

KIDS REVEAL WHAT'S ON THEIR MINDS

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Children across the state have made their voices heard, telling South Australia's commissioner for children and young people, Helen Connolly, about issues that affect them most.

Every year, for the past five years, Ms Connolly has sent "Tell Helen" postcards to every government, Catholic and independent primary school in South Australia.

More than 18,000 children around the state got involved in 2023.

Over the past five years, 65,000 "Tell Helen" postcards were returned.

Ms Connolly said the idea for the student voice postcard came about because she was concerned the views of tweens – children between eight and 12 – "were not being heard".

"The importance of learning what it means to have a voice and have your views and ideas taken seriously is crucial to children's sense of belonging," she said.

In 2023, children were asked what they enjoyed about being a kid, what they wish grown-ups knew, what they think a good friend is, and what they think would make SA better for kids.

They asked for more opportunities for sports and physical activities in their schools and local communities.

They are concerned about the environment. But perhaps most tellingly, they would like more quality time with their parents and for people to value kindness more.

what they said

"Being able to play sport and be outside, making me feel free and alive."

– **girl, 10, from eastern Adelaide**

"That we can get a good night's sleep and not pay for food, shelter and worry too much about prices going up." – **girl, 11, from southern Adelaide**

“Have more time to play and help us after school.”

- **girl, 9, of Limestone Coast**

“Help you if you’re sad, angry or hurt because my dad doesn’t.” - **boy, 11, from the Murray and Mallee**

“SA would be better for kids if there was more local playgrounds around local areas.”

- **girl, 12, from the Barossa, Light and Lower North**

“Everyone was accepted, such as the LGBTQIA+ community, disabled people, and furies.” - **girl, 11, from eastern Adelaide**