

# CYPMatters

Every child and young person counts!

## Respect & listening

### **Social Media Practice Guide for Personnel**

Social media can be a powerful and valuable tool for communication, engagement and promotion, offering convenience and communication opportunities in many instances, but it can also raise questions around the safety and ethical implications of its use in communities serving young people. [More >](#)

### **Pandemic has had ‘a major impact’ on children’s experiences and rights**

In a world centred around decisions made by adults, this global survey has served as a channel for children and young people to communicate the right to participate in decisions affecting their lives. [More >](#)

### **Annual Report 2019-20**

Despite the challenges associated with the impact of COVID-19, more than 18,858 young South Australians chose to engage with the office of the Commissioner for Children and Young People in 2019-20, through face-to-face and/or online consultations, workshops, via a policy advocates program, as part of advisory groups, through citizen led research, community conversations, and through participation in an ‘action civics’ program. [More >](#)

### **Options Paper: Models for a National Commissioner for Aboriginal and Torres Strait Islander Children and Young People**

This comprehensive SNAICC Options Paper explores possible models based on assessing existing national and international commissioner roles against the Paris Principles and identifies best practice elements. [More >](#)

### **Young children are intuitive urban planners – we would all benefit from living in their ‘care-full’ cities**

In an age of climate crisis, unaffordable housing and increasing disparities of wealth, the livability and functionality of our cities are more important than ever and children’s voices are missing from urban planning debates. [More >](#)

### **The Uluru Statement from the Heart: what now?**

Three years post the Uluru Statement being issued to the Australian people this interview discusses the complex framework of reform commencing with the constitutionally enshrined voice to Parliament. [More >](#)

### **Wiyi Yani U Thangani—(Women’s Voices)—Securing Our Rights, Securing Our Future Report 2020**

This report of over a hundred engagements with thousands of Aboriginal and Torres Strait Islander women and girls of all ages in remote, very remote, regional and urban communities includes principles to guide change, overarching recommendations and priority actions to enable communities to thrive and overcome profound disadvantage. [More >](#)

### **Digital lives of Aussie teens**

This research based on a survey of 627 teens aged 12-17 years, provides a glimpse into the digital lives of teens, how they deal with negative online experiences, the types of information they need to stay safe online and the information sources that they trust. It also looks at the positive online behaviours in which they engage. [More >](#)

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## Health & wellbeing

### **Gender stereotypes are limiting children's potential and causing lifelong harm**

The Unlimited Potential report sets out how gender expectations significantly limit our children, causing problems such as lower self-esteem in girls and poorer reading skills in boys. It also finds stereotypes contribute towards the current mental health crisis among children and young people, eating disorders and higher male suicide rates. [More >](#)

### **Parents with children at home reach breaking point**

As Australia emerges from COVID-19, many have lost their jobs and businesses, resulting in high levels of mental distress, particularly among parents across all states and territories. [More >](#)

### **The Future of Home**

Currently Australia's housing system doesn't work well for most people, with fewer people able to find or access housing that meets their needs. Existing innovations in policy, markets, finance, design, services, places and communities could contribute towards the beginnings of a new system across the country. [More >](#)

### **NHMRC confirms new national guidelines for reducing the health risks from drinking alcohol**

These updated guidelines are the result of four years of extensive review of the evidence on the harms and benefits of drinking alcohol and recommend that children and people under 18 years of age should not drink alcohol. [More >](#)

### **\$12.8 million game changer for youth mental health**

A partnership between the BHP Foundation and the University of Sydney's Brain and Mind Centre aims to change the way local communities in Australia invest in youth mental health and social care. The five-year program, 'Right care, first time, where you live' will commence in 2021. [More >](#)

### **How gardening at school can tackle child obesity**

Overweight and obese children have a greater chance of staying obese as adults. One potential solution is to integrate vegetable gardening in the school curriculum thus addressing low activity levels and modelling healthy eating. [More >](#)

### **From risk to opportunity: Framing adolescent development**

Decades of scientific research shows that adolescents' sensitivity to their environments makes this a critical window in which to influence long-term health, wellbeing, and educational and occupational achievement, positively impacting our communities and society as a whole. [More >](#)

### **Understanding Motivation: Building the Brain Architecture That Supports Learning, Health, and Community Participation**

A healthy, engaged community depends on people achieving their potential, contributing actively to the economy and helping the next generation to thrive. This paper aims to understand the underlying mechanisms in the brain that develop in childhood and build the foundation for later complex behaviour. [More >](#)

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## **Experts say this is what children need to survive the COVID-19 pandemic**

Nine months after COVID-19 changed everything, parents are asking the same question they asked at the start: Will my children be OK? [More >](#)

## **‘Shocking’ numbers of children presenting with mental health issues**

The mental health concerns of Australian children triggered or exacerbated by the pandemic are being inadequately addressed, leaving many with the likelihood of long-term harm to their education and employment. [More >](#)

## **Young people’s mental and emotional health: trajectories and drivers in childhood and adolescence**

Given the known rise in prevalence of mental illness from childhood to adolescence, particularly in girls, this analysis aims to dig more deeply into young people’s mental health and wellbeing in this period of life. [More >](#)

## **Children and Young People’s Strategy 2020-2030**

The Northern Ireland Children and Young People’s Strategy includes outcomes to be achieved and covers issues which children, young people and stakeholders have identified as requiring particular attention. [More >](#)

## **Never let a crisis go to waste: social policy opportunities from COVID-19**

COVID-19 provides unique opportunities for rethinking and redesigning long-standing rules and regulations covering how we live and work. In this paper a range of ideas relating to health, labour markets, tax and transfer system, gender equality, education, housing, and criminal justice is shared. [More >](#)

## **SNAICC COVID-19 Ongoing Impacts Survey Report**

The responses in this report highlight a technology divide, particularly evident in remote areas; specific findings related to early childhood education and care services; and the types of supports Aboriginal and Torres Strait Islander children and families require for short- and long-term recovery from the pandemic. [More >](#)

## **A welcome home: Youth homelessness and mental health**

While people aged 12 to 24 years make up just under 20 per cent of the Australian population, they comprise 25 per cent of individuals experiencing homelessness. [More >](#)

## **The case for open access emotional health and wellbeing services**

Community based emotional health and well-being services support children and young people when they have concerns about their thoughts, feelings or behaviours. The intention is that by addressing these concerns as early as possible, emotional health and well-being services can prevent escalation to specialist mental health services. [More >](#)

## **Forest-based children’s play yards can quickly boost their immune systems**

An experimental study from Finland has shown that the immune system of day-care children aged 3-5 years improved when forest undergrowth, lawn turf and planter boxes were added to yard areas of day-care centres. [More >](#)

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## Safe & nurtured

### **Finnish city extends use of national anti-bullying campaign**

A ground-breaking Finnish anti-bullying project initiative is now being adopted across the country. Users of the digital service can anonymously report any instances of bullying and receive a reply to their notification within 48 hours, including a legal and psychological assessment as well as concrete instructions. [More >](#)

### **Online safeguarding: the dark web**

What is the dark web? How do people access it? Is it illegal? This guide unpacks the meaning of the dark web, how young people might use it and what to do if you have safety concerns. [More >](#)

### **'I wish I was wearing a filter right now': why tweens need more emotional support to deal with social media**

Concern over young people's use of social media tends to focus on older teenagers or young adults rather than the 8-12-year-olds, or 'tween' group, who are now heavy users of social media such as Instagram and Snapchat. [More >](#)

### **Slow down and listen**

This brief provides young people's accounts of their experiences of violence and reunification and what they need to be safe and feel safe as they journey towards recovery. It aims to inform practice and highlights ways that the needs of children and young people might be central to responses to families experiencing violence. [More >](#)

### **Poverty cycle puts pressure on parents**

Poverty itself doesn't send children into child protection, but it certainly increases the pressures that can lead parents to struggle. Poverty undermines parents' and caregivers' capacity to raise children in safety and security, to leave unsafe relationships and places and to break away from things that are negative and harmful. [More >](#)

### **What works to protect children on the move**

Children are amongst the most vulnerable groups of migrant and displaced populations, facing risks to their survival, health and education, and more likely to experience violence, exploitation or abuse. Moreover, children who move on their own often lack safe and regular options to reunite with family members. [More >](#)

### **Child protection in the time of COVID-19**

Child protection services aim to protect children from abuse and neglect in family settings. The COVID-19 pandemic has affected daily life, potentially limiting opportunities for child abuse to be detected. [More >](#)

### **Grandparents For Grandchildren 2020 Vision Survey report**

Although grandparents do not plan to be the primary carers of their grandchild/ren, given their predicament, they endeavour to provide the best possible outcomes. This survey provides insight into their status and thoughts. [More >](#)

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## **Australian of the Year Grace Tame wants to break down and dismantle grooming and psychological control**

Although most Australians understand that the physical components of sexual abuse and domestic violence are bad, the grooming, psychological manipulation and coercive control that characterises these crimes, and has the most long-term impact on individuals, is not well understood. [More >](#)

## **How to protect children online without using tough rules and reprimands**

The way to help children stay vigilant against online risks, despite their using social media and internet technologies for many hours a day, is through helping them develop cyber-wisdom including how to make smart choices at important moments, without strict discipline or overbearing supervision. [More >](#)

## **Call to delay controversial SA youth drug program**

Drug, mental health, human rights and child protection experts have called on the State Government to delay trialling a contentious drug treatment program on detained children following warnings it could breach human rights. [More >](#)

## **Law intern finds doli incapax is not protecting children from entering youth justice system**

This research and recommendations offer a valuable insight and perspective into how to ensure better outcomes for children under 14 years old who find themselves before the courts. [More >](#)

## **Enjoying & achieving**

### **Let's not go back to 'normal'! lessons from COVID-19 for professionals working in childhood disability**

Life for families of children with developmental disabilities, and for service providers who work with them, has been significantly altered. Recognising the opportunities and benefits to offering services virtually, including being able to see children in their natural environments is explored in this article. [More >](#)

### **Promoting wellbeing and learning in the middle years: an opportune time for intervention**

The middle years (8-14 years) are a significant phase of development and a time of rapid social and emotional growth. Whilst this growth brings many opportunities, it can also be destabilising for some young people; negatively impacting their long-term health, wellbeing and learning. [More >](#)

### **Using play to 'school' children's emotions**

When children start school, pupils with the ability to understand their own emotions and the emotions of others are more likely to regulate them and adapt their behaviour. This is likely to help children win acceptance by their peers, build better relationships with teachers, and facilitate academic learning. [More >](#)

### **Every educator matters: evidence for a new early childhood workforce strategy for Australia**

The challenges of COVID-19 have caused many early childhood educators to consider leaving the sector, placing the availability of early childhood education and care (ECEC) at risk. [More >](#)

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## **Connecting Health & Learning Part II: The Implications**

Science tells us that the early experiences and environments we provide young children make up the foundations of lifelong physical and mental health, but how can we use this science to implement practical strategies and overcome longstanding barriers in the early childhood field? [More >](#)

## **LEGO Braille Bricks make their way down under**

New Lego bricks moulded so that the studs on top reflect individual letters and numbers in the braille alphabet will help children with vision impairment develop tactile skills and learn the braille system. Printed letters, numbers and symbols mean they can learn and play alongside sighted classmates, family members and educators. [More >](#)

## **Vandenberg reshaping his Port legacy with new Aboriginal youth foundation**

The former director of Port Adelaide Football Club's Aboriginal programs has teamed up with the state's inaugural Commissioner for Aboriginal Children and Young People to launch a new not-for-profit cultural engagement foundation to provide cultural and educational support for Aboriginal students in remote communities. [More >](#)

## **Participation**

### **U-Report**

U-Report is a messaging tool that empowers young people around the world to engage with and speak out on issues that matter to them. U-Reporters respond to polls, report issues and support child rights. The data and insights are shared back with communities and connected to policy makers who make decisions that affect young people. [More >](#)

### **Enabling rural young people to have a seat at the table**

Far too often conversations about young people exclude the experiences of young people from rural and regional areas and include challenges such as; not being invited, financial stress, and juggling commitments. [More >](#)

### **Children and young people: 'Let us participate in the issues which affect us'**

Almost half of all young people polled for this survey felt excluded from political decision-making processes that affect their lives. While an overwhelming majority (91 per cent) would like to have more say in political decisions that shape their lives, 48 per cent felt completely left out. The main obstacle they cite is lack of access to policymakers. [More >](#)

## **Prepared for adult life**

### **Digital connection and inclusion should be a basic right for care leavers**

Findings from an online survey and focus groups with care leavers carried out between September and November 2020 in Scotland found that the experience and issues which underpin digital exclusion were exacerbated by the COVID-19 pandemic. Recommendations include: rolling out digital access for all care leavers by integrating this into the pathway planning and support in all local authorities; and upskilling workers to ensure they can better support young people to develop their digital skills. [More >](#)