

CYP Matters

Every child and young person counts!

Respect & listening

Unmasking stigma: Types of stigma

Stigma is made up of harmful ideas, assumptions or attitudes about an individual or a group of people based on a particular identity or experience. When these harmful ideas, assumptions or attitudes are turned into words, actions, policies and laws, they become discrimination. [More >](#)

Behind the screen: The reality of age assurance and social media access for young Australians

By combining regulatory insights from industry with direct feedback from 8-15 year olds, this report captures not only the technical processes currently employed by social media platforms but also the lived experiences of young Australians. [More >](#)

Enjoying & achieving

Skipping breakfast linked to poorer academic performance in children

Children who skip breakfast may be missing more than just their morning meal. They could also be missing out on better test results, according to new research from the Kids Research Institute Australia. [More >](#)

Is 'Paying Attention' Overrated for Kids?

Research suggests children learn effectively even when not explicitly focusing, as they absorb multiple environmental cues rather than selectively attending to a single task. What appears as inattention may actually be a strength, allowing children to make holistic connections between observations. [More >](#)

Participation

Supporting disability inclusion with children and families

It is vital that children with disabilities are provided with the same opportunities for learning as other children. Disability inclusion in these first five years means that every child can access, meaningfully participate, and experience positive outcomes in education and community settings. [More >](#)

Mirring Impact Report

Mirring at Ashcroft Public School in NSW is an innovative, place-based initiative that support's the education, health and development of all children, regardless of where they live, their cultural background or their socioeconomic status. The 2024 data suggests that in just two years, Mirring has supported substantial and positive impacts for students, families and the school community particularly in the area of wellbeing. [More >](#)

Prepared for adult life

Evaluation of US Guaranteed Income Program for Young People Who Aged out of Extended Foster Care

Extended foster care is designed to support young people during the transition to adulthood so that they experience better outcomes after they 'age out'. However, these findings suggest that many young people who age out of extended foster care still struggle to meet their basic needs and more targeted outreach is needed. [More >](#)

Health & wellbeing

Without change, half of Australian kids and adolescents will be overweight or obese by 2050

Obesity is often blamed on the individual child, parent or family. Yet the rapidly changing patterns of obesity throughout the world reinforce the importance of viewing it as a society-level problem. [More >](#)

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Play Wales: Opening school grounds for play – a new toolkit

This toolkit has been developed to support schools to offer opportunities for children to play at school outside school hours. It aims to dispel worries and offer a starting point for the use of school grounds by the community. [More >](#)

First annual report for the Child and Youth Strategy

The 2023/24 Annual Report for the NZ Child and Youth Strategy/Child and Youth Wellbeing Strategy and Child Poverty Related Indicators establishes baseline reporting on the Child and Youth Strategy indicators. [More >](#)

Safe & nurtured

South Australia's Child Protection Services Briefing Paper

This paper analyses the latest Productivity Commission Report on Government Services (ROGS) data on child protection in South Australia, finding the focus remains overwhelmingly on out-of-home care rather than prevention and early intervention. [More >](#)

SA's Youth Crime Plan is a Dangerous Step Backwards

The new Young Offender Plan will not increase community safety and instead risk putting children at greater risk of harm, with Adelaide's youth detention centre already at capacity this year. The Guardian is urging government to work with young people and communities to implement evidence-based solutions. [More >](#)

Teenage gambling in Australia

The high rates of gambling among young Australians highlight the need for stronger regulations and early intervention policies to reduce gambling harm, and reduce rates over time. [More >](#)