

CLUB CREATE *mag*

THE WHO AM I?
EDITION





Welcome to clubCREATE Mag!

Hi clubCREATE-ers,

We're halfway through 2019 already! So many exciting things have happened so far this year, and there are still so many big things to come!

Earlier in the year we published a major report that tells us how the care system is working for young people now and compares it to how the care system was five years ago. You'll find some highlights from our report in our You Said It, We Did It article on page 5. Over the past few months, we held events in every state and territory to launch our report. A huge congratulations to the awesome Young Consultants who spoke at these events. Every one of you did an amazing job telling your story!

This edition of the mag is the *Who Am I?* edition. We let our Facebook Fans vote on our theme this time and the result was overwhelming that they wanted this special identity and culture edition! Do you want your say in future magazine themes? Then email clubcreate@create.org.au to join the CREATE Editorial Committee or follow us on Facebook, Twitter or Instagram (our handles are at the bottom of the next page).

How amazing is the cover of this edition? A huge thanks to Charlotte Allingham, the talented digital illustrator, and proud Wiradjuri woman, who created it!

Jacqui Reed

Head Honcho, CREATE Foundation



WE LOVE YOUR FEEDBACK!

Send us comments and suggestions to clubcreate@create.org.au

ISSUE 2, 2019 CLUBCREATE'S EDITORIAL POLICY

clubCREATE magazine is produced by CREATE Foundation for children and young people in care. This magazine contains information about CREATE programs that create a better life for kids in care and also has articles and artworks by clubCREATE members.

The views expressed by these young people are not necessarily the views of CREATE Foundation.

It's really important to us that children and young people in care are safe and protected and we do our utmost to ensure their privacy. For safety reasons state laws don't allow the faces of kids in care to be published

without proper permission, so please understand if sometimes we can't show faces in our pictures.

All contributions to be considered for the magazine can be submitted by emailing: clubcreate@create.org.au or post: Reply Paid 87694, CREATE Foundation, SPRING HILL QLD 4004.

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FOUNDATION

If you do not want to receive newsletters and program information from CREATE Foundation, please email clubcreate@create.org.au or phone CREATE on 02 9267 1999 or 1800 655 105 to have your address removed from our mailing list.

CLUB CREATE mag



ISSUE 2, JUNE 2019

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GET SOCIAL! /CREATEfnd

@CREATEfnd

@CREATEfnd

WHO AM I?

EDITION OF OUR MAG,
WHERE WE LOOK AT
IDENTITY AND CULTURE.

Identity

is what makes you, you. It's your beliefs, opinions, style, and everything else that makes you who you are as an individual.

Culture

is the beliefs, behaviors and characteristics of a shared group. These shared groups can be your nationality, religion, generation, or another social group you belong to with shared values.



WIN WIN WIN WIN WIN WIN

It's important to take the time to appreciate ourselves and our strengths, so we want to know what makes you proud to be you. In 50 words or less, tell us what your favourite thing about yourself is and you'll go in the running to win a gift card!



Send your answer, along with your name, age, state/territory and clubCREATE membership number, by post to:
Reply Paid 87694 (means you don't need a stamp)
SPRING HILL, QLD, 4004

Or by email to clubcreate@create.org.au

Entries close July 26th 2019.

YOU SAID IT, WE DID IT.

We want to say a HUGE thank you to everybody who completed our national survey last year. This was the largest independent survey of its kind, and it helped us create our new report on the care system! Our report has a young person's version called "Being in care in Australia: Five Years After the National Standards" full of important findings, statistics and quotes!

SOME GOOD THINGS WE FOUND IN OUR REPORT:

- **93% OF CHILDREN AND YOUNG PEOPLE FELT SAFE AND SECURE**
- **81% WERE HAPPY IN THEIR CURRENT PLACEMENT**

SOME NOT SO GOOD THINGS WE FOUND IN OUR REPORT:

- **48% OF OUR RESPONDENTS HAD MORE THAN TWO PLACEMENTS**
- **36% OF YOUNG PEOPLE WITH SIBLINGS IN CARE WERE SEPARATED FROM THEM**



Head to create.org.au to check out the full young person's report!!



We also found that a lot of young people in care didn't know about their care plans! Did you know there are three different plans for young people in out-of-home care? There are case plans, which are plans that detail individual needs and everyone in care should have, leaving care plans, which are plans for young people over 15 to help them with the transition out of care, and cultural support plans, which are plans for Aboriginal and/or Torres Strait Islander young people to help them stay connected to their culture. 44% of the young people eligible for a case plan knew about them, while 24% knew about their leaving care plans, and only 18% knew about their cultural case plan.



JULY 7TH TO 14TH IS NAIDOC WEEK, OUR NATIONAL WEEK TO CELEBRATE THE ACHIEVEMENTS, HISTORY AND CULTURE OF ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE.

The theme for this year's NAIDOC Week is "Voice. Treaty. Truth. Let's work together for a shared future". What better way to celebrate NAIDOC Week than to interview last year's NAIDOC Person of the Year, June Oscar AO. June Oscar is the Aboriginal and Torres Strait Islander Social Justice Commissioner, and she's long been a champion of Indigenous rights.

VOICE. TREATY. TRUTH.

1. Can you tell us about being a Bunuba woman?

I'm Nyanyjili, a Bunuba woman from a small town called Fitzroy Crossing in the Kimberley region of Western Australia. I was raised by my mother and grandmother, two incredibly strong and fearless women. They raised me to speak my language and know my culture. My cultural education of our knowledge systems, ceremonies, language and kinship obligations, as well as my western education has helped me to be the woman I am today.

2. What has been your favourite part of your role as the Aboriginal and Torres Strait Islander Social Justice Commissioner?

I am incredibly proud and honoured to be the first woman appointed as the Aboriginal and Torres Strait Islander Social Justice Commissioner at the Australian Human Rights Commission. It is a huge responsibility, but one that I am proud to carry, to make sure the voices of First Nations people in this country are heard and that our human rights are upheld. Last year, I had the privilege of travelling across the country to hear from Aboriginal and Torres Strait Islander women and girls about the issues that matter to them. They opened their hearts and shared their challenges, strengths and their ideas for change. I have promised to share their truth and make sure their voices are heard

and responded to. My report to the Federal government will be the first of its kind.

3. The 2019 NAIDOC theme came from the reforms set out in the Uluru Statement from the Heart. What does this theme mean to you?

As First Nations people we have a right to self-determination, which means we have a right to have a say in the matters that affect our lives. The lack of involvement of Indigenous peoples in the design and delivery of policies and programs that affect us, is a massive problem. During my time in this role, I have consistently heard Aboriginal and Torres Strait Islander people tell me that they want a say in the decisions that affect their lives. I fully support the Uluru Statement from the Heart, which called for a national Voice to Parliament and a formal truth telling process, a Makarrata Commission to supervise a process of agreement-making between governments and First Nations and truth-telling about our history.

It is so important that we acknowledge the true history of this country. The injustice experienced by Aboriginal and Torres Strait Islander peoples, needs to be acknowledged before we are truly reconciled. Without real acknowledgment, Australians will never understand and appreciate the intergenerational trauma experienced by Aboriginal and Torres Strait Islander people.

4. What change would you like to see in the out-of-home care system?

There are too many Aboriginal and Torres Strait Islander children in the out of home care system. They make up just over 36 per cent of all children living in out-of-home care across the country. Indigenous children are 10.1 times more likely to be taken away from their families than other Australian children. This has to change.

Children deserve to grow up in safe, happy and healthy homes. But we need to support and strengthen families and communities to make sure that happens. We need increased funding in prevention and early intervention programs.

We need to find ways that children can stay connected to their culture, identity and community, rather than being taken away and cut off from the important things that may be able to provide their ongoing strength and identity throughout their lives.

5. Do you have any advice for the young people reading this?

My message to young Aboriginal and Torres Strait Islander people is to **remember that you come from a long line of resilient people. You are the future of the oldest living culture in the world.** Look at the strengths in your life. And while you might not feel it all the time, it's important that you know that you belong to people, you belong to country, you have a strong cultural base, you are important, you are loved.

INDIGENOUS AUSTRALIAN LANGUAGES

DID YOU KNOW...

... that there were originally over 250 Aboriginal and Torres Strait Islander languages, with over 600 dialects! Less than 20 of these languages are still commonly spoken today, but artists like Baker Boy are bringing Aboriginal languages into the spotlight by rapping in both English and Yolngu Matha.

AUSTRALIAN PLACES WITH ABORIGINAL NAMES



Canberra

"Meeting place" in Ngunnawal



Kalgoorlie

"Place of the silky pears" in Wangai



Bondi

"Water breaking over rocks" in Darug



Goondiwindi

"Resting place of the birds" in Bigambul



Kadina

"Lizard plain" in Narungga



Marrawah

"Eucalypt tree" in Peerapper



Mataranka

"Home of the snake" in Yangman



Geelong

"Tongue of land" in Wathaurung

MULTICULTURAL AUSTRALIA

Australia is made up of all different cultures. In 2016, 49% of Australians were either born overseas, or had at least one of their parents born overseas! There were also more than 300 different languages being spoken the country, and 21% of people spoke a language other than English as their primary language at home!

To celebrate how diverse Australia is, we thought we'd take a look at the most common countries for Australians to be born outside of Australia:



England

"Hello"

3.9% of Australians were born here

China

"Nǐ hǎo"

2.2% of Australians were born here

New Zealand

"Kia ora"

2.2% of Australians were born here

India

"Namaste"

1.9% of Australians were born here

Vietnam

"Chào"

1% of Australians were born here

Philippines

"Kamusta"

1% of Australians were born here

CHINESE MANGO PUDDING



INGREDIENTS

- 2 x 425g cans mangoes in syrup, drained reserving syrup
- 5 teaspoons gelatine powder
- 100g (1/2 cup) caster sugar
- 500ml (2 cups) mango nectar
- 375ml can evaporated milk
- Thick cream (optional, for serving)

METHOD

Step 1 Drain the mango BUT make sure to keep the syrup from the can too.

Step 2. Blend the canned mango in a food processor or blender until smooth and transfer to a bowl.

Step 3. Place 185ml (3/4 cup) of the reserved syrup from the canned mango in a stainless steel (or any other heatproof) bowl. Sprinkle with the gelatin and place the bowl in a small saucepan. Add enough boiling water to the saucepan to come halfway up the side of the bowl. Whisk the mixture with a fork until the gelatine dissolves.

Step 4. Place the sugar and 185ml (3/4 cup) of the mango nectar in a medium saucepan over medium-low heat. Cook, stirring, for 3 minutes or until the sugar dissolves. Set aside to cool.

Step 5. Combine the gelatine mixture, mango nectar mixture, evaporated milk, remaining mango nectar and the mango puree and then whisk until smooth.

Step 6. Divide among eight serving glasses and place in fridge for 6 hours or until set.

Step 7. Top with cream if you'd like and serve!

Please note: gelatine is not vegetarian friendly as it's made using animal parts! For a vegetarian safe version, substitute the gelatin for agar!

Do you have a recipe idea for our next mag? Tell us what food you want us to include in the next mag and you could win a gift card! Send your idea with your name, age and membership number by text to **0434 259 790**, by email to **clubcreate@create.org.au** or by post to: **Reply Paid 87694** (means you don't need a stamp) **SPRING HILL, QLD, 4004** by July 26th to be in the running!



Credit to **Taste.com.au** for this meal prep idea!

LGBTI+ ONLINE SAFETY



According to mental health organization Beyond Blue, around 1 in 10 young Australians are attracted to the same sex. Despite this, members of the LGBTI+ (lesbian, gay, bisexual, transgender and intersex) community face an increased risk of experiencing abuse online. A survey by VPN Mentor found that 73% of LGBTI+ people said they had been verbally harassed or attacked online. Transgendered people were also more likely to be outed by someone online, with 21% of transgendered men and 26% of transgendered women being outed against their will.

HERE ARE SOME TIPS TO HELP YOUNG LGBTI+ PEOPLE STAY SAFE ONLINE:

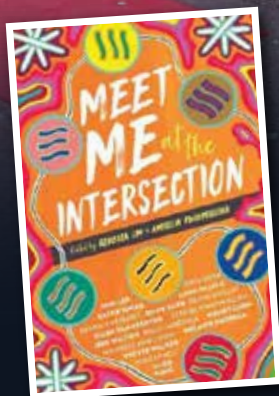
- **Find supportive online communities.** Online LGBTI+ communities can not only provide a vital support system for LGBTI+ youth to feel accepted and to help understand their own identity, but it can also be a great way to learn from the experiences of others.
- **Don't make your private information public.** Information like your real name, address/location, phone number, email address, or social media handles can be dangerous to include publicly. It's safest

to limit your details online, especially when communicating with strangers.

- **Check your social media privacy settings.** Social media sites like Facebook and Instagram allow you to set your privacy settings so that only your friends can see your profile, or certain posts.
- **Don't be afraid to block, delete and report.** If you've experienced abuse online, don't be afraid to block the user, delete any comments that don't make your page a nice environment for you and report the incident to the website or social media platform (or to the police or the eSafety website www.esafety.gov.au if you need to). It's a good idea to save screenshots of any abuse before you delete it, as you can use it as evidence when reporting an incident.
- **Learn about healthy relationships.** Young people can be at risk of exploitative relationships, like when you are blackmailed or don't feel comfortable saying no, and VPN Mentor found that LGBTI+ young people face the most risk factors for this. If you're unsure whether your relationship is healthy, visit loveisrespect.org and take their quiz on healthy relationships.



WIN
WIN
WIN



MEET ME AT THE INTERSECTION

Edited by Rebecca Lim and Ambelin Kwaymullina

Meet Me at the Intersection is a collection of stories, poems and memoirs from marginalized groups. The collection includes pieces by Indigenous writers, LGBTI+ writers, writers with a disability, and writers who belong to minorities. The tone of the collection changes with each different story or poem. Sometimes it's funny, sometimes sad, and sometimes it's really moving.

Some of the standout stories include Olivia Muscat's *Harry Potter and the Disappearing Pages*, where Olivia tells us about her experiences going blind as an early teenager, Yvette Walker's

Telephone, a story about a teenage girl coming to terms with her sexuality through phone calls with her future self, *The Last Stop* by Alice Pung, about a boy who wins a trip to China, and Mimi Lee's *Fragments*, a story on mental illness that draws on real life experiences.

Meet Me at the Intersection does a great job of showing the diversity in the voices and experiences of Australians. Some stories you may be able to identify with, others may show you a perspective you had never thought of, but all of them can teach us something.



For your chance to win a book pack (which includes *Meet Me at the Intersection*) and have your review featured in the next mag! Send your review, along with your name, age, state/territory and membership number, by post to: clubcreate@create.org.au or to **Reply Paid 87694** (means you don't need a stamp) SPRING HILL, QLD, 4004. Entries for the next mag close July 26th, 2019.



WIN
WIN
WIN

SHAZAM!

Written by Queensland Youth Facilitator Hope

Trigger warning: abandonment, bullying, biological relatives

Shazam! is a light hearted and uplifting movie based on the DC comics. The main character is a young person in foster care named Billy, who has been moved from placement to placement. He is moved to a foster home with carers who have had experience in the out-of-home care system when they were younger and can understand that Billy feels out of place and can relate to him running away.

Throughout the movie Billy becomes close to his Foster brother, Freddy. We see Billy stand up for Freddy against bullies, and as their friendship develops, so does the trust that Billy has for Freddy. It's Freddy who Billy turns to when he magically gains the ability to turn into the superhero Shazam. In this movie, we learn through Billy and Freddy's relationship that friendship and family are very important when it comes to battling evil. We see the power of family when they join together to fight off evil.

This movie is a fresh reminder that family is who and what we make it and that it's okay to



ask for help when we are unsure of ourselves. This movie is empowering as we watch Billy learn who he can trust and find himself fitting in at his new home. We see the length that Billy's new carers and siblings will go to make sure he is safe, protected and happy.

Shazam! is funny as well as being a movie with a good message about the out-of-home care experience and the importance of connecting with the people around us. It's a movie that everyone could find something enjoy about.



We want you to write us a story (of up to 1000 words) or a poem with a "hero" theme and you could win a movie gift card! Your entry can be fictional or real, and can be about any types of hero, from superheroes to your personal heroes! Submit your entry, along with your name, age, state/territory and membership number, by post to: clubcreate@create.org.au or to **Reply Paid 87694** (means you don't need a stamp) SPRING HILL, QLD, 4004. Entries for the next mag close July 26th, 2019.



WHAT I WANT TO BE

Choosing what you want to be when you grow up can seem like a huge decision, especially as you start to think about finishing school. To help out, clubCREATE member Jasmine had some words of wisdom about choosing a career direction.

“My name is Jasmine and I’m 16 years old. Growing up, I wanted to be an author. Now, writing is still a passion of mine, but it’s not what I want as a career. I’m currently training to be a Personal Care Assistant, someone who helps elderly people with daily chores like showering and eating. I hope to go on to nursing later in life. In between these stages I considered being a journalist, a lawyer, a doctor, a missionary, and all sorts of other things.

It is never too late to change what you want to do, and it’s okay to change your mind. You shouldn’t feel stressed about figuring out what you want to do straightaway, because it’ll most likely change at least once. So go out and do your best and don’t be afraid to change your mind!”

DID YOU KNOW?

The average Australian worker will have between five and seven different careers in their lifetime!

WIN
WIN

WIN

WIN
WINWIN
WIN

MINDFUL COLOURING

Mindful colouring isn’t just fun, but it’s a great way to help when you’re feeling stressed or anxious.



Colour in the picture to win a gift card!

Send your entry to:
Reply Paid 87694 (means you don't need a stamp)
CREATE Foundation, SPRING HILL QLD 4004

Your Name: _____

Age: _____ Membership Number: _____ State/Territory: _____

You can also email your entry to clubcreate@create.org.au with your name, age and membership number. **Entries close July 26th, 2019.**



CC
2019

WINNER!



YOU ROCK!

**EDITION 1, 2019
COMP WINNERS**

**BIRTHDAY CARD
COMPETITION**

Steven, 13

Survey
Kylie, 17



**THANKS EVERYONE FOR
SENDING YOUR ENTRIES
IN. WE HOPE YOU LIKE
THE PRIZES!**

**ARE YOU
TURNING
18 SOON?**

clubCREATE sends out our magazines digitally for members over 18. If you would prefer to receive hard copies of our mags still, you can contact us on our **1800 655 105**, email **clubcreate@create.org.au** or get in touch with us online at **www.create.org.au/update**

CYF **CREATE
YOUR
FUTURE**



CREATE WEBSITES

You can jump online and find out about CREATE Foundation at **www.create.org.au**. You can also visit **createyourfuture.org.au**. There is heaps of information, stuff to do and more!



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