

Edition 4 2024

club

# create

Magazine

**YOUR RIGHTS EDITION**

**LEARN ALL  
ABOUT YOUR  
RIGHTS**

**INSPIRING  
STORIES: meet  
YOUNG PEOPLE IN  
CARE**

**GET  
CREATIVE WITH  
FUN HOLIDAY  
CRAFTS!**

**WIN WIN WIN IN THE FUN ZONE!**



*Hey clubCREATE crew,*

Welcome to the Your Rights Edition! I'm Imogen, your CREATE Captain, and I'm excited to share all the awesome stuff we've got for you in this magazine.

Knowing your rights is super important, so we've included special tips, quizzes, and stories to help you learn about the rights you have while you're in care. There's even a story about other kids speaking up for their rights—just like you can!

Plus, with the holidays coming up, we've got loads of fun activities to keep you busy. Whether it's getting creative with craft projects, trying out story writing, or taking part in exciting competitions, there is something for everyone.

We know the holidays can be really exciting, but they can also feel a bit tough sometimes—so we've got tips from other kids in care on how to take care of yourself during this time of year.

So, dive in, have fun with the competitions, and remember—CREATE is here to listen and make things better for you. If you've got any new ideas, let us know. We love hearing from you.

Happy reading!

*Imogen*



**Acknowledgement of Country**

CREATE would like to acknowledge Aboriginal and Torres Strait Islander peoples as Australia's first people and Traditional Custodians. We value their cultures, identities, and continuing connection to country, waters, kin and community.

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**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. 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 that if these young people are not reflective of the story or blurred it is for safety and legal reasons. All contributions to be considered for the magazine can be submitted by email: clubCREATE@create.org.au or post: Reply Paid 87694, Spring Hill QLD 4004. If you do not want to receive newsletter

and program information from CREATE Foundation please email clubCREATE@create.org.au or phone CREATE on 1800 655 105 to have your address removed from our mailing list.

# IN THE LOOP



## CREATE'S PULSE CHECK

We recently asked kids what CREATE can do to be better, and here's what you shared with us! You want:

- ➔ More activities in different places
- ➔ Cultural events to learn about different cultures
- ➔ Fun stuff for all ages, like family days to do things together
- ➔ Events for younger kids and tweens
- ➔ Events for kids with disabilities and different needs
- ➔ Cool programs to be leaders and learn life skills
- ➔ Support for when you're leaving care and even after you turn 25!

Thanks for all your ideas! We're listening and working hard to make these things happen. Keep an eye out for updates from us! If you have any other ideas write them in here and ask an adult to send them to us at [clubCREATE@create.org.au](mailto:clubCREATE@create.org.au).

**WHAT FUN ACTIVITIES DO YOU WANT TO DO WITH CREATE?**

## GET READY FOR WORLD CARE DAY

World Care Day is coming in February! This year we are making it all about "Celebrating Every Journey." We're going to celebrate all the amazing things kids in care have done. Look out for fun events, competitions, and ways to join in celebrating you.



## COVER ART

The artwork on the cover of this magazine was made by a talented clubCREATE member from NSW! The artist said "The colours I chose represent the Aboriginal and Torres Strait Islander flags, and the dot painting shows the traditional style of my culture." We're so proud to show this artwork here and in our NSW CREATE office!

# HOLIDAY TIPS FOR KIDS IN CARE FROM OTHER KIDS IN CARE

The holidays can be fun, but they can also feel a little tricky sometimes. Here's some advice from other kids in care who understand how you might feel.

## FEELING DIFFERENT DURING THE HOLIDAYS

"Christmas is one of the most exciting times of the year. But it can be tough if you're missing family members. Even when you're with people who care about you, it's okay to feel sad or miss your family. I know I do sometimes."

## KEEP IT SIMPLE

"Try not to get too excited about the season, and don't expect too much. That way, you can enjoy things as they happen."

## TALK TO SOMEONE YOU TRUST


"If you're feeling a bit sad or unsure, it's good to tell someone how you feel. You don't have to handle everything alone! There are lots of people who want to listen and help you feel better."


## STAY BUSY!

"Doing something fun or helpful can make you feel good."

## Need to TALK TO Someone?

If you need a little extra support during the holidays, here are some places you can call:

 Kids Helpline: 1800 55 1800  
You can call, or even chat online at [kidshelpline.com.au](http://kidshelpline.com.au)

 Lifeline: 13 11 14  
If you're feeling really upset or overwhelmed, Lifeline is always there to talk to.

**6** Remember, you're not alone. There are people who want to help and listen to you.

# LET'S GET CREATIVE THESE HOLIDAYS!

## SANTA ADVENT CALENDAR WITH COTTON BALLS

### MATERIALS:

- White and red paper
- Scissors
- Glue or tape
- Black and pink markers
- 25 cotton balls

### INSTRUCTIONS:

#### 1. Make Santa's Face:

Cut out a big white oval for his face and a red triangle for his hat. Draw on eyes, cheeks, and a nose.

#### 2. Draw and Number the Beard:

Sketch a big beard shape on the white paper, split it into 25 sections, and number them.

#### 3. Assemble:

Glue on the red hat and a cotton ball pom-pom at the hat's tip. Hang Santa up!

#### 4. Add Cotton Balls:

Starting December 1st, add one cotton ball each day until his beard is full on Christmas!

Enjoy counting down to Christmas with a fluffy Santa beard! Make sure you send in a photo of your creation to go into the draw to win!!



SEND IN A PICTURE OF YOUR CREATIONS TO  
[CLUBCREATE@CREATE.ORG.AU](mailto:CLUBCREATE@CREATE.ORG.AU) TO GO INTO THE DRAW  
TO WIN A \$50 VOUCHER!

# HUMAN RIGHTS DAY: KNOW YOUR RIGHTS AND SPEAK UP!

Every year on December 10th, we celebrate Human Rights Day. It's a reminder that everyone has rights and knowing your rights is super important because they help make sure you are safe and well-cared for.

## HERE'S WHAT OTHER YOUNG PEOPLE HAVE TO SAY ABOUT THEIR EXPERIENCES WITH RIGHTS IN CARE:

**"Not everyone was shown their rights in care."  
- Young person, Regional**

**"Sometimes in care, it feels like your privacy gets ignored. Carers might ask a lot, but you don't have to share what you're not comfortable with. You have the right to feel safe."  
- Young person, NT**

**"It's okay to speak up. Growing up in care, you might feel like adults don't always listen, but don't be afraid to say something if it's important to you. Otherwise, it can hold you back."  
- Young person, NT**

## HERE ARE SOME OF THE RIGHTS THAT HELP PROTECT YOU:



### Being Involved:

You have the right to help make choices about your life.



### Health and Safety:

You have the right to be safe and looked after.



### Fun Activities:

You have the right to play sports and do fun things with other kids.



### Family Time:

You should be able to keep in touch with your family in a safe way.



### Know About Yourself:

You have the right to see information about yourself.



**KNOWING YOUR RIGHTS  
HELPS YOU FEEL MORE  
CONFIDENT, SAFE, AND  
EMPOWERED TO SPEAK  
UP WHEN YOU NEED TO!**

# RIGHTS in CARE QUIZ!

Circle the answer you think correct.

## WHAT RIGHT ALLOWS YOU TO SPEAK UP ABOUT YOUR FEELINGS AND THOUGHTS?

- A) Right to be heard
- B) Right to stay quiet
- C) Right to ignore others

## WHAT RIGHT MEANS YOU SHOULD FEEL SAFE IN YOUR HOME?

- A) Right to a safe environment
- B) Right to play outside
- C) Right to sleep in late

IT'S IMPORTANT TO **SPEAK UP** WHEN SOMETHING DOESN'T FEEL RIGHT!



## WHICH RIGHT HELPS YOU STAY CONNECTED TO YOUR FAMILY?

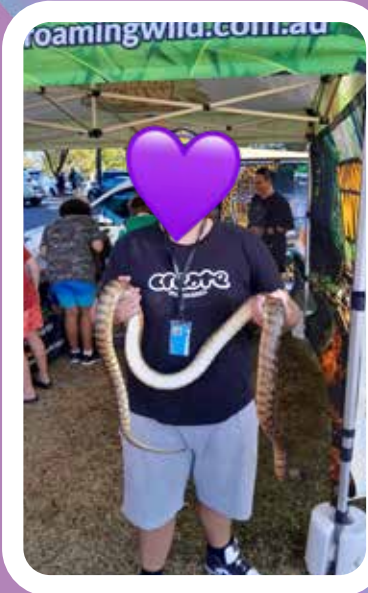
- A) Right to education
- B) Right to visit family
- C) Right to new clothes

## WHAT RIGHT ENSURES YOU GET SUPPORT FOR YOUR MENTAL HEALTH?

- A) Right to see friends
- B) Right to health care
- C) Right to a new phone



# WHAT DOES SPEAKING UP MEAN TO YOU?



We caught up with Joseph, a clubCREATE member in Queensland who participated in a special program with CREATE called Speak Up. This training is designed to help young people learn how to share their thoughts and feelings with others. It's a fantastic thing to do when you turn 15!

*"Speaking up means that if you feel unsafe or uncomfortable, you're not alone! You can reach out to different people for help."*

*"All kids deserve respect, and grown-ups should listen to us!"*

*"I have been able to share some of my experiences whilst in care myself. And it made me feel like I am not the only one in care that feels the same."*

# WHAT DO YOU WANT TO SAY?

A large white rectangular area with a teal border, intended for writing a response to the question 'WHAT DO YOU WANT TO SAY?'. A yellow arrow points towards this area from the bottom left.

**SHOW US YOUR ART HERE!**

## USING ART TO SPEAK UP!

Art is a powerful way to share your thoughts and feelings! Whether you're drawing, painting, or creating a collage, you can express what's inside you without using words. When you make art, you can show how you feel about things that matter to you, like friendship, kindness, or even things you are finding tricky at the moment.

Creating art lets you explore your emotions and helps you feel more confident in sharing your ideas with others! So grab your supplies, get creative, and let your feelings shine through your art!



# SNAP THAT STIGMA

## TIM TALKS WITH ISHMAEL AND ERIC ABOUT LIFE IN CARE

Tim a CREATE Young Consultant from the Northern Territory recently talked with two other clubCREATE members, Ishmael and Eric, about #SnapThatStigma and the unfair ideas people have about kids in care.

So, what is stigma and why do we want to snap it? It's when people think bad things about someone because of who they are or what they've gone through.

Tim, Ishmael, and Eric want to show everyone that kids in care are just like other kids, with their own hopes and dreams.

## MEET ISHMAEL AND ERIC

"My name is Ishmael, and my favourite hobby is playing basketball!"

"I'm Eric, and I love playing AFL and Rugby."



## WHAT DO PEOPLE OFTEN GET WRONG ABOUT KIDS IN CARE?

Eric: "Sometimes kids in care when they go to school they think, you know, they think and feel different from other kids. They see other kids getting more things and love from their families, I think that's why kids in care feel different. Kids in care need more loving and care and someone to be there for them."

## HOW DOES BEING JUDGED FOR BEING IN CARE MAKE YOU FEEL?

Eric: "School, I think school is one of the biggest places that you get bullied, you know, people look at you different and they bully you and stuff. It breaks your confidence down. It made me feel sad."

## WHAT WOULD YOU LIKE OTHERS TO KNOW ABOUT THEIR EXPERIENCES IN CARE?

Ishmael: "I want people to know that, you can achieve your goals with the support that you have in care system, you can reach out to your case manager, your carers, friends and family, youth programs like CREATE."

## WHAT DO YOU SEE YOURSELF DOING IN THE FUTURE?

Ishmael: "I see myself playing basketball and continuing to do the sports that I love to do to achieve more with what I can do."

Eric: "I haven't set my career or goals yet. I feel like, there's still more pressure and I need a bit more time for myself to figure out a lot of stuff."





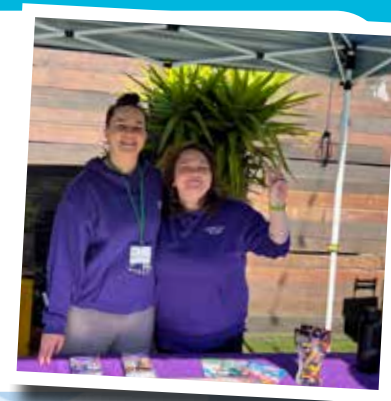
# AROUND THE COUNTRY WITH CREATE!

South Australia recently had an awesome day at a Regional Connection Event in Mt Gambier. With tons of cool activities like face painting, badge-making, sensory games, juggling ball-making, and storytelling with Auntie Michelle, everyone had a blast! Plus, Mission Australia ran floor games and a giant art canvas where we left our handprints – it looked amazing!



Big thanks to all the local groups like AFSS, AC Care, Headspace, and more for making the day unforgettable! It was so much fun connecting with friends and our community.

ResiROCKS in VIC rocked the house! CREATE set up a stall, meeting with residential care workers from all across the state. These connections help us bring more fun events and programs to kids and teens in resi care. Our very own CREATE member, Ruby chatted to a room full of people about her personal experiences and what needs to change. Way to go Ruby!



The NT Youth Advisory Group (YAG) had a rap-tastic time with Riley P! Riley taught everyone how to rap (which stands for Rhythm and Poetry!), and together they made an original song. They shared beats, stories, and laughter. A big shout out to Riley P for making it a day to remember! Stay tuned to listen to amazing piece put together.



NSW teamed up with VIC for an adventure! They went on an exciting trip together, meeting new friends (furry ones included) and sharing with workers how they can better support young people with CREATE and welcome some new clubCREATE members who are now Young Consultants with CREATE! How cool is that! We will back for Youth Week next year, so we look forward to seeing you then!

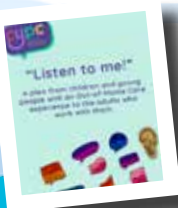
Young Tasmanians got creative for Child Protection Week! They shared their thoughts on this year's theme, "Every conversation matter," and turned their ideas into a beautiful piece of art. This will be gifted to a Child Protection Office in TAS to remind everyone of the power of listening. Great job, team TAS!



Amazing young artists in QLD showed off their creations at the QFCC Art Showcase! The theme was "Connection with Family (or Chosen Family)," and the artworks included paintings, drawings, and even sculptures. Each piece told a unique story, and it was an absolute hit! Can't wait to see what they create for the next showcase (which is now open by the way) Visit the website for more info.



ACT has been busy speaking up for young people! CREATE has had meetings with politicians and decision-makers, focusing on making sure kids in care have a say in their own lives. The "Listen to Me" report is getting attention, and we're excited to keep making changes for the better!



CREATE young people in WA met with some super important people! CREATE organised a Roundtable (this means sitting around talking!) with the Office of the Minister for Child Protection and the Chief Practitioner. Our Young Consultants talked about their experiences with health services and suggested ideas to make things better for everyone. Thanks to everyone for speaking up and listening!

**DON'T MISS OUT ON ALL THE FUN!! WANT TO KNOW WHAT EVENTS ARE ON NEAR YOU?**

**CALL YOUR LOCAL STATE TEAM OR CHECK OUT ALL OUR EVENTS AT:  
CREATE.ORG.AU/FIND-AN-EVENT**

# WIN! THE FUN ZONE

WELCOME TO THE FUN ZONE! WHERE YOU CAN WIN WIN WIN!!!

# WIN!

## CHRISTMAS COLOURING IN



## FIND-A-WORD: YOUR RIGHTS!



### Words to find:

Rights  
Care  
Support  
Voices

Participation  
Empower  
Create  
Connection

Friends  
Wellbeing  
Education

## SMILEY SURVEY

Fill in this survey to go in the draw for prizes



WIN!

All challenge and competition entries go in the draw to WIN!

To enter this competition:

1. Send your entry via email to [clubCREATE@create.org.au](mailto:clubCREATE@create.org.au)
  2. Send us a message on Instagram @CREATEfnd or Facebook /CREATEfnd
  3. Enter on our website at [www.create.org.au/competitions](http://www.create.org.au/competitions)
  4. Post it back to us free of charge! Send to Reply Paid 87694 SPRING HILL QLD 4004
- Entries close 24 January 2025. Make sure you include your name and age, and if you know it your clubCREATE ID number. GOOD LUCK!

**THE VOUCHERS WILL COME THROUGH VIA GIFT PAY. YOU CAN CHOOSE TO SPEND IT AT THE LOCATIONS STIPULATED OR YOU CAN CHOOSE ANOTHER STORE.**

# YOU ROCK!

## EDITION 3 2024 WINNERS

OUR COMP WINNERS FROM LAST  
MAG ARE (DRUMROLL PLEASE!):

**ALLY**  
**EVA**  
**ISABELLAH**  
**AZALEA**

CONGRATULATIONS! WE HOPE YOU  
ENJOY YOUR VOUCHERS!

Thank you to the young people who  
helped put this magazine together as  
part of the editorial group for this edition:  
**Timothy, Eric and Ishmael.**



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clubCREATE@create.org.au or  
phone CREATE on 1800 655 105 to  
have your address removed from  
the mailing list.

## HOW TO STAY CONNECTED WITH CREATE

If you want to attend awesome events with  
CREATE make sure you are a  
clubCREATE member so you can  
automatically receive invitations and  
information. Other ways to contact CREATE:

1. Become a clubCREATE member and join up  
at [www.create.org.au](http://www.create.org.au)
2. Call your local CREATE office on 1800 655  
105 and talk to one of the team about  
what's coming up.
3. If you are already a clubCREATE member –  
make sure your clubCREATE membership  
details are up-to-date.
4. Visit [www.create.org.au](http://www.create.org.au) to find out more  
about how we can support you.