupant density including some commonly used as measures of 'crowding' are found to be positively associated with children's wellbeing. It is argued that Australian children face a greater problem of homes being too empty, rather than too crowded, for optimal physical health and social and emotional development. [More >](#)

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## Could a 'prescription' of nature benefit children's mental health?

This review showed that nature appears to have a positive impact on children and young people. Greening the spaces surrounding homes and schools, and repeated immersion in nature, may result in reduced levels of inattentiveness, have long-term effects on working memory, improve mood and have positive behavioural outcomes. [More >](#)

## Is 'minimally adequate treatment' really adequate? Investigating the effect of mental health treatment on quality of life for children with mental health problems.

Despite rising investment in mental health treatment, the prevalence of mental health problems has not fallen. This paper demonstrates that 'minimally adequate treatment' may be an insufficient measure of treatment adequacy and indicates the need for more rigorous measurement of the nature and outcomes of care in routine practice. [More >](#)

## Safe & nurtured

### A Resource for children/young people supported by Care Teams

This resource is for professionals to use with children and young people who are recovering from experiences of trauma and have a care team around them. It invites them to consider the supports around them that are on their side and prioritises and gives focus to a child/young person's identified goals, supports and ideas. [More >](#)

### Changing the system, not the child: The social outcomes partnerships debate

These findings discuss the potential of social outcomes contracts to address challenges within children's services and how social outcomes partnerships can improve the lives of vulnerable children and families by enabling flexible delivery, closer collaboration and shared accountability. [More >](#)

### 'Unprecedented' demand from children fleeing unsafe homes during pandemic: charity

A South Australian charity which provides essential supplies to children entering the child protection system or escaping domestic violence says demand for its service has doubled during the pandemic due to an 'unprecedented' rise in the number of young people fleeing dangerous living situations. [More >](#)

### Intercept Program Evaluation Shows Reductions in Likelihood of Out-of-home Placement

In the effort to decrease foster care placement and its potential adverse impacts on families, child welfare agencies are increasingly looking to programs that can help families stay together. An evaluation of Intercept, offered by Youth Villages in Tennessee, found that this program had a demonstrable impact with the odds of placement 53% lower than those for children in the comparison group and it sustained effects a year past participation. [More >](#)

### Why improving support for parents is the key to early childhood development

Directly supporting parents can have a positive impact on child outcomes. Despite this, public services often don't start from the agency of parents and fail to draw from and build on their energy, skills and community connections. This UK report looks at how the power of parents and their communities can be harnessed to support families, particularly from disadvantaged backgrounds, to give their children the best chance. [More >](#)

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## **Indigenous care leavers in Australia: a national scoping study**

This study, based on focus groups and interviews with 53 representatives of government departments, NGOs and Aboriginal Community Controlled Organisations across Australia, examined the numbers, needs and outcomes of Indigenous care leavers, and associated program and policy supports. [More >](#)

## **Beyond 2020: Towards a successor for the National Framework for Protecting Australia's Children**

This report draws on consultations with around 800 people from government, non-government and research sectors as well as carers, young people, parents and community groups. There was consensus that the successor to the National Framework must drive real change by galvanising collective effort across governments, sectors and disciplines in actions that will prevent children, young people and families entering child protection systems. [More >](#)

## **Rebalancing the scales: Access to justice for parents in the Tasmanian Child Safety system**

One of the most significant powers exercised by Australian state and territory governments is that of removing children from their parents due to concerns about their safety. These decisions about whether or not to separate a child from their family are taken in the Children's Court and have a life-long impact on families. [More >](#)

## **Safeguarding principles for residential care and youth justice**

Safeguarding young people in residential out-of-home care and youth justice settings from child sexual abuse and other forms of harm is an important role for all staff working in these areas. This paper looks at ways to better look after young people by drawing on principles from the ACU Safeguarding Children Capability Framework. [More >](#)

## **Brief on COVID-19 response and recovery issues for Aboriginal and Torres Strait Islander children and families in contact with child protection services**

SNAICC National Voice for Our Children engaged with over 50 service providers for Aboriginal and Torres Strait Islander children and families through fortnightly teleconference and one-on-one phone calls to gather information about the impacts of COVID-19 on children and their families. [More >](#)

## **COVID highlights the scale of violence against children**

While the world continues to grapple with COVID-19, it has magnified another crisis - the shocking, innumerable instances of violence against children. As some countries are easing up movement control measures, care centres and schools are not likely to reopen everywhere, public spaces may still be out of reach for children and, with looming economic crisis, the threat of violence is not likely to disappear. [More >](#)

## **Routine semi-naked searches to cease at youth justice centre**

Routine semi-naked searches of children and young people at South Australia's youth justice centre will cease and full body scanners will now be used, bringing SA's practices in line with other states and territories. [More >](#)

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## **Australian Capital Territory votes to raise age of criminal responsibility from 10 to 14**

The ACT has become the first jurisdiction in Australia to support raising the age of criminal responsibility from 10 to 14 years. It will be the responsibility of whichever parties form government after the ACT election in October to amend the legislation, with the resolution bringing the territory into line with United Nations standards. [More >](#)

## **Making space for learning resources**

The Centre for Trauma Aware and Responsive Education is a central hub for information, training and resources for teachers, early childhood professionals and educational leaders. It will draw on new areas of knowledge that are emerging from trans-disciplinary approaches to understanding the neuroscience of trauma and relationships. [More >](#)

## **How Poverty and Trauma Affect Brain Development**

This presentation discusses how leveraging advances in the biology of adversity and resilience can reduce inequalities in life outcomes for children and young people. [More >](#)

## **Toxic Stress: Protecting the Foundation**

What is toxic stress? What effects can it have on a child's body and development, and how can those effects be prevented? What does it mean to build resilience? This episode of The Brain Architects podcast explores what 'toxic stress' means, and what we can do about it. [More >](#)

## **Care-experienced children and the criminal justice system**

This study examines the factors underlying pathways from out-of-home care into the criminal justice system. While many policy initiatives have been developed to address this criminalisation, this study found little evidence these are having an impact on practice in relation to care-experienced children. [More >](#)

## **Beyond the pandemic: Strategic priorities for responding to childhood trauma**

The coronavirus pandemic has increased the experience of trauma for many children and young people and compromised the support which children and young people receive from friends, family and public services. [More >](#)

## **Impacts of COVID-19 on children and young people who contacted Kids Helpline (2020)**

The health, social, educational, economic, and recreational impacts will be far-reaching for children and young people, well beyond the pandemic's immediate effects. This report examines the COVID-19-related concerns that children and young people aged 5 to 25 years raised with counsellors between January and April 2020. [More >](#)

## **What are the characteristics of effective youth offender programs?**

While there is no 'one size fits all' approach to preventing youth offending, programs that have a strong theoretical basis, consider the individual needs of young people, are culturally sensitive to Indigenous Australians and reflect on practice through iterative evaluation will be best placed to address the underlying causes of offending. [More >](#)

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## Youth justice in Australia: themes from recent inquiries

A key theme arising from many reviews is the need for youth justice detention to be a measure of last resort. Detention, especially for young people who have been victims of abuse and neglect or who have mental illness and intellectual disabilities, is often detrimental and has little benefit in reducing recidivism. [More >](#)

## Enjoying & achieving

### Press Play - Activating young people's health and wellbeing through play

Research around the importance of play for teenagers has rarely been examined. This report summarises the findings of a survey of more than 500 young South Australians identifying what activities young people define as play, as well as what barriers prevent them from participating in more play. [More >](#)

### School principals want more alternatives to suspending students

Principals and specialist staff told an investigation into behaviour policies in NSW public schools that they wanted better alternatives to suspensions, including more options to try before sending students home. School counsellors and psychologists provide a valuable service but were often unavailable when needed. [More >](#)

### Free phonics check for all Year 1 students

A renewed focus on phonics has been helping to lift literacy outcomes in South Australian schools. The free Phonics Check is similar to the check that has been rolled out successfully to around 14,000 Year 1 public school students in South Australia to test their reading skills. The free tool is available to parents, teachers and educators. [More >](#)

### Designing Streets for Kids guide will be 'global benchmark' for change

A major new design initiative aims to establish a global baseline for planning urban streets with the needs of children as number one priority. Based on the principle of putting the needs of people first, this is a fresh focus on the particular needs of babies, children and their carers as pedestrians, cyclists and motorists. [More >](#)

### The case for free early learning

As many cash-strapped Australian families pull their children from day-care and preschool, a University of New England expert asks a critical question. How much does our nation truly value children and early education? [More >](#)

### Take Care: What can be done at school to support children and young people with caring responsibilities at home

Young carers provide significant amounts of care to the people in their lives including physical, emotional, intimate personal care and/or childcare. Many young carers emphasize their caring role is a positive experience. However, research clearly indicates that, where a young carer is inadequately supported, the physical and mental strain that caring places on their health, wellbeing, and education outcomes is immense. [More >](#)

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## **A systematic review of intervention research examining effective student wellbeing in schools and their academic outcomes**

There is a general consensus that school-based well-being programs have the potential to help students attain social-emotional skills they need to succeed academically. This review aims to appraise the state of the evidence to explore the impact on academic achievement and related health and wellbeing measures for all students. [More >](#)

## Participation

### **Inside the city run by children**

Germany's spielstadt, or play city, is a miniature city composed almost entirely of children. This vast urban role-playing game puts children aged 7 to 15 years in control of designing, running, and reimagining a city. They take on jobs, government posts, pay taxes, pass laws, produce goods and rely on the services of a local economy. [More >](#)

### **Students tackle homelessness in the time of COVID-19**

RMIT University journalism students were working on a project to tell stories of the homeless when coronavirus took hold in Melbourne. Their work provides insight into the world of more than 100,000 Australians with nowhere to call home, as the day-to-day struggle to survive was overtaken by a new threat: a global pandemic. [More >](#)

### **Female-led Indigenous tech company connects youth with Elders in new app**

Strengthening community connections, the Visual Dreaming app, which has been tested in both juvenile justice and out-of-home care systems, links young people and Elders to support individuals' wellbeing. [More >](#)

## Prepared for adult life

### **Skills for recovery: the vocational education system we need post-COVID-19**

The vocational education and training system will play a key role in supporting Australia's recovery from the impacts of COVID-19. As we enter new phases of readjustment, what skills will be in demand? What about young people, with their pathways out of school and tertiary studies interrupted? [More >](#)

### **Generational divide: Younger Australians are worse off than their parents were, index shows**

The index, based on an analysis of 24 indicators across six domains: Economics, housing, health, social, education, and the environment, found that today's young people have significantly better health, education, and social outcomes than previous generations but worse economic, housing and environmental outcomes. [More >](#)

### **Youth Futures Guarantee: A new deal for young people**

Australia's future well-being and standard of living will depend critically on the next generation of young people, many of whom will successfully navigate their way from education to employment and independence. This Inquiry was prompted by concern that an increasing number of young people are struggling to make this transition. [More >](#)