

SAFEGUARDING NEWS



FEBRUARY 2024

care | protect | act



Please nominate someone in your office to ensure this email is forwarded to all Parish and Diocesan staff members



Our Team



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From the Safeguarding Team



Welcome to the Safeguarding February Newsletter

Thank you to everyone who reads over our newsletter. We greatly appreciate your continued support and the safe culture we are embedding throughout the Diocese.

February's Safeguarding theme is *eSafety* which has us focussing on the latest information and training available to support parishioners in the complex world of eSafety. The eSafety Commissioner website is a wealth of information, webinars, and resources. See Page 5 for more information. If your Parish would like larger quantities of a certain resource this can also be arranged. Please contact Christine.

We had a wonderful turn out at the Office of Childrens Guardian training in Port Macquarie on the 23rd of January. It was fabulous to see people from four of our parishes represented

March's Safeguarding theme is *CALD* (Cultural and Linguistic Diversity) - celebrating Australian multiculturalism and to recognise diversity and inclusion for all in our communities. See Page 6 for more information.

FOR IN THE NEWS please see the accompanying Word doc for latest stories with live links.

Remember - we are only a phone call or an email away, if you have any questions or need clarity, please make contact.

Thank you for your continued support!

The Safeguarding Team

TRAINING UPDATE

DOMESTIC VIOLENCE

2-Day, DV-Alert Foundation Course

Learn how to recognise the signs of domestic violence, respond appropriately, and refer to support services. More dates to come.

Port Macquarie: Feb 22-23

Goonellabah: Feb 29 - March 1.

Bellingen: March 5-6

See Word doc for link to REGISTER

AGED CARE

Planning for Diversity

Older Persons Advocacy Network's Planning for Diversity workshop series offers practical information and tools to make your services more inclusive of older people from diverse and marginalised groups.

See Word doc for link to REGISTER

OPAN 'Talk to Us First'

A free, short education program dedicated to help aged-care providers and professionals to meet the Aged Care Quality Standards 6, ensuring older people feel safe, encouraged, and supported to give feedback or make a complaint.

See word doc for link to REGISTER

eSAFETY

Free online Webinars

Each webinar is designed to improve your understanding and response to online challenges your child may face. The webinar topics include:

- eSafety 101: How eSafety can help
- Understanding how to support your child with online gaming
- Understanding parental controls to safeguard your child
- Online safety and social media: TikTok, YouTube and Instagram .

See Word doc for link to REGISTER





Dates for the Diary

FEBRUARY

Month Theme: ESAFETY

See Page 4

13-19 Random Acts of Kindness Week

17: Random Acts of Kindness Day

www.randomactsofkindness.org

20: World Day of Social Justice

World Day of Social Justice | United Nations

www.un.org/en/observances/social-justice-day

13-19 Random Acts of Kindness Week

17: Random Acts of Kindness Day

www.randomactsofkindness.org

The Random Acts of Kindness Foundation (RAK) was founded in 1995 in the US. Random Acts of Kindness (RAK) day began in 2004 in New Zealand

Random Acts of Kindness Week started in 1995 by the Random Acts of Kindness Foundation, as a way to celebrate the small things we do that can really make a difference. It's just a day to celebrate kindness and the whole pay it forward mentality, there are so many things we can do to make the world a kinder place!

Built on the action plan of “**Inspire** → **Empower** → **Act** → **Reflect** → **Share**”, the mission statement of the foundation reads, “The work to create a kinder world never ends. #MakeKindnessTheNorm”.

20: World Day of Social Justice

World Day of Social Justice | United Nations

www.un.org/en/observances/social-justice-day

Poverty and inequalities within and among countries are on the rise in many parts of the world. The economic and social crises of recent years have been exacerbated by the consequences of the COVID-19 pandemic, natural disasters, geopolitical tensions and armed conflicts.

These crises have highlighted the interlinkages and dependencies of economies and societies around the world and shown the crucial need for concerted action to respond to them, at global, regional and national levels.

World Social Justice Day provides an opportunity to highlight the importance of collaboration and collective action. It calls on individuals, communities, and governments to work together to address systemic issues and create a more equitable and inclusive society. By overcoming barriers and unleashing opportunities for social justice, we can create a brighter future for all people.

DATA PRIVACY

#1

Change Your Passwords

It's a good idea to change our passwords regularly. Update your passwords and encourage your friends and colleagues to do the same.



#2

Update Privacy Settings

Personal data is very valuable. Check the privacy setting on your devices and apps to make sure you are not sharing more information than you want to.



#3

Educate Yourself

Data Privacy is a growing area of concern for individuals and businesses. You should know what laws are enforced in your area.



#4

What's Your End-of-Use Protocol

When a device reaches its end-of-use, how do you deal with it? Before you sell, donate or dispose of your devices, make sure your data has been securely removed.



DATES FOR YOUR DIARY - MARCH

Month Theme: CALD (Cultural and Linguistic Diversity) - Inclusiveness, diversity and cultural acceptance

See Page 4

1 World Day of Prayer

www.worlddayofprayeraustralia.org/

1 Zero Discrimination Day

www.unaids.org/en/zero-discrimination-day

3 World Hearing Day:

worldhearingday.org/

1st week Hearing Awareness Week

www.hearingawarenessweek.org.au/

8 International Women's Day

www.internationalwomensday.com/

21 National Close the Gap Day

closethegap.org.au/close-the-gap-day/

DATES FOR YOUR DIARY - MARCH

21 International Day for the Elimination of Racial Discrimination

www.un.org/en/observances/end-racism-day

21 Harmony Day

www.aph.gov.au/About_Parliament/Parliamentary_Departments/Parliamentary_Library/FlagPost/2012/March/Harmony_Day_-_a_celebration_of_cultural_diversity

20-26 Harmony Week

www.harmony.gov.au/about/

21-27 Week of Solidarity with the Peoples Struggling against Racism and Racial Discrimination

www.un.org/en/observances/end-racism-day

23 Earth Hour

www.earthhour.org.au/

1 World Day of Prayer

www.worlddayofprayeraustralia.org/

The World Day of Prayer is a global ecumenical movement led by Christian women who welcome you to join in prayer and action for peace and justice. Through preparation and participation in the worship service, we can come to know how our sisters of other countries, languages and cultures understand the Biblical passages in their context. We can hear their concerns and needs and can feel ourselves in solidarity with them as we pray with and for them.

In this way, it is possible to enrich our Christian faith as it grows deeper and broader in an international, ecumenical expression.



1 Zero Discrimination Day

www.unaids.org/en/zero-discrimination-day

2024 Theme: To protect everyone's health, protect everyone's rights

On Zero Discrimination Day, 1 March, we celebrate the right of everyone to live a full and productive life—and live it with dignity. Zero Discrimination Day highlights how people can become informed about and promote inclusion, compassion, peace and, above all, a movement for change. Zero Discrimination Day is helping to create a global movement of solidarity to end all forms of discrimination.

3 World Hearing Day:

www.hearingawarenessweek.org.au/



Did you know there are 4 million Australians living with hearing loss? And this figure is predicted to increase to almost 9 million by 2050 as the population ages.

World Hearing Day in Australia is held on 3 March each year to raise awareness of how to prevent deafness and hearing loss, and to promote better ear protection and health throughout the world.

1st week: Hearing Awareness Week

www.hearingawarenessweek.org.au/

Hearing Awareness Week (HAW) is an initiative of the Deafness Foundation, designed to raise awareness of the impact of hearing loss and how the community can implement prevention strategies to protect this valuable sense and simultaneously empower people with a hearing loss to reduce the risk of social isolation and loneliness.

8 International Women's Day

www.internationalwomensday.com/

International Women's Day 2024 campaign theme: **"Inspire Inclusion"**. When we inspire others to understand and value women's inclusion, we forge a better world.

And when women themselves are inspired to be included, there's a sense of belonging, relevance and empowerment.

The aim of the IWD 2024 #InspireInclusion campaign is to collectively forge a more inclusive world for women.



21 National Close the Gap Day

closethegap.org.au/close-the-gap-day/

Aboriginal and Torres Strait Islander Peoples have some of the poorest health outcomes of any group of people in the world. On average, Aboriginal and Torres Strait Islander Peoples die more than 10 years younger than other Australians. Despite the efforts of many organisations, the gap between Indigenous and non-Indigenous people's life expectancy is widening not closing. This needs to be turned around with action and commitments from political leaders. The Close the Gap campaign aims to achieve Aboriginal and Torres Strait Islander health equality by 2030.





21 International Day for the Elimination of Racial Discrimination

www.un.org/en/observances/end-racism-day

The International Day for the Elimination of Racial Discrimination is observed annually on the day the police in Sharpeville, South Africa, opened fire and killed 69 people at a peaceful demonstration against apartheid “pass laws” in 1960.

In 1979, the General Assembly decided that a week of solidarity with the peoples struggling against racism and racial discrimination, beginning on 21 March, would be organized annually in all States.

Since then, the apartheid system in South Africa has been dismantled. Racist laws and practices have been abolished in many countries, and we have built an international framework for fighting racism, guided by the International Convention on the Elimination of Racial Discrimination. The Convention is now nearing universal ratification, yet still, in all regions, too many individuals, communities and societies suffer from the injustice and stigma that racism brings.

21-27 Week of Solidarity with the Peoples Struggling against Racism and Racial Discrimination

www.un.org/en/observances/end-racism-day

21 Harmony Day

www.aph.gov.au/About_Parliament/Parliamentary_Departments/Parliamentary_Library/FlagPost/2012/March/Harmony_Day_-_a_celebration_of_cultural_diversity

20-26 Harmony Week

www.harmony.gov.au/about/

Harmony Week is the celebration that recognises our diversity and brings together Australians from all different backgrounds. It’s about inclusiveness, respect and a sense of belonging for everyone. You can wear orange to show your support, or you can attend/host a Harmony Week event.

23 Earth Hour

www.earthhour.org.au/

Take time out for nature and join the world’s biggest movement to protect our planet! You have the power to create a brighter future for our planet.



No matter how you get involved this Earth Hour, your support will help WWF-Australia continue important conservation work to combat biodiversity loss and the impacts of climate change. The funds you raise will power our shared mission to Regenerate Nature by 2030 and create a world where people live in harmony with nature.

New Parish Bulletin Notices

We have created some new parish bulletin notices so that you have a choice of messages. This will hopefully mean that people will stop and read the messages rather than get bored with the same one every week.

FILM/PHOTOGRAPHY GUIDELINES

For the protection of all children and families in our parish, **written** consent should be obtained from children **and** their parents/guardians before photographs or videos are taken on parish premises. And no photos or videos should be shared online without their **written** permission. Even if you are friends with the family, please follow Parish Safeguarding requirements.



SAFEGUARDING YOUR CHILDREN

Would parents please keep their children **supervised at all times** in the church and surrounding grounds - including taking them to the bathroom. For their safety, please ensure you can always see them while on Parish grounds.



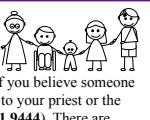
SAFEGUARDING IN THE DIOCESE

The Diocese of Lismore Safeguarding Office can be contacted if you have any Safeguarding concerns. We will listen to you respectfully, offer support, and discuss all options available. Contact the Safeguarding Office - Phone: (02) 6621 9444 or Email: safeguarding@lismore.catholic.org.au



SAFEGUARDING IN OUR PARISH

Safeguarding in our parish is a community responsibility. If you believe someone is being harmed please speak to your priest or the Safeguarding Office (02) 6621 9444. There are procedures in place to guide how best to help victims - whether children or adults at risk.



The Catholic Diocese of Lismore Safeguarding Office

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Updated Safeguarding Logo

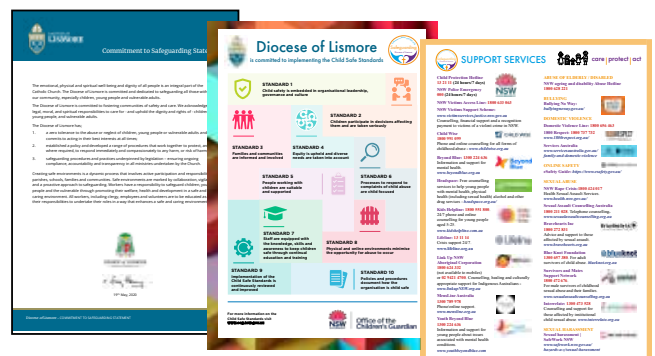
We have updated our Safeguarding logo to include **Adults at Risk** - the new area of compliance we need to cover. Please use this new logo in your bulletins. We will be updating posters etc with the new logo.



Display posters

To meet the basic Safeguarding requirements, please ensure you have these three posters on display in all offices, churches, halls and other Diocesan buildings:

1. The Bishop’s Commitment to Safeguarding Statement
2. The Child Safe Standards
3. Support Services Information Poster



The Safeguarding Office is happy to supply posters upon request





Safeguarding Theme February: **ESAFETY**

We use the internet in almost every aspect of our lives, so it's important for everyone to know about online safety.

Safer Internet month is a great opportunity for our parishes to promote online safety education and the benefits of being safe online.

Our goal is for everyone to be informed about online safety, understand how to report online abuse and actively contribute to a safer online environment – that's why we need your support.

This Safer Internet Day we're encouraging you to take three simple actions when approaching online safety: Connect. Reflect. Protect.

Connect safely by keeping apps and devices secure and reviewing your privacy settings regularly.

Reflect on how your actions online may affect others or your safety.

Protect yourself and others by visiting: eSafety.gov.au to find out how to stay safe online and report online abuse.

By doing these things and sharing the Connect. Reflect. Protect message, we can work towards making every day a Safer Internet Day.

What's on the eSafety website? www.esafety.gov.au

RESOURCES YOU CAN DOWNLOAD

4-page guide - pdf



Posters



Graphics

Why it's important to **Connect. Reflect. Protect.** this Safer Internet Day



Safeguarding Theme

March: CALD (Cultural and Linguistic Diversity) -

Inclusiveness, diversity and cultural acceptance

Australia is one of the most culturally and linguistically diverse countries in the world. However, some people from culturally and linguistically diverse (CALD) backgrounds face greater challenges when dealing with the health and welfare system. Language barriers, lower health literacy, and difficulties navigating an unfamiliar system put them at greater risk of poorer quality health care, service delivery and poorer health outcomes compared with other Australians.

The term ‘culturally and linguistically diverse’ refers to people from a range of countries and ethnic and cultural groups. It includes people of non-English speaking background as well as people born outside Australia but whose first language is English, and encompasses a wide



<https://www.homeaffairs.gov.au/about-us/our-portfolios/multicultural-affairs>

range of experiences and needs. In 2016, over a quarter of Australia’s population was born overseas, and nearly half had a parent who was born overseas. One in five people spoke a language other than English at home, and more than 300 languages were spoken in Australia.

Facts and figures

There are some fascinating statistics about Australia’s diversity that can be good conversation-starters:

- Nearly half (49 per cent) of Australians were born overseas or have at least one parent who was
- We identify with over 300 ancestries
- Since 1945, more than 7.5 million people have migrated to Australia
- 85 per cent of Australians agree multiculturalism has been good for Australia
- Apart from English, the most common languages spoken in Australia are Mandarin, Arabic, Cantonese, Vietnamese, Italian, Greek, Tagalog/Filipino, Hindi, Spanish and Punjabi
- More than 70 Indigenous languages are spoken in Australia.

These facts are taken from ABS 2016 Census Data.

Harmony celebrations

The Department of Home Affairs leads national celebrations for Harmony Week to recognise diversity and inclusion activities that take place during the entire week. Harmony Week is celebrated during the week (Monday to Sunday) that includes 21 March, which is the United Nations International Day for the Elimination of Racial Discrimination.

What is Harmony Week?

It is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community.

Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it.

How to celebrate?

Come together with friends and family and through schools, workplaces and our wider communities to celebrate our diversity. Host an event or attend a local celebration.

Why orange?

Orange is the colour chosen to represent Harmony Week. Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. Australians can choose to wear something orange during Harmony Week to show their support for cultural diversity.

Useful links

- **A Taste of Harmony** — A Taste of Harmony partner with the Australian Government on Harmony Week to celebrate cultural diversity. The Taste of Harmony website has inspirational event ideas that will help you celebrate diversity.
www.tasteofharmony.org.au
- **Harmony in the Workplace** — Developed by the Federation of Ethnic Communities’ Councils of Australia these resources and factsheets explore cultural diversity, workplace discrimination, myths and commonly held misconceptions about workplace diversity.
fecca.org.au/resources/harmony-and-productivity/
- **Workplace Cultural Diversity Tool** — The Australian Human Rights Commission has a free online tool to help business enhance productivity through a culturally diverse workplace.
<https://humanrights.gov.au/our-work/race-discrimination/projects/workplace-cultural-diversity-tool>
- **Racism. It stops with me** supporter toolkit — The toolkit provides training tools and resources to help your organisation challenge prejudice and celebrate diversity.
<https://itstopswithme.humanrights.gov.au/take-action/support-the-campaign>

Source: <https://www.harmony.gov.au>