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Respect
&
Safety





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Working together

Victorian Police have been working alongside the community for many years and in various ways. PCYCs are excellent examples of how local police and community work together to provide access and opportunities for our youth.

Today, PCYCs remain a very worthwhile community-based proactive initiative. Local communities continue to be involved in the establishment of these viable and long-term community resources that provide recreation and entertainment for youth, specifically those at risk of anti-social behaviour and those who are disadvantaged.

The Victoria Police Youth Affairs Office supports and gives advice to the PCYCs, however, Victorian PCYCs are all run independently by Management Committees. These committees are made up of local police, community members and local youth.

The Mission of PCYCs is **'Developing our future through helping young people'**. With this in mind, PCYCs have the following aims:

- To have shared respect between police, community and young people
- To reduce the incidence of young people becoming offenders or victims of crime
- To develop young people's self-esteem, confidence, social and leadership skills
- To provide opportunities for challenge and excitement through law abiding behaviour
- To encourage the principles of good citizenship

To remain relevant in the community, PCYCs offer a substantially different form of activities and programs that fill a need within the fitness, recreational and social market. PCYCs aim to provide a wide range of sporting activities designed to promote good citizenship within

local communities generally and for the disadvantaged and youth at risk. PCYCs provide a safe meeting place for local youth to participate in a number of activities such as craft, video nights, billiards, computer/homework sessions, boxing, basketball, day trips, gym work, self-defence etc. These clubs exist in suburbs of Melbourne and also in country areas.

PCYCs continue to be viable and relevant community resources and we trust that you will find this handbook to be a handy resource as well. Under the skill and guidance from our publishers, Countrywide Austral, and the generous assistance provided through businesses and supporters, we believe we have produced a vital resource that will assist youth in dealing with a wide range of life skills and issues.

Thank you for assisting Victorian PCYCs with this project and we urge you to support those who have got behind us to make this possible.

For locations of Victorian PCYCs visit our link site at:
www.police.vic.gov.au



A special thank you to our valued Patrons of the Streetsmart Handbook



Lesa Gale

Deputy Commissioner Lesa Gale APM
AFP Deputy Commissioner International and
Specialist Capabilities

As the Australian Federal Police Assistant Commissioner responsible for the Australian Centre to Counter Child Exploitation, it's my job to highlight to you the importance of protecting yourself and where to get help if something goes wrong both in the online and real world. I recommend to you the Streetsmart Handbook which does just that. It contains answers to your many questions about being part of a safe, healthy and connected community. It will point you in the right direction of how to access government and other services that can provide advice and support and empower you through your teenage years into adulthood.

As you choose your own path – keep this book nearby so you are informed with all the important tools you will need at your fingertips. The decisions you make now will impact you for the rest of your life. We all make mistakes – it's how we recover from those mistakes that's important. The Streetsmart Handbook will help you make fewer mistakes and guide you through how you recover from the mistakes you do make.

This Streetsmart Handbook has been developed to guide you over the coming years and contains information to answer some of your questions and to point you toward sources of additional support as you seek to maintain a healthy mind, body and relationships.

Good luck! I wish you all the very best.



Liana Buchanan

Principal Commissioner for Children
and Young People (Victoria)


Moving into adulthood is an exciting time. It is filled with new opportunities, adventures and freedoms, waiting to be explored and discovered. But it can be a scary time too. Suddenly you are faced with a whole new range of decisions and responsibilities that you have never had to deal with before.

Some of the best lessons I've learnt in my life have come from making mistakes and learning from my experiences. But there have also been times where I've been grateful to get some really helpful advice that has stopped me from making mistakes in the first place.

The Streetsmart Handbook is a collection of all the snippets of information and advice you need when you're entering the adult world, in a single compact book.

Whether you are moving out of home, trying to get a driver's licence, deciding on a career or wanting some health and wellbeing tips; this book has got it covered. It will give you practical tools to negotiate with a dodgy landlord, help you avoid creeps on the internet, buy your first car and set a sensible budget. It will also save you a lot of Googling.

I hope this handbook helps you face the good, bad and boring parts of adulthood with confidence and calm. Getting the basics right will help free up more time and energy on what is most important: enjoying and making the most of this exciting time.



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we all need

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Respectful relationships

Every solid, successful relationship is built on respect. It is the most essential ingredient to building feelings of trust and safety between two people and groups. This section sets the tone for this edition of Streetsmart – giving you the basic tools to build respectful relationships.



Why is respect important?

Receiving respect from others is important because it helps us to feel safe and to express ourselves.

Being respected by important people in our lives growing up teaches us how to be respectful toward others.

Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them.

Respect in your relationships builds feelings of trust, safety and wellbeing.

Respect doesn't have to come naturally – it is something you learn.

What does respect look like?

Think about all the different situations in life where you have to get along with others – how do you know if there's respect in your relationship?

- You feel safe being around each other
- You know it's okay for both of you to express who you are
- When you disagree you listen to each other and be patient
- You don't yell or talk over the top of each other
- Neither of you are controlling the other person's choices
- You both talk openly about your needs and wants
- You both allow the other person space if they need it
- You can both admit when you've made a mistake

Getting your relationships back on track

Sometimes we find ourselves not feeling respected by other people, including our family or friends. While it's not always possible to change somebody and make them respect you, there are some things you can try:

- Show people what respect looks like by being respectful yourself
- Spend time with people who are respectful and make you feel safe
- Tell the person what they are doing isn't okay, and be specific
- Talk to somebody you trust like a parent, teacher or counsellor
- Try to understand their point of view
- Give that person a chance to change their behaviour toward you
- It's okay to end friendships with people if they can't be respectful and you don't feel safe around them.



Don't forget to have respect for yourself too!

Being respectful toward others is one part of the puzzle. It's also important to have respect for yourself.

Remember that you are valued, and you matter.

What you think and feel is just as important as what somebody else thinks and feels.

Ending a relationship that isn't respectful is a way of respecting yourself.

Content in this section



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Positive chats with the folks

Sometimes talking to the parents might feel like you're trying to crack a secret code.

If you're feeling stuck, put some of these tips into action. They might help you get your point across without anyone losing their cool.

1 Choose the right time

Picking the right moment can make a big difference. Wait for a time when your parents are relaxed and not busy. Avoid bringing up important stuff during a TV show or when they're in a rush.

2 Be respectful

Parents love respect, just like you do. Make sure to stay calm and polite, even if you're talking about something you're passionate about. Using a friendly tone can go a long way.





3 Explain your thoughts

Start by explaining your thoughts clearly and calmly. Share your perspective and how you feel. Use "I" statements to express your feelings without sounding like you're blaming them.

5 Be patient

Sometimes parents need a little time to understand where you're coming from. Don't get frustrated if they don't agree right away. Keep the conversation going and be patient.



4 Listen to their side

Communication is a two-way street. After you've shared your thoughts, listen to what they have to say. It shows that you value their opinion too.



6 Use examples

Giving examples can make your point clearer. If you're talking about a rule you'd like to change, explain why with real-life examples.



7 Compromise

Remember that communication is about finding common ground. Be open to finding solutions that work for both you and your parents.





How to be a great communicator

Whether you're chatting with friends, presenting in class, or even just having a family discussion, being a skilled communicator is key. So, get ready to dive into some tips and tricks that will help you become an amazing communicator in no time!

Be an active listener

Active listening involves not just hearing the words spoken but also understanding the emotions, context, and underlying messages conveyed by the speaker.

Practicing these techniques will help you become a more empathetic and effective communicator.



- **Give your full attention:** When someone is speaking, focus solely on what they're saying. Put away distractions like your phone or other devices and maintain eye contact to show that you're engaged and interested in the conversation.
- **Use nonverbal cues:** Employ nonverbal cues like nodding, smiling, and maintaining an open posture to show that you're actively listening. These cues demonstrate your attentiveness and encourage the speaker to continue sharing.
- **Reflect and paraphrase:** After the speaker has shared a point, summarise what you've heard in your own words. This not only shows that you're paying attention but also allows the speaker to confirm if you've understood their message correctly.
- **Ask thoughtful questions:** Pose questions that encourage the speaker to elaborate on their thoughts and feelings. These questions show that you're genuinely interested in understanding their perspective and can lead to more meaningful conversations.
- **Avoid interrupting or judging:** Wait for the speaker to finish their thought before responding. Interrupting can make them feel unheard or disregarded. Similarly, refrain from passing judgment or offering immediate solutions, as these actions can hinder open communication.

Be an assertive communicator

There are three main types of communication but being an 'assertive' communicator is usually best for you and the person you're communicating with. Here's what they mean:



1

Aggressive communication involves expressing thoughts, feelings, or opinions in a forceful and confrontational manner that often disregards the feelings and perspectives of others.



2

Passive communication involves expressing thoughts, feelings, or opinions in a subdued and hesitant manner, often avoiding conflict and failing to assert your own needs and boundaries.



3

Assertive communication involves expressing thoughts, feelings, or opinions in a confident and respectful manner that acknowledges both your own rights and the rights of others, promoting open and balanced dialogue.

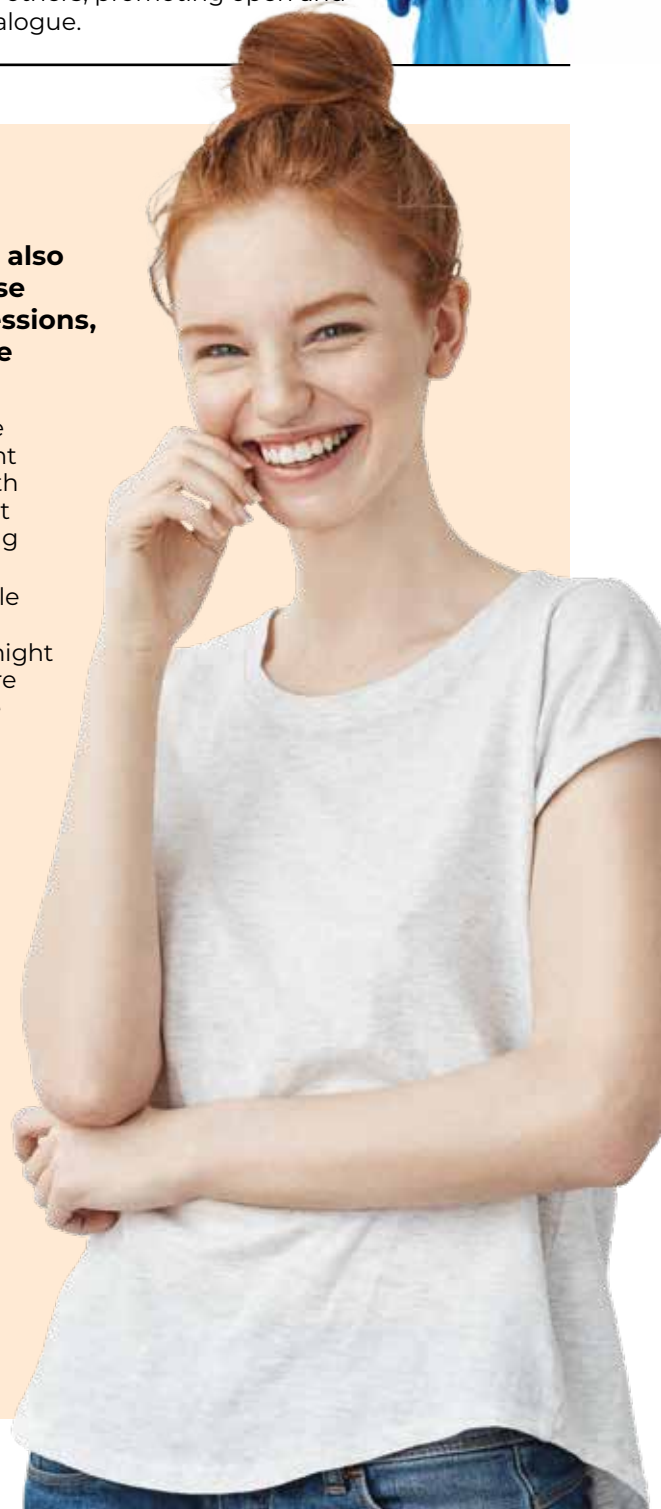


Be aware your body talks

Have you ever noticed that sometimes people say things without actually speaking? That's because our bodies can also talk, and this is called 'body language.' Just like how we use words to communicate, our bodies use movements, expressions, and gestures to tell others how we're feeling or what we're thinking. Here's some examples:

- **Faces say it all:** Our faces are like big signs that show what we're feeling. When you're happy, you might smile, and your eyes might sparkle. If you're sad, your eyebrows might droop, and your mouth might turn down. Sometimes, if you're surprised, your eyes might widen. These are just a few ways our faces tell others what's going on inside our heads.
- **Arms and hands have stories:** Have you ever noticed how people use their arms and hands when they talk? If someone's excited, they might wave their hands around. If they're interested, they might lean in or point at something. Crossing your arms can show you're feeling defensive or closed off, while open arms can mean you're welcoming and friendly.
- **Legs and feet speak:** Even our legs and feet can say things! If someone's tapping their foot, they might be impatient. If they're bouncing their leg, they might be nervous. Standing up straight can show confidence, while slouching might make you seem unsure.
- **Eyes and eye contact:** Our eyes can tell a lot too. Looking someone in the eye when you talk shows that you're confident and paying attention. Avoiding eye contact might mean you're feeling shy or uncomfortable.
- **Personal space:** Have you ever felt like someone is standing too close to you? That's called personal space. Respecting personal space shows that you're considerate of others' feelings. If someone backs away, it might mean they want more space.
- **Mirroring:** Sometimes, without even realising it, we copy the movements and expressions of the people we're with. This is called mirroring, and it shows that we're getting along and connecting with them.

Remember, body language helps us understand each other better. But just like words, it's important to remember that body language can have different meanings in different situations and cultures. So, next time you're talking to someone, pay attention to what their body is saying – you might learn a lot more than just their words!





Sex, sexuality & gender



'Sex', 'sexuality' and 'gender' are complicated concepts that can take a while to wrap your head around. Explaining the difference here may help you understand where you are within your own journey right now, how you can support others, and where to seek help if you need it.



Intimate relationships

An intimate relationship is a special connection that happens between two people who really care about each other. It's a way of showing love and affection that involves physical intimacy. It involves things like holding hands, hugging, kissing, and even more private actions that feel good and special to both people. But here's the important part: a sexual relationship should always happen when both people are comfortable, understand what's happening, and agree to it. It's a big deal and should be based on trust, respect, and open communication.

Consent

Consent means that everyone involved agrees and feels comfortable before doing anything that's private or intimate, like hugging, kissing, touching or anything else.

It's important to ask for and give consent before doing anything that involves someone's body. If you want to hug or hold hands with someone, you should ask them if it's okay first. And if someone asks you for a hug, you have the right to say yes or no. No matter what, your feelings and comfort come first.

Why is this so important?

Well, giving, asking for, and receiving consent is all about treating each other with kindness and respect. It shows that you care about how the other person feels and that you're making sure both of you are comfortable. Imagine how you'd feel if someone did something that made you uncomfortable without asking – that wouldn't feel good, right? Consent makes sure that everyone feels safe and happy in their interactions and sets boundaries.





But what does consent actually MEAN?

Here's what consent looks like in practise:

- **Asking before doing:** Before you engage in any private or intimate activities, always ask for permission. If you want to hug, kiss, hold hands, or do anything else that involves someone's body, make sure to ask them if it's okay. And remember, it's okay if they say no – everyone has the right to decide what they're comfortable with.
- **Listening and respecting:** If someone says they're not comfortable with something or changes their mind, it's important to respect their decision without any pressure or judgment. Consent can be given or withdrawn at any time. Being respectful of each other's choices shows that you care about their feelings.
- **Clear communication:** Openly talk about your boundaries and feelings with your partner or the person you're interacting with. Let them know what you're comfortable with and what you're not. Encourage them to do the same. This helps both of you understand each other better and build trust.
- **Body language matters:** Sometimes, body language can also show whether someone is comfortable or not. Pay attention to their cues. If they seem hesitant, tense, or uncomfortable, it's a sign to slow down or check in with them.
- **No pressure, no guilt:** Never pressure or guilt anyone into doing something they're not comfortable with. It's important to prioritise everyone's well-being and feelings. A healthy relationship is built on mutual understanding, trust, and shared decisions.
- **Educate yourself:** As you grow and learn, take the time to educate yourself about healthy relationships, consent, and the importance of communication. Understanding these concepts will help you navigate relationships in a respectful and positive way.

Remember, practicing sexual consent is all about treating each other with kindness, empathy, and respect. It's a key part of building healthy relationships that make everyone involved feel valued and safe.

What does the law say?

The age that someone can consent to any kind of sexual contact varies slightly between state and territories in Australia. In the Australian Capital Territory, New South Wales, Northern Territory, Queensland, Victoria and Western Australia the age of consent is 16 years, while in Tasmania and South Australia the age of consent is 17 years of age.

Sexting

Sexting is when people send or receive intimate or explicit messages, photos, or videos through phones or other devices. While technology can be super cool for staying connected, it's important to know that sexting can also have some serious downsides.

Sexting might seem like a quick way to share feelings or connect with someone you like, but it can be harmful for a few reasons. First, once you send something online, you might not have control over where it goes or who sees it. That means private pictures or messages could end up being shared without your permission. This can lead to embarrassment, hurt feelings, and even bullying. Second, it's important to consider your safety. Sharing explicit content could make you vulnerable to online predators or other unsafe situations. Lastly, sexting can have legal consequences, especially if you're underage. It's crucial to remember that the laws around this can be strict, and it's not worth getting into trouble.

So, what can you do about it? Well, the best thing is to think twice before you share anything intimate online. If you're unsure, talk to a trusted adult or friend about it. Remember that your feelings and boundaries come first – don't let anyone pressure you into sharing something you're not comfortable with. If someone sends you explicit content, it's okay to say no or even block them if you feel unsafe. If you've shared something and you're worried about it, talk to someone you trust – like a parent, teacher, or counsellor. Remember, your wellbeing and safety are super important, both online and offline.



Practise safe sex

Even if sexual contact doesn't involve any blood, semen or vaginal fluids being passed between partners, you can still minimise the risk that you'll get an STI or BBV (blood borne virus). Remember, nothing is ever 100% risk-free.

Sexual activity between people who have vaginas has a lower risk of STI transmission, but lower risk doesn't mean there's no risk at all. Similarly, anal sex (regardless of gender identity or sexuality) has a higher chance of resulting in an STI, but using condoms correctly can dramatically reduce that risk.

Preventing HIV

As well as using condoms, there are specific things that you can take before or after sex to reduce the chance of getting HIV from a partner. Talk to your GP or a sexual health nurse for more information.

Contraception

Contraception is using methods to prevent unintended pregnancy. There are different forms of contraception that, when used properly, can be very effective. Types of contraception include:

- contraceptive pill
- condoms*
- diaphragms
- contraceptive injections
- Implanon
- intrauterine device (IUD).

Contraception is not 100% effective

There's always a very small chance of pregnancy. Using a hormonal contraceptive (the pill) and a condom is the safest option to prevent unintended pregnancy. If you're worried you may be pregnant, because you recently had unprotected sex, you can speak to a health professional about the emergency contraceptive pill (ECP). This is sometimes called the 'morning after pill'. It's important to take it as soon as possible after you had unprotected sex.

*Condoms are the only form of contraception that can protect against both pregnancy and STIs.



Unintended pregnancy

Navigating an unintended pregnancy is not always straightforward. It is best to contact a dedicated service for information and support.

Pregnancy Help Australia

This national body provides support, education and resources for teenagers experiencing pregnancy.

www.pregnancysupport.com.au

Phone: **1300 792 798** (QLD, NSW, VIC, ACT)

1300 655 156 (SA, WA, TAS, NT)

Pregnancy Counselling Link

Professional, confidential and free counselling in relation to unintended pregnancy and support.

www.pcl.org.au

Phone: Tollfree **1800 777 690** (national)

Statewide services that are part of Family Planning Alliance Australia also provide information and counselling for unintended pregnancy. Find your local family planning service at **www.familyplanningallianceaustralia.org.au**





Good sexual health

Good sexual health requires a respectful and positive attitude around the decisions you make. It's also about having the right information so you can enjoy yourself and prevent things like sexually transmitted infections (STIs) and unplanned pregnancies. Sexual health is something that we all need to think and talk about, regardless of gender or sexuality (more on this later).

Sexually Transmitted Infections (STIs)

STIs get passed on during sexual contact, like kissing and touching (oral, anal and vaginal), through blood, saliva, semen or vaginal fluids. While medical treatment can cure some STIs, it may only help relieve symptoms for others – and not all types are curable.

Some STIs include:

- chlamydia
- gonorrhoea
- herpes/cold sores
- genital warts
- hepatitis
- HIV.

Some symptoms of STIs include:

- unusual discharge
- pain during urination/sex
- sores, blisters, ulcers, warts or rashes
- pain in the scrotum or testicles
- infertility.

These types of barrier protection are helpful in preventing STIs:

- the condom
- the vaginal condom
- dental dams.



How to start a conversation about sexual health

Talk with your partner/s about whether you, or they:

- have had an STI before, and whether it has been treated
- have had a sexual health check and when
- are in agreement about safe sex practices, like types of protection and contraception.

Getting tested

If you're sexually active, it's recommended that you get tested for STIs once a year, even if you use protection. This can be done as part of a routine visit to the general practitioner (GP) or at a headspace centre*. It can sometimes help to talk it through with someone first. You may want to get advice from someone you trust, like a family member, teacher or counsellor. Your GP can also give you information to help you maintain your sexual health.

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Sexuality

Everyone's sexuality is different. Some people are attracted to only one sex, and others are attracted to a diversity of people regardless of sex or gender, with a lot of different preferences in between.

People use a few common labels to identify their sexuality. Your sexuality isn't defined by who you have sex with – it's about how you feel and how you choose to identify yourself. The important thing is that you choose what label feels comfortable, or you choose no label at all. You might find, like many others have, that the label you choose changes over time.

Words to describe sexuality

Straight/Heterosexual

Attracted mostly to people of the opposite sex or gender.

Gay/Homosexual

Attracted mostly to people of the same sex or gender (refers to guys – and often to girls, too).

Lesbian

Attracted mostly to people of the same sex or gender (refers to women).

Bisexual+

An inclusive term that describes being attracted to romantic and/or sexual partners of more than one gender or sex. Some people in this community prefer the term pansexual, which generally describes being attracted to all sexes or genders, and others in the community may prefer the term queer.

Polysexual

Attracted to romantic and sexual partners of many but not all genders, sexes or sexual identities ('poly' means 'many').

Asexual

Not really sexually attracted to anyone.

Some people also choose the labels 'queer' or 'fluid' as a way of expressing themselves by their own personal feelings.

What is gender?

Gender refers to your sense of who you are as a boy, girl or something else, as opposed to what your physical characteristics, genes and hormones indicate. Identifying your gender can be more diverse than simply seeing yourself as 'male' or 'female', and people express their gender in different ways.

There are many different words and labels that people use to describe their sex or gender characteristics and identities. Here are some of the most common ones.

Cisgender

A word used to describe people whose gender agrees with their body sex or assigned sex.

Trans and gender diverse

A general word for people whose gender is different from their physical sex, including transgender people.

Transgender

A person whose gender identity or gender expression does not conform to that typically associated with their sex assigned at birth.

Genderqueer/non-binary

Any gender identity that sits within, outside of, across or between the spectrum of the male and female binary. A non-binary person might identify as gender fluid, trans masculine, trans feminine, agender, bigender etc.

Intersex

A person born with reproductive organs, hormone levels and/or sex chromosomes that aren't exclusively male or female. There are many different states of being intersex, and they're not always obvious on the outside or even diagnosed.



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Exploring study, work and training options

Making plans about the future is exciting, but it can also be stressful and worrying. There are many pathways to embark on further study or employment. It is worth starting these conversations at any point in your secondary school journey.

This section gives some broad options to consider what you might like to do once your formal schooling journey comes to end. By discussing your ideas with friends, family, teachers, coaches, mentors and specialists in this area like guidance counsellors you can manage the overwhelming feelings these big decisions can raise.



There are many pathways to get a qualification through further study including university, TAFE and specialised courses.

University

About 30 per cent of students go direct to university from school. There are however alternative pathways by transferring from recognised VET studies or undertaking bridging or foundation programs to help prepare students for university courses.

When considering going straight to university, it is important to explore course requirements including prerequisite Year 11 and 12 subjects.

There are other things to consider like the cost of university study, and associated living expenses like course materials, petrol, travel, even the possibility of needing to move out of home.

Visit the Youth Central website for a full guide on what to study and where, choosing a course and how to apply –

www.youthcentral.vic.gov.au/study-and-training/university-and-tafe

TAFE

TAFE and training courses can give you the skills to work in hundreds of industries.

This kind of training will also provide pathways for further training and better careers.

Qualifications include:

- **Certificate I** courses – basic skills that can be used in simple jobs
- **Certificate II** courses – train participants for entry-level positions or apprenticeships
- **Certificate III** courses – help develop skills, knowledge and problem-solving abilities
- **Certificate IV** courses – training for supervisory and management positions
- **Diploma** courses – skills in professional, technical or creative fields
- **Advanced Diploma** – high-level skills in technical, professional and creative fields
- **Graduate Certificate and Graduate Diploma** – equivalent to a university degree with Honours.

For information about TAFE courses in all states and territories visit:

Australian Capital Territory
cit.edu.au

New South Wales
tafensw.edu.au

Northern Territory
<https://www.tafecourses.com.au/courses/northern-territory/>

Queensland
qtac.edu.au

South Australia
tafesa.edu.au/courses

Tasmania
tastafe.tas.edu.au

Victoria
tafe.vic.gov.au/s/

Western Australia
fulltimecourses.tafe.wa.edu.au



Paying for ongoing study

Paying fees is a fact of life, and paying for further education is not exempt. Once you have decided on a course and where you would like to study, ensure you can cover expenses of course fees and also living costs while you study.

These are some of your options:

- Pay all fees upfront before the course starts – the dream scenario but not always achievable!
- Get a government loan – visit www.studyassist.gov.au
- Apply for a study scholarship – visit www.scholarships.org.au
- Do an apprenticeship or cadetship – www.australianapprenticeships.gov.au
- Get student income support – <https://www.humanservices.gov.au/individuals/services/centrelink>
- Work and study at the same time

Employment

A paid job means your own money, which can lead to freedom and the chance to learn, do new things and even help out your parents/guardians with a few of your expenses like your mobile phone or subscriptions.

Getting your first job is not always easy, and people often have to apply for a number of jobs before they are successful. Do not get discouraged, learn where you can improve and keep applying – it is like everything, as you get more experience in interviews, you will become more successful.

Finding jobs on formal advertising channels like seek.com.au, local noticeboards or newspapers are a good place to start.

However, about 80 per cent of jobs are never formally advertised so ask your friends, family members and other networks if they know of any work opportunities.

Also, make a list of the places you would like to work and just rock up and ask if there are any vacancies. This is a first-impressions situation so treat it like an interview. Dress appropriately, speak clearly and have a resume with a cover letter that you can leave behind.

When it comes to junior positions, employers are interested in employability skills that allow people to do their jobs while acknowledging the candidate may not have all the technical knowledge. In other words, employing young people is a great way for companies to be able to train staff. This means showing your potential employer that you are good at communication, teamwork and problem-solving will be a great start. Then provide examples of your initiative and planning/organisation skills and most of all, your willingness to learn. In the world we live in, technology skills across social media, web and other electronic communication will be a plus!



Uluru Youth Dialogue led a group of 100 young people to learn more about the First Nations Voice to Parliament during a three day conference held in Sydney. Pictured at at Barangaroo headlands. Photo credit: Ben Fry / Uluru Dialogue.

First Nations Voice to Parliament

The outcome of the referendum for Constitutional change to recognise First Nations people by establishing a Voice to Parliament will affect generations of Australians to come.

This means every young person in Australia should find out the real facts behind why this referendum has been called for Saturday 14 October, what it means and why it matters.

If you don't know ... FIND OUT!



Visit www.ulurustatement.org

WHAT

The Voice will be an advisory body that gives First Nations Australians a say on matters that directly affect them.

WHO

83% of First Nations people support the Voice because they know it will make a difference on the ground.

WHY

A Voice will deliver better information, better government decisions, less waste and improved outcomes.

Key facts about the First Nations Voice

1. Constitutional recognition means just that – recognising First Nations people in the Australian Constitution.
2. The Voice will be an advisory committee made up of First Nations people who will be able to have a say on behalf of their people on decisions that affect them.
3. The idea comes from Aboriginal and Torres Strait Islander people and the majority (83% agree with it).
4. Listening will mean better educational, economic, health and social outcomes for First Nations people.
5. The Voice to Parliament will include young First Nations people.
6. Parliament and Government will still be responsible for laws, programs and funding so that doesn't change.

Who benefits?

The short answer is ... everyone benefits!

Here's what the **Australian Human Rights Commission** says:

How will constitutional reform benefit non-Indigenous Australia?

There is nothing to be afraid of in extending recognition to the first peoples of this land, there is in fact a lot to be gained. Recognising Aboriginal and Torres Strait Islander peoples in the Constitution will:

1. Enrich the identity of the nation as a shared identity
2. Improve the effectiveness of the nation's democracy by increasing the protection of the rights of all Australians
3. Make significant headway towards a reconciled Australia.

Constitutional reform will affect all Australians. At its core, recognising Aboriginal and Torres Strait Islander peoples in the Constitution is about nation-building. Building a nation based on respect for the dignity and humanity of the first peoples of this land is something for all Australians to strive for. This process will encourage all Australians to examine what it means to be Australian and what place Aboriginal and Torres Strait Islander peoples have in that collective identity.

How will constitutional reform improve the lives of Aboriginal and Torres Strait Islander people?

Recognition of Aboriginal and Torres Strait Islander peoples in the Constitution has the potential to:

1. Address a history of exclusion of Aboriginal and Torres Strait Islander peoples in the life of the nation.
2. Improve the sense of self-worth and social and emotional well-being of Aboriginal and Torres Strait Islander peoples both as individuals, communities and as part of the national identity.
3. Enshrine the principles of non-discrimination in to our Constitution.
4. Change the context in which debates about the challenges faced by Aboriginal and Torres Strait Islander communities take place.
5. Build positive relationships based on trust and mutual respect between Aboriginal and Torres Strait Islander peoples and the broader Australian community.

These benefits will make significant progress towards overcoming Indigenous disadvantage and move Australia closer to Reconciliation.

Why young people matter in the upcoming referendum

Even if you're not old enough to vote, you have an important role to play in the country's decision to recognise Aboriginal and Torres Strait Islander peoples in the Constitution and the establishment of a Voice to Parliament, which becomes an important advisory body to the Federal Government on policies and decisions that directly impact and affect First Nations people and their communities.

Here's how:

- **Sign up** to ulurustatement.org.au and get the latest accurate info
- **Follow** @Uluru Statement social media & share content
- **Share** what you know with your parents, grandparents, other family members, friends, team mates, people you work or other groups you're involved in
- **Volunteer** with your local campaign team
- **Vote** at the referendum if you are 18 (voting is compulsory so make sure you're enrolled)





(L-R) Uluru Youth Dialogue Co Chair Allira Davis, conference delegate Dylan Adams and Uluru Youth Dialogue Co Chair Bridget Cama.

Young people have the facts

At a national gathering held in Sydney recently, young people from every state and territory representing multiple genders, faiths and cultures, leant their voice to the First Nations Voice to Parliament campaign.



(L-R) Uluru Youth Dialogue Hands on Heart National Youth Conference delegates from the Multicultural Youth Advisory Network Tasneem Negussie, Kate Yeung, Rahila Abdul Hadi, Arozoo Rahimi, Khin Khin Soe and Aisha Mahdi.

Organised by the Uluru Youth Dialogue – the only youth and First Nations-led Voice referendum campaign – the three-day Hands on Heart Youth Voice National Conference was a momentous event underpinned by hope and unity.

The conference was a partnership between the Uluru Youth Dialogue and UNICEF Australia, the Multicultural Youth Advocacy Network and the Australian Youth Affairs Coalition.

The purpose was to get 100 young Australians together for a leadership and learning experience that would unite young people aged 18-30 years to support the First Nations Voice with three key objectives: education, activation, connection.

Wiradjuri woman and Uluru Youth Dialogue Co-Chair Bridget Cama said the conference was an opportunity to mobilise young Australians in support of the First Nations Voice as referendum day nears.

"The Uluru Statement from the Heart was issued in 2017 after 12 regional dialogues with Aboriginal and Torres Strait Islander people around the country. It is an invitation to all Australians to walk with us towards a better, more hopeful future," Ms Cama said.

"Young people are at the heart of a successful referendum and we're excited to give them the information and the skills to educate and advocate for the Voice amongst their families, friends, colleagues, and communities."

NSW Year 12 student Dylan Adams was sponsored by the YMCA NSW to attend the conference. He has been actively educating people in his south-Sydney community about the Indigenous Voice to Parliament and inspiring other young people to share accurate information to ensure voters are well informed.

"The notion that an entire race of people that are traditional owners of the land aren't able to have an active and direct voice when it comes to decisions that actually affect them is disheartening and this is the time to change it," he said.

"I understand that sometimes young people feel that they are not always listened to."

"But history is changing, and this is a moment where young people are able to be heard.

"My big message to all young people is to talk to people who will listen and take you seriously – friends, family, team mates, people you work with that you can have a small impact on because those small steps will build a path for bigger change."

Dylan urges all Australians to read widely and separate accurate information from the noise and mistruths that out there.

"Once you are armed with accurate information, get involved locally. Even if you're not old enough to vote you can help by volunteering and letterbox dropping or attending events," he said.

Cobble Cobble woman and Uluru Youth Dialogue Co-Chair Allira Davis said young people will be crucial to the success of the referendum for a First Nations Voice as well as being the first generation to inherit the outcome of this referendum.

"We've got a really energised group of young people ready to walk with us for a better future," she said.

"We want to harness the enthusiasm of young Australians and show them how a successful referendum will shape the future of our country.

"We want young people to be confident in advocating for the Voice and know their active support could well make the difference in ensuring a successful referendum result."

Find out more about the Uluru Statement from The Heart at ulurustatement.org.au

Youth Declaration

Following the Uluru Youth Dialogue's Hands on Heart National Youth Voice Conference held on Gadigal Land from 24-27 August 2023, the gathering's 100 Indigenous and non-Indigenous young leaders united to issue the following statement.

At the Hands on Heart National Youth Voice Conference, we as delegates have spent three days focused on the key objectives of: education, activation and connection.

We have opened our hearts. We have listened deeply. Now, speaking from different cultural backgrounds, faiths and walks of life, we declare our firm and enthusiastic support for a constitutionally enshrined Voice to Parliament as called for by Aboriginal and Torres Strait Islander people in the Uluru Statement from the Heart.

There is so much to gain from listening to First Nations peoples and communities. The opportunity to create a more united country, where we walk together with First Nations people towards a better future and allow them a say on the issues that affect them through the Voice is clear to us.

73% of young Australians support this nation-building reform. Our generation will be the most affected by the choice all Australians of voting age will face on referendum day, followed by our children and their children.

We hope all Australians will hear our message and walk alongside First Nations people and communities to shape a brighter future by voting YES.

We all benefit when we listen to each other, sharing our knowledge, experiences and culture

Over the Conference, we heard from the architects of the Uluru Statement, Pat Anderson AO and Professor Megan Davis, as well as Co-chairs and Ambassadors of the Uluru Youth Dialogue. We learned about the rigorous Regional Dialogue process that was held over 2016/17 across Australia. The Regional Dialogues asked and listened to First Nations people about what constitutional recognition meant to them, which culminated in the Uluru Statement



from the Heart and the call for a constitutionally enshrined First Nations Voice.

The facts are clear:

- 1.** *The Voice is supported by the vast majority of Aboriginal and Torres Strait Islander people*
- 2.** *The Voice came from a grassroots campaign, not government*
- 3.** *A YES vote offers a practical solution for our shared future in Australia*

The coming weeks are crucial to us. We have spoken to media and committed to our plans for the lead up to the referendum. We heard from Uluru Youth Dialogue leaders – Aboriginal and Torres Strait Islander people aged 18-30 and the only youth-led campaign working towards a successful referendum.

We will be returning home to share this key information with our communities. Our agency as young people in this movement is important to both educating people about the referendum, as well as its success. We will continue issuing the Uluru Statement invitation to our

communities, including in many of the 83 plus languages it has been translated in to.

The connections we have built over the past three days has ignited our spirit as young leaders. We know history is calling, and we urge our fellow Australians to accept the invitation of the Uluru Statement.

The Uluru Statement is a roadmap to peace that invites all Australians to implement substantive, structural constitutional reform asked for by First Nations people.

We want to bring all Australians on the journey to be the change-makers of our time, and transform our nation's history for the better.

We are excited to celebrate the first step to a more just and unified Australia.

History is Calling, we urge you to answer. Support an Aboriginal and Torres Strait Islander Voice.

The time is now.

**#StayTrue2Uluru #HoH23
#HandsOnHeartConference
#AnswerTheCall #UluruStatement**



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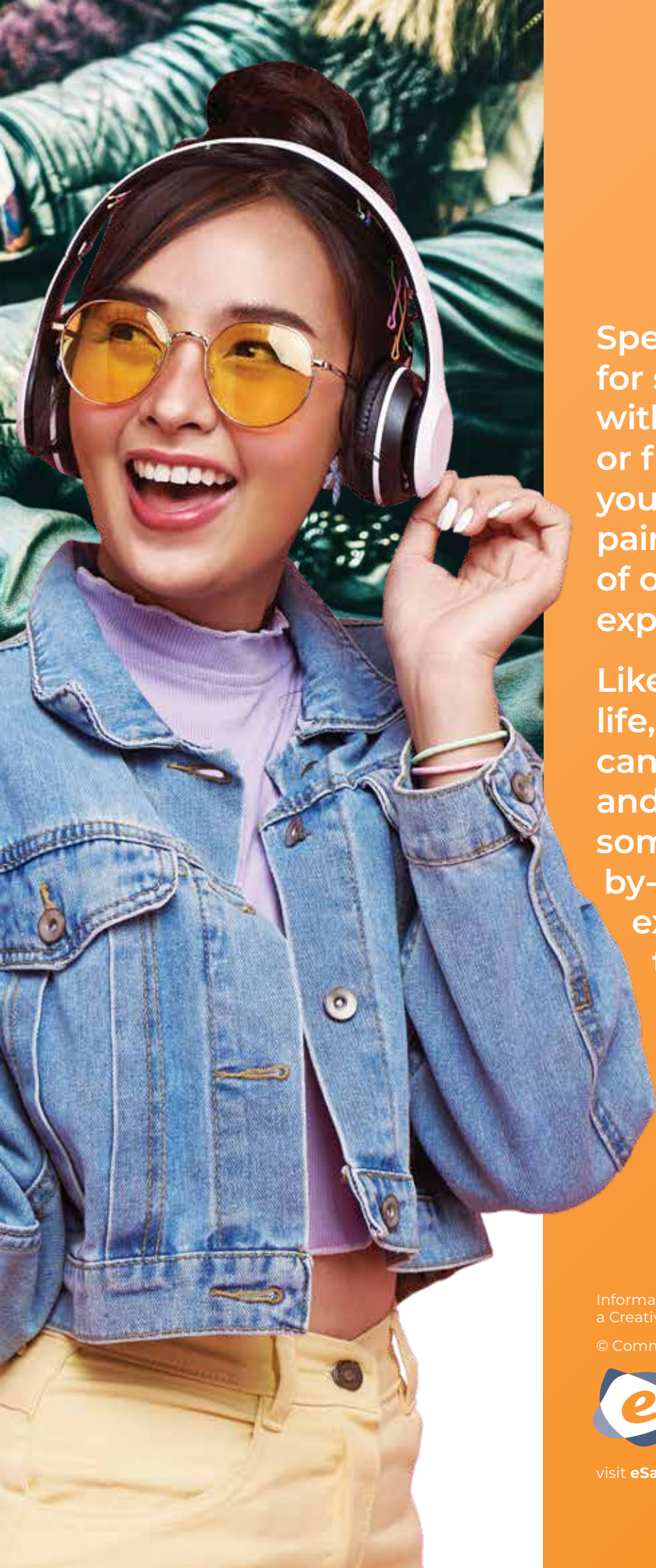
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Keeping e-safer



Spending time online for study, connecting with friends and family or finding a great recipe, your next adventure or pair of shoes is the upside of our continuously expanding digital world.

Like many great things in life, spending time online can have its downside and dangers. Here's some of the less pleasant by-products of the exciting world of digital technology and tips for keeping yourself safe.

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visit [eSafety.gov.au](https://esafety.gov.au)



Cyberbullying

Cyberbullying is the use of technology to bully a person with the intent to hurt or intimidate them.

Some examples of cyberbullying include:

- hurtful or abusive messages
- creating fake accounts in someone's name to trick or humiliate people
- spreading nasty rumours or lies about someone
- sharing photos of someone to make fun of them or humiliate them

What to do

Resist the urge to respond

Resist the urge to respond to any hate targeted at you online, it usually just makes it worse. Often people will say hurtful things just to get a reaction and you don't want to be associated with that or provide them with any reason to get you in trouble as well. Stick to treating people the way you want to be treated online and offline, and you will definitely feel better about yourself.

Screenshot evidence

Before you block or delete, make sure you screenshot. If you've seen or been the target of mean or nasty stuff online, your immediate reaction might be to make it disappear, but it's really important you keep evidence of it. This might help you out down the track if they continue to be nasty and you need to report it

to eSafety*. However, if the bullying material involves nudes, be aware that possessing or sharing such images of people under 18 may be a crime, even if the picture is of you or you have just taken a screenshot for evidence purposes. For information about relevant laws in Australia, visit Youth Law Australia. You can also read our advice on what to do if your nudes have been shared.

Report to the online service or platform

Most social media services, games and apps have a function that makes it easy to report and block online bullying. You can find reporting links for social media, apps, games and websites in The eSafety Guide. If people continue to post mean stuff about you that you can't see, but your friends tell you about, encourage your friends to report it too.

Online drama

Lies and rumours can spread like wildfire online, and it's not always easy to know the best way to respond.

Often when something happens at school or within your friend group, the drama can spill out onto social media or private messenger apps. Whether you're directly involved or not, it's always best to have a cool head and help diffuse the situation if you can.

What to do

Resist the urge to retaliate

Resist the urge to retaliate. Rather than continuing the cycle of negativity, try intervening with some positive comments or changing the subject. If you feel like you might be tempted to retaliate, turn off your notifications and leave your phone somewhere for a while, so you can concentrate on other things.

Offer a new perspective

If you see a one-sided mean post about someone you know, rather than scrolling by, you could shake it up and offer a new perspective. It could be as simple as offering a different side to the story or saying something really nice about the person they're targeting. Even offering something completely off-topic can help to interrupt the stream of abuse.

DM the person being targeted

Reach out to the person being targeted and let them know you've got their back. Even if they're not your best mate, sending them a message to make sure they're okay can have a huge impact on another person.

Report the post

If the post, messages or photos are on a social media service, you should report it. Reporting is anonymous on most social media services and can be an effective way to put a stop to the drama. For more info, check out the eSafety Guide.

Get outside help

If the drama is getting serious, it might be time to reach out for more help. Speak to a trusted adult, or someone with a bit more authority who would be able to help you out with the situation. Encourage whoever it is targeted at to seek help too. If they are feeling really down, let them know that they can reach out to a counselling or support service that is right for them.

Report it to eSafety

If you have trouble getting the content removed and you are under 18, you can report it to the cyberbullying team at eSafety. We can work with you to get the hurtful content taken down and point you in the right direction to get help and support. If you are 18 and over, read our tips on how to deal with adult cyber abuse and what you need to do to report it.

Talk to someone

Cyberbullying can make you feel isolated and like everyone is out to get you, but that's not the case. Make sure you talk to people you trust and get support from mates or adults that have your back, and you'll realise that you are not alone. There are also many online and phone counselling services with caring people ready to hear you out.





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Your digital rep

Our online profiles have become a digital resume – anyone can Google your name or check out your social media accounts, including potential employers, universities and others.

This means it's really important that you know what your online reputation looks like and how to fix it if you need to. Here's some quick things you can do right now to check out your social media self and change it if you need to.

What to do

Google yourself

Anyone can Google your name or find info from your social media accounts if you don't keep them private, including potential employers (or dates!) – so be really careful what you post because you may not be able to get rid of it once it's public.

Check your privacy settings

If you find a few random photos or posts that are publicly available and you didn't think they were, it's a good time to change your privacy settings. Check out the eSafety Guide to find out more about the privacy settings for particular social media platforms and how to change them.

Say no to posts or photos

You may have heard the saying 'if it isn't on social media it didn't happen' but we know that this is not true. Opt out of photos or ignore tag requests if you want to protect your digital reputation.

Get posts/photos/videos taken down

If the posts are from someone else and you're tagged in them – try to un-tag yourself or ask the person who posted them to take them down.



Think before you post, like or follow something

Make sure that the pages, groups, photos, tweets or videos you like, follow subscribe to or comment on, are true reflections of you and actually things you want to be associated with. Remember, a potential employer may not know that you've liked a page or uploaded a photo as a joke or understand its wider context.

As the saying goes, if in doubt, don't post it!





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Unsafe or unwanted contact

A stranger or someone you know can make you feel uncomfortable or unsafe. Here are some warning signs that something is not quite right.



Our research shows that one in four young people are being contacted by strangers online. Contact from a random stranger can be risky. But even online contact from someone you know can make you feel that something is not quite right.



Signs to look out for

Some people who contact you genuinely just want to be friends or chat. The problem is that some others, both men and women, target young people online to scam you, to trick you into giving them nude or sexual pictures or videos, or to harm you in some other way.

The person contacting you online could be someone who is older, but it could also be someone close to your age. It might be a stranger, or it might be someone you know. It could start innocently, with someone being very friendly and helpful to make you trust them, before things get uncomfortable or risky.

Here are some warning signs

- **You feel that something is not right** — trust your instincts.
- **Things don't add up** — their online profile doesn't match what you see and hear when you talk or chat with them.
- **They tell you their webcam is broken** — sometimes a person who wants to harm you pretends to be your own age and says their webcam is broken so you can't see what they really look like.
- **They contact you a lot and in different ways** — for example, you meet them on Instagram, then they switch platforms and start direct messaging you.
- **They ask you who else uses your computer or tablet** — or even which room of your house you are in.
- **They ask you for favours and do things in return** — people who want to harm you may even offer you money or followers, but then won't deliver what they've promised.
- **They say they like your appearance or body** — or ask very personal things like 'have you ever been kissed'?
- **They insist on meeting** — they may keep saying they want to see you in person and try to make you feel guilty or threaten you if you don't agree.
- **They want to keep your relationship secret** — people who want to harm you often try to keep their friendship with you extremely private from the beginning.



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How to protect yourself from unwanted contact

Make your accounts private

By adjusting your privacy settings, you can stay in control of who sees what you post online and who can contact you directly.

For example, you can update your settings to only accept messages from people on your 'friends' list.

It's also a good idea to check your location sharing options to make sure your location is only available to you or to specific friends.

If you want to know how to check what is public, see page 29 about managing your digital reputation.

You could even sit down for 30 minutes and check all the privacy settings in your social media apps – it will be time well spent!

Delete contacts you don't talk to

Go through all the people who are your online friends or who follow you on social media and check that you actually know them. If you don't, it's probably a good idea to delete them.

Bonus tip — when you get a notification that it's someone's birthday and you don't know them well enough to say HBD on their profile, think about deleting them from your account.

Delete requests from strangers

When you get a friend or follow request from someone you don't know, check if you have mutual friends. Remember, it's easy for a person online to pretend to be someone they are not. If you're unsure, delete the request.

How to deal with unwanted contact

If contact with a stranger, or with someone you know, makes you feel uncomfortable or unsafe, stop responding to the other person straight away.

In situations like this, it's really important to talk to a trusted adult about what's been happening.

Screenshot evidence

It's best to take screenshots of anything that makes you feel uncomfortable.

Report and block

Once you have all your screenshots, you can report the other person directly to the platform and then block their account to prevent them sending you further messages. It's also a good idea to talk to a trusted adult about it.

Report to eSafety

If the contact continues, get help. You might be able to make a cyberbullying report via eSafety, visit [eSafety.gov.au](https://www.esafety.gov.au)

Report to police

If you feel you are in immediate danger, contact your local police, or in an emergency call triple 000.



Where to go for help

For free, confidential support contact:

For more information

eSafety has legal powers to help protect people who live in Australia from the most serious online abuse and harmful content. This includes content that appears on social media, games, chat apps, emails, messages (including SMS), forums and websites.

If you've been cyberbullied and need help with what to do next, read our tips on this page and find out more in the cyberbullying section of the eSafety website at www.esafety.gov.au



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**Be the ally
we all need**



Being an ally means you are willing to stand up for, support and encourage those around you. It's about supporting equal rights for everyone regardless of race, ability, sexual orientation, gender or religion. When responding, assess the situation and never put yourself at risk. Your actions don't need to involve confrontation. Here are some examples on being a good ally.

Content for pages 40-43 is courtesy of



**Australian
Human Rights
Commission**

Visit <https://itstopswithme.humanrights.gov.au/> for more.



Racism ally

Being an ally is not about ‘saving’ people who are living with racism – it’s about being aware of inequality, calling it out where it exists, and above all listening to people who experience it, and elevating their voices.

Here are some suggestions for how you can be a good ally to people from racially and culturally diverse backgrounds.

Social settings

If you see someone being racially targeted in public, a powerful symbol of support is to go and sit or stand next to them and check if they’re okay. This also sends a message to the perpetrator that their actions are not acceptable.

You can say something to the perpetrator if it feels safe. This doesn’t have to be aggressive – in fact it’s much better if you stay calm. It could be as simple: “Why don’t you leave him/her alone?”

A useful tip is to avoid calling the person racist, because this will only make them defensive, and they’ll probably stop listening to you. Better to criticise the comments, not the person.

Asking open-ended questions is often a good way to make the perpetrator think about their actions. For example:

- “Why did you say that?”
- “Why do you think that’s funny?”
- “What do you mean by that?”

You might also feel comfortable offering your own thoughts or feelings about the person’s actions, such as:

- “I don’t agree with you”
- “I don’t think that’s really fair”
- “I find that pretty offensive”

Allies can be important in public settings. Often, if you speak up others will support you. When a few people come together as strangers to speak against racism, it sends a powerful message for change.

Online

Racism also occurs online, particularly on social media, and is just as hurtful as if it was said to the person's face.

If you witness racism on social media or elsewhere online:

- It's often best to ignore the post and consider blocking future posts from the person. It may be better not to engage with them, as they often want you to react in order to start an argument.
- In some situations you may feel it is productive to comment. If someone is personally targeted online, offering support can be a powerful statement of solidarity. Sometimes, if the person who has made offensive remarks happens to be a friend, consider letting them know you disagree with what they've said. A positive attitude always sets a good example and is likely to prompt a more positive response. Beware of feeding the trolls and getting sucked into an argument.
- If the post is on a page you moderate, consider hiding or deleting the comment.
- Taking a screenshot of the offensive material and saving it to your computer can be a good idea. It may be useful later if any follow up is needed and the person deletes what they have published.
- Most social media platforms, such as Facebook, Twitter and YouTube, have systems for handling complaints about offensive content. Consider alerting the platform, because they can remove the content.
- You can also report the content to the office of the Office of the eSafety Commissioner. They can investigate the matter and follow up with the perpetrator.



Speaking up

Hearing racist comments in social situations can be awkward – especially if they come from family or friends.

Speaking up to the people closest to you, whether in response to a single incident or an ongoing pattern, is a unique challenge. Social dynamics, and the nature of peoples' relationships come into play, and these can affect how comfortable we feel about speaking up.

Calling out racism does not need to be confrontational. Here are some ideas about how you can engage with people productively.

- It's important to stay calm. Getting angry or emotional will make the situation more difficult. It gives the person a reason to ignore you.
- It might be more productive to take the person aside for a private conversation, instead of talking to them in front of others.
- Don't accuse the person of being racist because doing so will make them defensive and argumentative. Criticise the comment not the person.
- Telling the person how their statement makes you feel can be a non-confrontational way to make your point.
- You could ask them questions. Asking them to clarify what they mean might help them explore their own ideas in a constructive way.
- You might appeal to their sense of empathy. Ask 'How would you feel if that comment was made about you?'. This is often better than presenting facts or figures.
- It's very important to listen to their perspective. As abhorrent as their views might seem, if you don't listen to them they will not listen to you. Learning about their existing views might also provide opportunities for them to reflect and see things from a new perspective.





Indigenous Australians' ally

For advice on how to be a good ally to Indigenous Australians, the Australian Human Rights Commission sought input from Summer May Finlay. She's a Yorta Yorta woman, a writer, academic and public health practitioner. Here's what she had to say:

Don't expect Indigenous people to educate you

Allies know Indigenous history through self-education. Indigenous people are only about 3% of the population, and have different levels of knowledge about culture history. Therefore, it's not reasonable to expect Indigenous people to educate you.

Example: learn about the impact of the stolen generations by watching Healing Foundation videos.



healingfoundation.org.au/videos/



Appreciate the diversity among Indigenous people

Indigenous people are not all the same. Differences may be based on age, gender, connection to culture, geography and nation. And remember, differences don't make people more or less Indigenous.

Example: appreciate that Indigenous people may have different views on the same topic.



Please stick with us even when things are tough

Championing Indigenous equity isn't always easy. An ally stands with us at all times, not just when it is easy or fun.

Example: Add your name to Indigenous-led campaigns and share them on social media.

Promote Indigenous voices

Allies allow Indigenous people to speak for themselves. Centring Indigenous people on issues impacting them means making sure that their voices are heard.

Example: on social media, promote articles, infographics and videos by Indigenous people or their organisations.



Be prepared to not be part of decision-making

Indigenous people live their culture, they experience the world as an Indigenous person and know their communities best. Therefore, a good ally appreciates Indigenous need to make the decisions impacting them.

Example: Ask Indigenous people their views on matters relating to them rather than making decisions yourself.



Don't go it alone

Indigenous people should be leading events or issues involving Indigenous people. This means non-Indigenous people need to support Indigenous people to take the leadership role.

Example: If a NAIDOC school event is being organised, make sure you ask the Indigenous person who is leading what you can do to help.



RACISM. IT STOPS WITH ME

If you experience racism, support is available.

Visit <https://humanrights.gov.au/education/students/get-help> to find the right support service in your state.

If it is persistent, you can make a complaint to the Australian Human Rights Commission.

Call **1300 656 419** or **(02) 9284 9600**.



**Australian
Human Rights
Commission**

Racism has no place in Australia.

Join us in taking a stand.

Become a supporter



Be an ally for people living with a disability

Young people have the power to create a society that values and includes every individual, regardless of their abilities. Being an ally for people living with a disability is about recognising their strengths, advocating for their rights, and fostering an environment of understanding. By educating yourselves, actively listening, and taking meaningful actions, we can all contribute to a more inclusive Australia where everyone can thrive and participate fully in all aspects of life.

Start by:

Educating yourself

Start by seeking to understand the experiences and challenges that people with disabilities face. Read articles, watch documentaries, and follow disability activists on social media. Educating yourself about different types of disabilities, the social model of disability, and the history of disability rights can help you better grasp the issues at hand.

Listening and empathising

Listening is a powerful tool in allyship. Take the time to listen to the stories and perspectives of people living with a disability. Empathise with their experiences, feelings, and frustrations. When they choose to share their experiences, validate their feelings, and create a safe space for open dialogue.

Never assuming

It's important not to make assumptions about what someone with a disability can or cannot do. Each person's experience is unique, and assumptions can perpetuate stereotypes. Instead, ask respectful and open-ended questions to better understand their needs and preferences.

Speaking up and advocating

Being an ally means using your voice to amplify the concerns and needs of people with disabilities. Speak up when you witness ableism or exclusion. Whether it's addressing derogatory language, advocating for accessible spaces, or supporting inclusive policies, your voice can make a difference.

Being a good ally

Turning your allyship into action is an important step. Here's how you can actively support people living with a disability:



1 Accessibility matters

Advocate for accessible environments by raising awareness about the importance of ramps, elevators, accessible bathrooms, and other facilities. Encourage your school and community places to implement accessible features that benefit everyone.

2 Offer assistance respectfully

If you believe someone might need assistance, always ask first. Offer help respectfully, and respect their choice if they decline. Treat people living with a disability as equals. Don't focus on their disability.



3 Support inclusive initiatives

Join or support organisations that work toward disability rights and inclusivity. Participate in events, fundraisers, and campaigns that promote understanding and raise awareness.



4 Foster inclusive conversations

Include people with disabilities in your social circles and conversations. By normalising these interactions, you help break down societal barriers.

5 Challenge stereotypes

Educate those around you about the harmful impact of stereotypes and ableism. Challenge misconceptions and promote a more accepting perspective.



Remember that while some disabilities are visible, like using a wheelchair to get around or wearing hearing aids, others are not so easy to see – like having difficulty reading or processing information quickly. Disabilities can be things people are born with, or they might happen because of an accident or an illness. Be kind to everyone and take a moment to get to know the person, understand what is going on for them and how they might like to be supported!





Be an LGBTQIA+ ally

‘LGBTQIA+’ is an evolving acronym that stands for lesbian, gay, bisexual, transgender, intersex, queer/questioning, asexual. Many other terms (such as non-binary and pansexual) people use to describe their experiences of their gender, sexuality and physiological sex characteristics.

It’s important to recognise that we’re all different, and that the things that feel right for us are different from the things that feel right for someone else. We should be respectful of and positive about other people’s sexuality or sexual relationships, and support their right to explore their sexuality in a safe, consensual and responsible way.

Being an ally is someone who stands up for, supports and encourages the people around them. It’s a term that gets used a lot in the LGBTQIA+ community. In this case it refers to someone who is heterosexual and/or cisgender, but who tries to make the world a better place for people who identify as LGBTQIA+.

Being an ally means:

- supporting equal rights for everyone – regardless of race, sexual orientation, gender or religion
- doing what you can to call out discrimination and to fight for equality
- trying to make the world a better place for anyone who identifies as LGBTQIA+.

How to be a great ally

Learn about issues that are important to the community

Talk to people who identify as LGBTQIA+, read books and other publications, listen to podcasts, and visit businesses or websites run by people from the community. Immerse yourself in their world as much as you can and get a sense of what it's like to live in their shoes.

Be visible and support the community as much as you can

This means going to rallies and events, calling out homophobia, transphobia or queerphobia wherever you see it, and supporting businesses, charities or other initiatives owned or operated by LGBTQIA+ people.

Take care of the people in your life who need support

Whether it's friends, family, classmates or workmates, keep an eye on the people you know who are part of the LGBTQIA+ community. Part of being an ally means being there for people when they need you. Offer your shoulder to cry on, give them space to vent or rage, or spend time with them doing something they enjoy, to keep their spirits up.

Be aware of the space you take up

If people ask you questions about the community or for your opinion on an issue, recommend LGBTQIA+ books, magazines, podcasts or social media accounts they can follow. This allows everyone to hear the people in the community speak for themselves.

Talk to the people around you and support them to be an ally, too

The great thing about being an ally for one group of people is that it can open your eyes to be an ally for everyone. People don't fit into just one box. 'Intersectionality' is a term used to describe all the different identities or social categorisations a person has. If someone who identifies as LGBTQIA+ is also a person of colour or also lives with a disability, they might be discriminated against because of each of these identities. So, when you stand up for one marginalised group, you're standing up for them all.



To be an effective ally, we have to be intersectional – which means we can't just fight for the rights of LGBTQIA+ people. We have to be fighting for equality for everyone, regardless of their race, gender identity, disability or sexual preference.

Remember: you really can make a difference to other people.

Kick back with an app

Breakup Shakeup

Feeling down after a breakup? Or just finding it hard to find motivation for anything? Have you lost some of your spark?

Breakup Shakeup can help you come up with cool ideas what to do about it. Getting active and socialising are amongst the best things you can do to start feeling happier and stronger again.

So, give it a try, choose from a large library of activities, and find out some more about each of them using the provided links. Once you make your choice, the app allows you to invite a friend and lock it in your diary. The app can send you reminders, lets you rate your favourite activities and save them in your list, add notes, and much more. Before you know it you'll feel happier again!



Support services

These organisations provide information for young people and their parents and carers who may need support. They provide excellent resources, stories from people with lived experience, and information to guide better mental health in young people. Some also offer counselling and direct services.



☎ 13 92 76
🌐 www.13yarn.org.au

Confidential one-on-one yarning opportunity for mob who are feeling overwhelmed or having difficulty coping. Speak with a Lifeline-trained Aboriginal & Torres Strait Islander Crisis Supporter.



☎ 1300 22 4636
🌐 beyondblue.org.au

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.



🌐 bullyingnoway.gov.au

This website provides information, resources and support services for young children, students, parents and teachers on a range of bullying issues and related matters.



☎ 1800 33 4673
🌐 butterfly.org.au

If you are suffering from an eating disorder, or suspect one of your friends might be, find out more and get support from the Butterfly Foundation.



☎ 1800 650 890
🌐 ehespace.org.au

headspace is the National Youth Mental Health Foundation. They began in 2006, and ever since have provided early intervention mental health services to 12-25-year-olds.



☎ 1800 55 1800
🌐 kidshelpline.com.au

Kids Helpline is Australia's only free, confidential 24/7 online and phone counselling service for young people aged 5 to 25. Qualified counsellors at Kids Helpline are available via WebChat, phone or email anytime and for any reason.



☎ 13 11 14
🌐 lifeline.org.au

Lifeline is a national charity providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services. They are committed to empowering Australians to be suicide-safe.



☎ 1800 953 390
🌐 lifestart.org.au

Lifestart supports young people living with a disability. It also helps communities to become more inclusive. This organisation is a registered National Disability Insurance Scheme provider offering flexible, person-centred support.



🌐 myan.org.au

Multicultural Youth Advisory Network engages young people from around Australia from refugee and migrant backgrounds. Find out more about its work including the National Youth Ambassadors Network by visiting myan.org.au where you can be connected to your local state body.



☎ 1800 184 527
🌐 qlife.org.au

QLife provides anonymous and free LGBTIQ+ peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.



🌐 raisingchildren.net.au

This website is designed for Australian parents, teachers and carers. It provides up-to-date, evidence-based, scientifically validated information about raising children up to 18 years and tips for parents and carers to look after themselves.



🌐 reachout.com

You can also join a ReachOut Online Community forum that is free, anonymous and available 24/7 for people aged 14-25 in Australia.

A black and white photograph of a muscular man, shirtless, working out on a gym machine. He is looking down with a focused expression. The lighting highlights his muscle definition. The background is dark.

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