

# CLUB CREATE *mag*



**VOICES  
IN ACTION**

WHAT EVEN IS POLITICS?  
BULLYING AND FRENEMIES  
TJ TALKS LARPing





## Welcome to clubCREATE Mag!

Hi clubCREATE-ers,

Welcome to the first edition of the clubCREATE magazines for 2020!

The last few months have been a really busy time for us at CREATE. We've all been working hard after our Voices in Action conference last year to turn your voices and ideas into actions! Check out our conference highlights on page six to learn more! Plus, we've got the post care version of our big 2018 report coming out this year. The post care version will show us how things are going for young people after they transition out of care. We can't wait to share the results with all of you! I even got to go to Japan recently and speak about Australia's child protection system! What an amazing (but cold!) place.

Our state teams have been especially busy with connection events, camps, Youth Advisory Groups (YAGs) and Speak Up (SUP) training! Be sure to have a look at what's coming up in your area by reading your state Round Up!

Our magazine readers sometimes write to us about what's on their mind, or send us creative writing projects to share their experiences. Recently, two clubCREATE members have sent us letters and stories like this. One was asking how to make friends, while the other was a creative writing submission about being bullied. With help from some amazing clubCREATE members and Young Consultants, we wrote articles to address these important issues!

Happy reading,

*Jacqui Reed*

Head Honcho, CREATE Foundation

**WE LOVE YOUR FEEDBACK!**  
Send us comments and suggestions to [clubcreate@create.org.au](mailto:clubcreate@create.org.au)

### ISSUE 1, 2020 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](mailto:clubcreate@create.org.au) or post: Reply Paid 87694, CREATE Foundation,



SPRING HILL QLD 4004.

If you do not want to receive newsletters and program information from CREATE Foundation, please email [clubcreate@create.org.au](mailto: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 1, MAR 2020

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# FINDING YOUR PEOPLE



## CLUBCREATE MEMBER ARIEL TELLS US ABOUT MAKING NEW FRIENDS.

Making new friends is a terrifying thing to do. We all fear rejection and because of this, we as humans find it hard to speak to new people. For kids in out of home care such as myself, this fear can be magnified by the trauma of being rejected in the past. However, friendships are an important part of maintaining positive mental health.

### "JOINING CLUBS IS A GREAT WAY TO CONNECT WITH PEOPLE AROUND YOUR SCHOOL COMMUNITY THAT HAVE SIMILAR INTERESTS TO YOU."

Luckily, we as Australians are required to spend time each day at a place filled with other young people: school. I have aspired to outline what I believe to be the best ways to make friends around school.

One great way to connect with other students is to check out the clubs and groups around your school (e.g. Choir, sporting teams). Joining clubs is a great way to connect with people around your school community that have similar interests to you. If there aren't any clubs around your school, try find the spot where people like you hang out (e.g. library if you like books or the oval if you like sport).

A crucial part of making friends is talking to people such as the person next to you in class. In classroom situations when you must pair up or do group work, see it as an opportunity to make friends. I met one of my best friends when I worked with her on a project and if we hadn't been paired in that situation, it is very likely that we would have never been friends. Obviously, you won't love everyone and not everyone will love you, but hopefully these tips will help you to find your 'people'.

## MEET BOARD MEMBER ANDY!



being outdoors and enjoying the weather as much as possible. I love sport - watching my kids, supporting the Waratahs, the Wallabies (and England!), as well as keeping as fit as I can myself.

### WHY ARE YOU ON THE BOARD OF CREATE?

Over the years I have supported a number of charities that help children, but I wanted to contribute more than making donations each year. Having attended a couple of Beat the Bosses events I realised how hard it is for many children and young people in care, and that I wanted to do everything I could to help them get the best chance at life that they can - just as I had, and I want for my own children. Being a board member, and member of the Fundraising sub-committee, I have a focus of promoting CREATE within corporate Australia and helping to raise funds as well as bringing my business experience to help govern the organisation as a Board member.

### TELL US ABOUT YOURSELF!

I grew up in the UK, moving to Sydney in 2008 with my then 3 and 1 year old sons, Riley and Dexter. I now also have a step daughter and a step son, so we have a busy household when they are all with me and my partner Saskia! I love living in Sydney and try to make the most of it,



# VOICES IN ACTION

CREATE's Voices in Action conference was **AMAZING!** Held at the Melbourne Zoo in November, we had young people, carers, sector professionals and international guests come together to talk about how we can improve the care system. We explored three key issues identified by children and young people:

- Transitioning from Care
- Participation and Decision Making
- Complaints and Record Keeping

It was a full on three days, with guest speakers, panel discussions, advocacy in action sessions, art and song workshops, and even a huge birthday party!

Thanks to all of the amazing young people who joined, shared their voices, and came up with real solutions that could improve the care system. We've already begun turning your voices into action, starting with a meeting in January where we collaborated with young people to kick off our advocacy plans.



If you didn't get to go this time, don't worry! Our conference will be back in Adelaide in 2021!

### Young person Christina told us her Via2019 Highlights!

"The Create conference was an interactive experience that had activities that both adults and children can participate in. The conference was set in a beautiful location at the Melbourne Zoo so in between the session you could wander around the Zoo as much as you wanted. The Butterfly house was beautiful, and the chimps were being especially naughty."



The speakers in the mornings were an inspiration. Listening to Gregory talk about helping people who suffer from childhood trauma made everyone just that little bit more hopeful. Some adolescents who went to the conference got a chance to raise their voice for the first time. Everyone had something to say and for the first time in some people's lives they were listened to. Children at the conference were so glad to finally feel free enough to voice their opinion."

WIN  
WIN

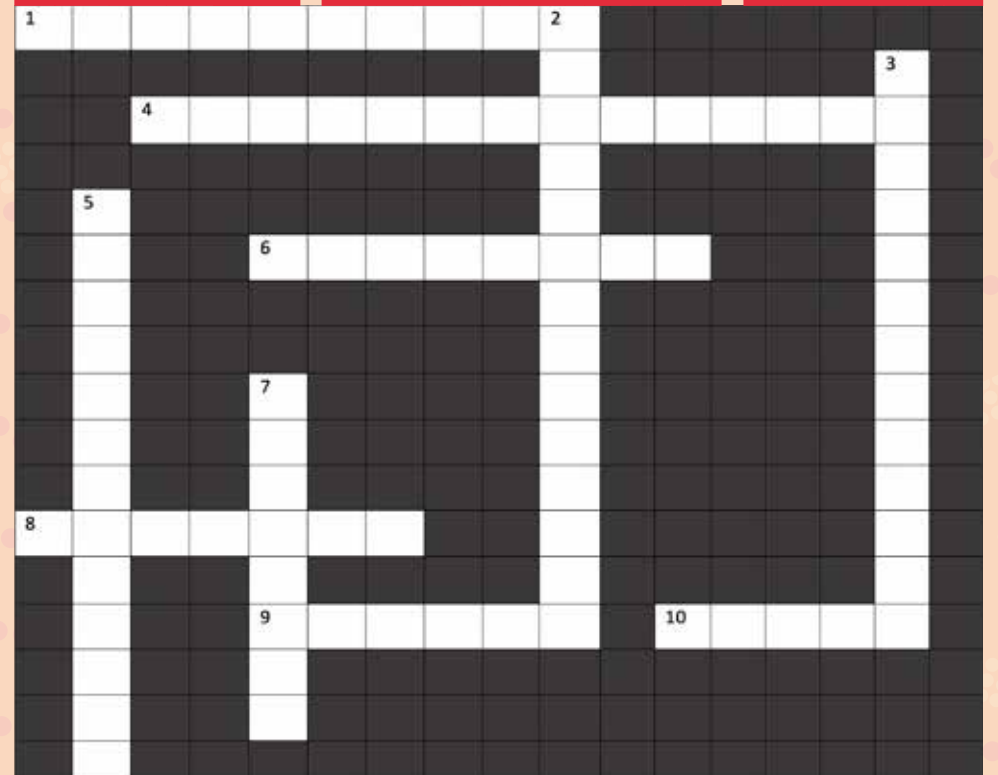
WIN

WIN  
WIN

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WIN  
WIN

## FAMOUS | ABORIGINAL | PEOPLE



### ACROSS

1. AFL player who played for Sydney and was 2014 Australian of the Year
4. "The Man" – best known as a professional boxer
6. Johnathon \_\_\_\_\_ - a former NRL player
8. The last name of the actress from Love Child and Top End Wedding
9. Rapper, actor, writer and one half of hip hop duo A.B. Original
10. The last name of the current world number one in women's tennis

### DOWN

2. Aboriginal model who won Girlfriend's Covergirl competition
3. A pop singer who became famous on a reality singing competition
5. Nicknamed "Buddy" this AFL player currently plays for the Sydney Swans
7. Yolngu rapper who's Cool as Hell



Fill out the crossword and send it to us for your chance to win! Send your crossword (or a picture of it), along with your name, age and membership number, by email to [create@create.org.au](mailto:create@create.org.au) or by post to: Reply Paid 87694 (means you don't need a stamp)

SPRING HILL, QLD, 4004 **Entries close April 24th**

# WHAT EVEN IS POLITICS?



Young Consultant Sonja

More young people are making their voices heard on political issues than ever, but for many young people the idea of politics hard to understand.

## SO HOW DOES IT WORK?

Politics in Australia has two levels, federal and state. Federal government is the one that oversees the country as a whole. Every three years everybody over 18 votes on which political party they want in power, and the leader of that party becomes the Prime Minister. Each state and territory also has its own government, and those governments are the ones who make decisions in the care system! But politics is more than just the government. Getting involved in politics is as easy as making your voice on issues heard! Whether you're going to a protest, or sharing your political views on social media, you're getting involved!

To explain more on what politics means to her, we recruited Young Consultant Sonja.

## WHAT IS POLITICS TO YOU AND WHY IS IT IMPORTANT?

For me politics can be very daunting and challenging because there is so many little things you need to know. I think it's important especially getting to use my voice on topics that are important for me, like climate change.



## HOW DOES POLITICS RELATE TO CHILDREN AND YOUNG PEOPLE WITH A CARE EXPERIENCE?

For me it does relate, we are both trying to do better for ourselves and other people. Through the Minister of Child Protection doing a lot of advocating through politics for us and us advocating for ourselves/other young people.

## WHY IS POLITICS IMPORTANT TO YOU AS A PROUD YOUNG ABORIGINAL WOMAN?

I think we have come a very long way from not being able to even vote at one point in time but however there is still a lot of discrimination and misunderstanding for Aboriginal people in general.



## Interview with JACKSON TAYLOR MP



### PLEASE TELL US A BIT ABOUT YOURSELF

I'm a pretty easy going glass half full person with a wicked sense of humour. I am very passionate and opinionated, just ask anyone who knows me. I grew up in Dandenong with my two brothers and I won't lie, we did it pretty tough. My early years were spent witnessing some pretty awful family violence situations in the home, my mother spent time in and out of mental health hospitals and my father was never really home due to significant substance abuse. As a result I spent an amount of time in kinship (unsuccessfully) and foster care. This story is not uncommon though and I believe that now given the privilege of my position, I have a responsibility to talk about it and to help others in similar situations. I was lucky enough to get through my years of schooling, I gave uni a crack and didn't like it. Then I joined the police force where I spent 5 years before being elected to State Parliament as a Police Prosecutor and at the same time I was also a Local Councillor in the City of Knox. I'm not a 'normal' 20 something odd person, but then again, what is 'normal'.

### WHY DID YOU GET INTO POLITICS?

From my experiences growing up for whatever reason I became a pretty strong-minded and opinionated kid. And I decided from a very young age, that no matter what I did, I was going to do something where I could give back to the community and fight

for people who face similar situations, for families in need. I know politicians aren't flavour of the month at the moment, nor have they ever been really. However, I believe that if you have your heart in the right place and you genuinely set out to make a positive difference, you can do good things by working alongside your community. And, I hope I am doing that.

### WHAT CAN YOUNG PEOPLE DO TO GET INVOLVED WITH POLITICS?

I would encourage them to hold politicians like me to account, ask the hard questions of your local councillors, MP's and push for change. That might come from setting up your own Facebook group, or a community group itself, a rally, or as simply as having conversations with friends about what matters to you.

### IF YOU WEREN'T A POLITICIAN, WHAT WOULD YOU BE?

I am a huge movie, theatre and musical fan, so probably an actor. Not sure I'd be any good though.

### WHAT MESSAGE WOULD YOU LIKE TO SEND TO YOUNG PEOPLE WITH A CARE EXPERIENCE?

Don't ever think that nobody gives a stuff about you. As dark as it may sometimes seem, as difficult as life can get, there is always someone who can and will listen. You are valued, you do absolutely matter and we need to listen to more of you, more often.

# BULLIES AND FRENEMIES

**BULLYING IS A BIG ISSUE FOR A LOT OF YOUNG PEOPLE, WITH ALMOST ONE IN FOUR 14-25 YEAR OLDS REPORTING BEING BULLIED WITHIN THE LAST YEAR! BUT WHAT IS BULLYING? IS IT BULLYING IF IT'S BY YOUR FRIENDS? AND HOW DO YOU STOP IT?**

## WHAT IS BULLYING?

Bullying comes in many forms. It can be:

**Verbal** – like if someone insults you

**Physical** – like if someone hurts you or damages your property

**Social** – like if someone tries to turn others against you or excludes you

**Cyberbullying** – like if someone posts negative things about you online

## WHAT ARE FRENEMIES?

It's normal for friends to argue sometimes, but if your friends are often putting you down, making mean "jokes" at your expense, deliberately excluding you, manipulating you, or spreading rumours about you, your friend might actually be a "frenemy". Frenemies are toxic friendships.

If you think you're dealing with a frenemy, try calling them out when they make you feel bad. Saying something as simple as "that's rude" can be enough to show you'll stand up for yourself. If you tell them how it makes you feel and they continue to do it, it's time to disengage. Stop hanging out with them.

They might lash out for a while, but try to remember that reacting is just giving them the attention they want. Disengaging gives you the chance to put your effort into making new friends and finding people who make you feel good about yourself.

## WHAT TO DO IF YOU'RE BEING BULLIED

We asked some of our clubCREATE members what to do if you're being bullied.

**"TALK TO AN ADULT, PARENT, CARER OR SOMEONE YOU CAN TRUST ABOUT THE SITUATION." – ZAC**

**"I DON'T THINK IT'S A ONE SIZE FITS ALL, SOME PEOPLE WILL SAY IGNORE IT, OTHERS WILL SAY STAND UP FOR YOURSELF, AND OTHERS WILL SAY GO TELL SOMEONE WITH AUTHORITY... MY RECOMMENDATION WOULD BE TO FOCUS ON YOURSELF AND WHETHER YOU'RE HAPPY WITH YOURSELF. EASIER SAID THAN DONE." – DARCY**



# TJ TALKS LARPING

## Have you ever heard of LARP?

We interviewed Young Consultant TJ on what he likes most about it and how other young people can get involved.

## TJ, tell us, what is LARP?

LARP or Live Action Role Play is a scenario and role play based game usually set in a fantasy or Sci-Fi genres where players set goals and accomplishments and try complete these goals either by fighting with foam weapons or by acting within the world.

## How did you get into it?

A friend introduced me to it and I decided to go along to an event and I immediately fell in love with this hobby and I have many, many friends who have become like a second family to me.

## What do you like most about LARP?

Easily the friends I have made through this sport while also having the ability to play-act as someone completely different from myself and achieve their goals with my teammates whilst also getting to fight some of my closest friends with foam weapons.

## What would you say to other people thinking about doing LARP?

Do your research and try to find a LARP in your local area so you have the ability to attend more regularly if you enjoy this sport, some of the bigger LARPS play at multiple locations throughout the week like mine. Try to find the rules for that particular LARP and do your best to come up with a rough character and their goals but that isn't completely needed.

## What is the best way for people to find out about LARPing in their area?

Google for a LARP in your local area find out the setting and genre to make yourself more prepared, try to find out if they allow children to play like my LARP or if it is just an 18+ event. Also try going to conventions like Comic con or Supa Nova as most LARPs will have players there to spread awareness of this hobby, this will also allow you to talk to the players and find out if this would interest you.





# QUICK QUESADILLAS



QUESADILLAS MAY BE HARD TO SAY  
(IT'S SAID LIKE CA-SUH-DEE-YUHS)  
BUT THEY'RE REALLY EASY TO MAKE!

## INGREDIENTS

1 tsp ground cumin	8 tortillas
1/2 tsp paprika	1/2 jar salsa
1/2 tsp garlic powder	1.5 cups tasty cheese – grated
1/4 tsp chilli powder (change this to 1/2 tsp if you like heat!)	2 spring onions – sliced
1 400g can refried beans (can't find refried beans? Use pinto or kidney beans instead and just mash them up)	Olive oil spray
	1 avocado – mashed
	200ml sour cream

## STEPS

1. Heat a pan over a medium heat without the oil and add your spices (cumin, paprika, garlic and chilli). Stir them around for a minute to heat them up, then take the pan off the heat and put the spices in a bowl
2. Mix the cooked spices with the refried beans and layer the mix over half of the tortillas
3. Divide the salsa, cheese and spring onions among the tortillas and then top each quesadilla with the remaining tortillas (so it looks like a tortilla sandwich)
4. Put the pan back on a medium heat and spray it with oil
5. Cook the quesadillas for 2 minutes on each side, or until the tortillas are golden and the cheese has melted
6. Serve with the mashed avocado and sour cream

WIN  
WIN

WIN

WIN  
WIN

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WIN  
WIN

# Photo Comp!

Do you have a cool picture you want to share with us? Whether you're a budding professional, a selfie champion, or a total amateur, we want to see your photography skills! Send us your best photo (or photos, there's no limit to how many you can enter) and you could win a \$50 gift card!



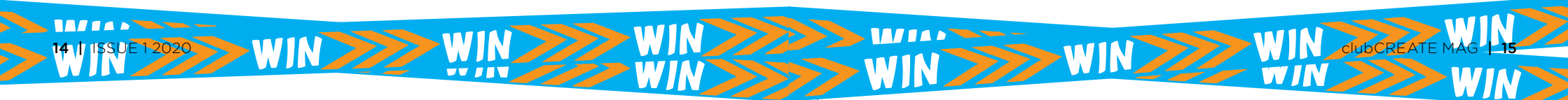
Send your photo, along with your name, age and membership number, by email to [create@create.org.au](mailto:create@create.org.au), or by post to:  
Reply Paid 87694 (means you don't need a stamp)  
SPRING HILL, QLD, 4004 **Entries close April 24th 2020**

# POETRY CORNER

THIS POEM IS BY 15-YEAR-OLD YOUNG CONSULTANT JEN

• Speak

My voice waited for the  
courage that I did not have,  
yet my fingers grabbed  
for it when it emerged



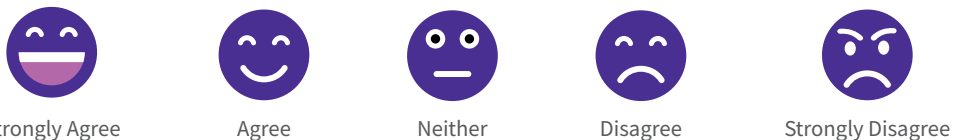
# How do you feel about CREATE and the work we do?

CREATE is interested in hearing the views of children and young people. It would help CREATE and key decision makers to make sure that the programs and activities that we provide are useful to children and young people if you could fill out our survey. Your identity will not be released and participation is voluntary.

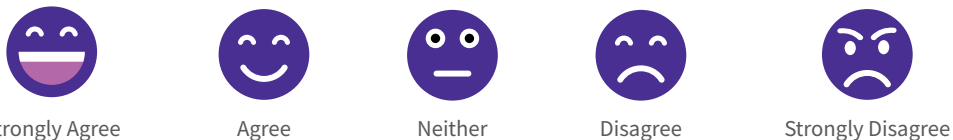


Because I am a part of CREATE:

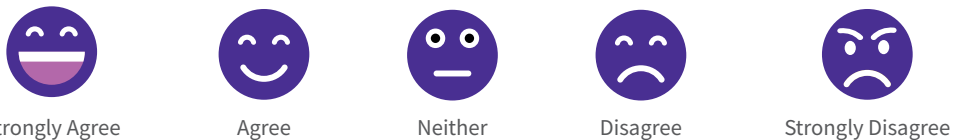
## 1. I feel more connected to others in the care system



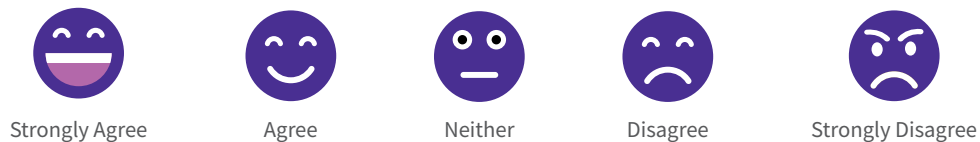
## 2. I have a better understanding of what it means to be in care



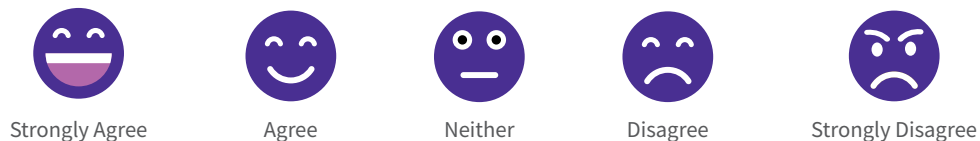
## 3. I feel like I belong



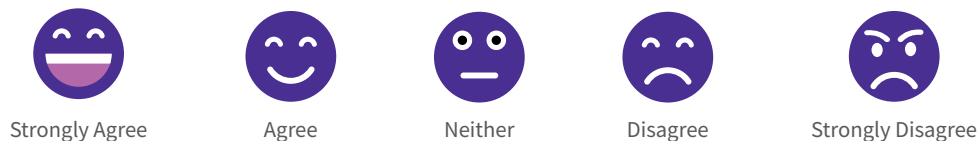
## 4. I know more about the care system



## 5. I know more about CREATE's activities



## 6. I feel that my views are respected



What do you love most about CREATE? | What else would you like CREATE to do?

.....  
.....  
.....  
.....  
.....

### Submit your answers to win a gift card!

Your name: ..... Membership number: .....  
If you identify with a particular cultural group, please state it here: .....  
Age: ..... State/Territory: .....  
Send your entry to: Reply Paid 87694 (means you don't need a stamp) SPRING HILL, QLD, 4004  
You can also scan or type your answers and send them over email to clubcreate@create.org.au with your name, age and membership number. **Entries close April 24th 2020**





CC  
2019

**WINNER!**



**YOU ROCK!**

**EDITION 4, 2019  
COMP WINNERS**

**My Resolutions**

Alicia, 14

**Writing Prompt**

Leanne, 16

**CYF CREATE  
YOUR  
FUTURE  
2020 GRANTS**

2020 grants are now open! If you're 15 to 25 with a care experience, head to [create.org.au](http://create.org.au) to find out more or apply.

# 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](mailto:clubcreate@create.org.au) or get in touch with us online at [www.create.org.au/update](http://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](http://www.create.org.au). You can also visit [createyourfuture.org.au](http://createyourfuture.org.au). There is heaps of information, stuff to do and more!



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

**create**  
FOUNDATION

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