

POSTCARDS

— TO THE — ADVOCATE

THE REPORT





We acknowledge the Traditional Owners of Country throughout Australia and recognise their continuing connection to lands, waters and cultures. We pay our respects to their Elders past and present.

We would also like to acknowledge the important role of Aboriginal people and culture within the NSW community.

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Advocate's Foreword



Postcards to the Advocate was a wonderful initiative by the team at ACYP. It gave us an opportunity to engage with younger children, while also asking them a simple question that focussed on their hopes for their future.

There was a lot of interest in this initiative from children and young people and a variety of organisations who work with and for children and young people. Some of the first postcards we received were from young men in youth justice. Over the course of the initiative, we have received more than 600 postcards from 24 different schools across NSW, engaging with children as young as 3 years old.

In keeping with the work that is undertaken by ACYP, Postcards to the Advocate was about how to best share the views and thoughts of children and young people in NSW to better inform the decision making that affects them. The children and young people shared their hopes for careers, the environment and about their health and wellbeing. They have also shared their hobbies and what makes them happy.

What this initiative with young people highlights, is that children and young people have a view about their lives, what makes them happy and gives them hope, and that across government, business and community, there are many opportunities to engage with them about this.

Enjoy this beautiful report!

Zoë Robinson | The NSW Advocate for Children and Young People

About the Advocate for Children and Young People



Zoë Robinson is the NSW Advocate for Children and Young People. Zoë is an independent statutory officer whose role is to advocate for and promote the safety, welfare and wellbeing of all children and young people aged 0-24 years in NSW.

She works with the team at the Office of the Advocate for Children and Young People (ACYP), to speak up for children and young people so that their rights are respected, and to ensure that adult decision makers hear their opinions.



ACYP promotes children and young people's participation in activities and decision-making about issues that impact their lives. The information children and young people share with ACYP is used to provide recommendations to government and non-government organisations on policies, programs, or services that affect children and young people. ACYP is committed to building a future where all children and young people are given the opportunity to thrive and reach their fullest potential.



Introduction



During Children's Week 2022, the Advocate for Children and Young People announced a new engagement initiative called Postcards to the Advocate. Reply paid postcards were sent to organisations that expressed interest on behalf of the children and young people they interact with, to participate in the initiative. They were able to share their hopes for the future through drawings or writing.

The Postcards to the Advocate initiative provided a new and interactive way for children and young people to express what they are excited about and looking forward to, while highlighting what changes they need to see in the future from government and society as a whole, to make their lives better. The postcard initiative provided children and young people with the opportunity to think about what's important to them and what they hope life and the world will be like in the future.

The responses to the hopes for the future prompt facilitated a range of very diverse answers, with children and young people focusing on many different things. The majority of the postcards mentioned at least one of the themes that will be highlighted in this report. Some of these include hopes for their career, financial stability, happiness and relationships.

There was an immediate show of interest in this initiative, with over 100 orders for postcards placed by many schools, non-government organisations (NGOs) and local councils for the children in their community. Within the first six months, the office received 677 postcards from 24 different schools in regional and metropolitan NSW. The postcards were submitted from preschools, primary schools and many high schools. The majority of the responses came from metro NSW, with 468 responses received and 205 received from regional NSW. The age of respondents ranged from 3 to 17 years of age. Of the 677 postcards the Advocate received, 97 were from children aged 3 to 6 years, 220 were from children aged 7 to 12 years, and 338 were from young people aged 13 to 18 years. There were 22 postcards where the age of the young person was not provided.

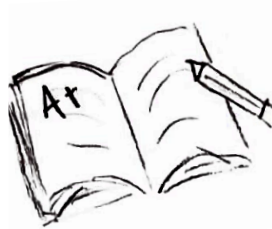
This report presents the responses of the 677 children and young people who completed their postcard during the period from October 2022 to April 2023. This report is strictly a presentation of the responses from children and young people and does not include any additional analysis by ACYP.

Key Themes

The structure of this report follows the order of frequency of the themes that were provided within the submitted postcards:



01
Career



02
School and
University



03
Environment



04
Financial
Stability and
Wealth



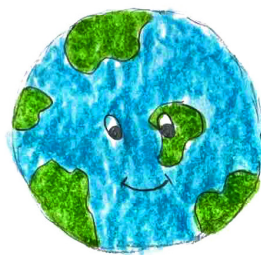
05
Relationships



06
Happiness



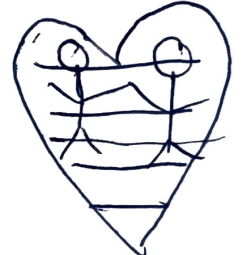
07
Hobbies



08
Safer Society



09
Health and
Wellbeing



10
Equality

Career

A future career was the most frequently mentioned hope. Children and young people expressed a diverse range of careers they hope to have in the future. Many would like a job they will enjoy that will also provide them with enough money to support themselves and their families.

A career in professional sport is a very popular dream career path for children and young people. A range of different professional sports were identified, some being team sports like rugby union, as well as individual sports, like mountain biking or swimming. Becoming an Olympian or representing Australia in the current sports they are good at and enjoy is a goal many children and young people want to achieve. Some of the sporting careers include:

“

Be a professional soccer player and be in Socceroos in 2026.

– Anonymous, 12 years old

To be a professional ten pin bowler.

– Anonymous, 12 years old

I want to be an NFL player.

– Daniel, 10 years old

*To become a professional mountain biker or
a professional cricket player.*

– Cian, 12 years old

My hopes for the future is to become an Olympian swimmer.

– Sienna, 11 years old

”



A few children and young people said they would love to start a small business, with it being either their main source of income or having the business on the side of their full-time role. Some want to open their own dance studio or bakery, as these reflect their hobbies and is a way to obtain some extra money while doing something they enjoy.

A job with good pay was voiced as being a very important factor when determining a career path. For a few children and young people, the amount of pay they receive for a specific career is more important than if they will find their work enjoyable, as they 'want to be rich'. Where others believe it is very important for them to be able to find a career that they love and hope to make a difference in the world.

Careers that are creative or are in performing arts are very attractive to children and young people. Many expressed they hope to be artists, dancers, singers, actors or animators. Many already have some of the skills needed for these professions and feel they will be very successful.



“

I hope I can change someone's life with my art. I hope to tell stories that inspire people.

– Ella, 13 years old

I want to start an acting career in the future. Star in movies and kids' TV shows. I would like that to be my future.

– Matilda, 12 years old

I want to sing!

– Ella, 4 years old

”

**Become A Actor
In America !!**

Others hope to become police officers or paramedics.

Many hope to become doctors or nurses and work in the healthcare system. The ability to help and save people's lives is something children and young people want the opportunity to do. However, a few did express caution and would potentially choose other career options due to the current working conditions for healthcare workers.

“

I want to be a policeman and make sure we catch all the baddies.

– Luca, 5 years old

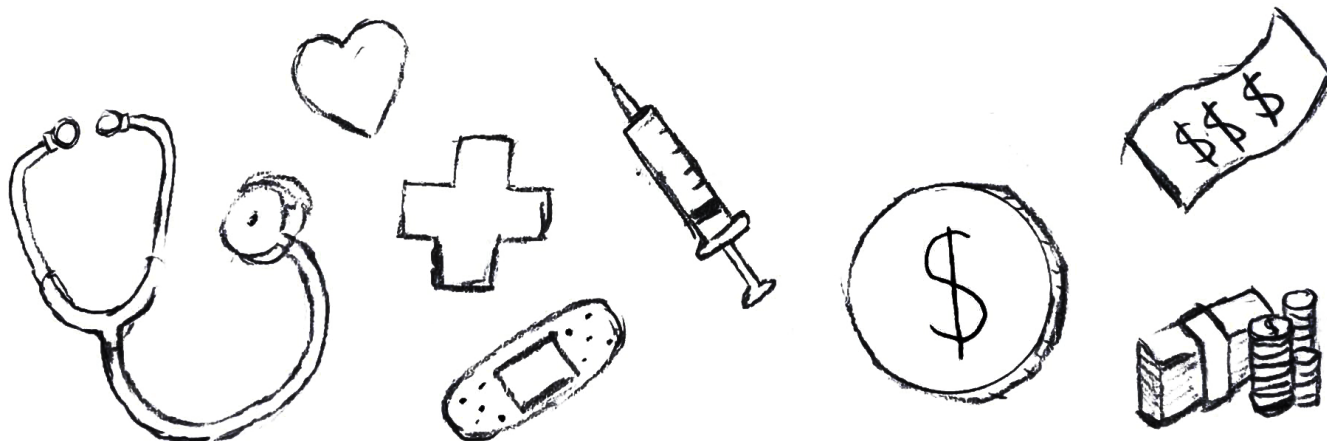
To be a policeman and look after people.

– Leo, 5 years old

Ambulance driver.

– Ella, 4 years old

”



“

I hope I can be a doctor.

– Bailee, 9 years old

I want to become a doctor so I can help people.

– Laureen, 12 years old

Presently, I'd [like] to enter the healthcare industry as a doctor.

However, the working conditions of healthcare workers are questionable, so I might consider other options.

– Xinyi, 15 years old

”

Other careers such as becoming a cook, mechanic, an architect, lawyer or dentist were mentioned, as well as:

“

*I hope in the future
that I will become a
famous scientist and
explore space.*

– Isaac, 12 years old

*I want to be a cowboy
on a farm.*

– William, 7 years old

Be a vet. Be an explorer.

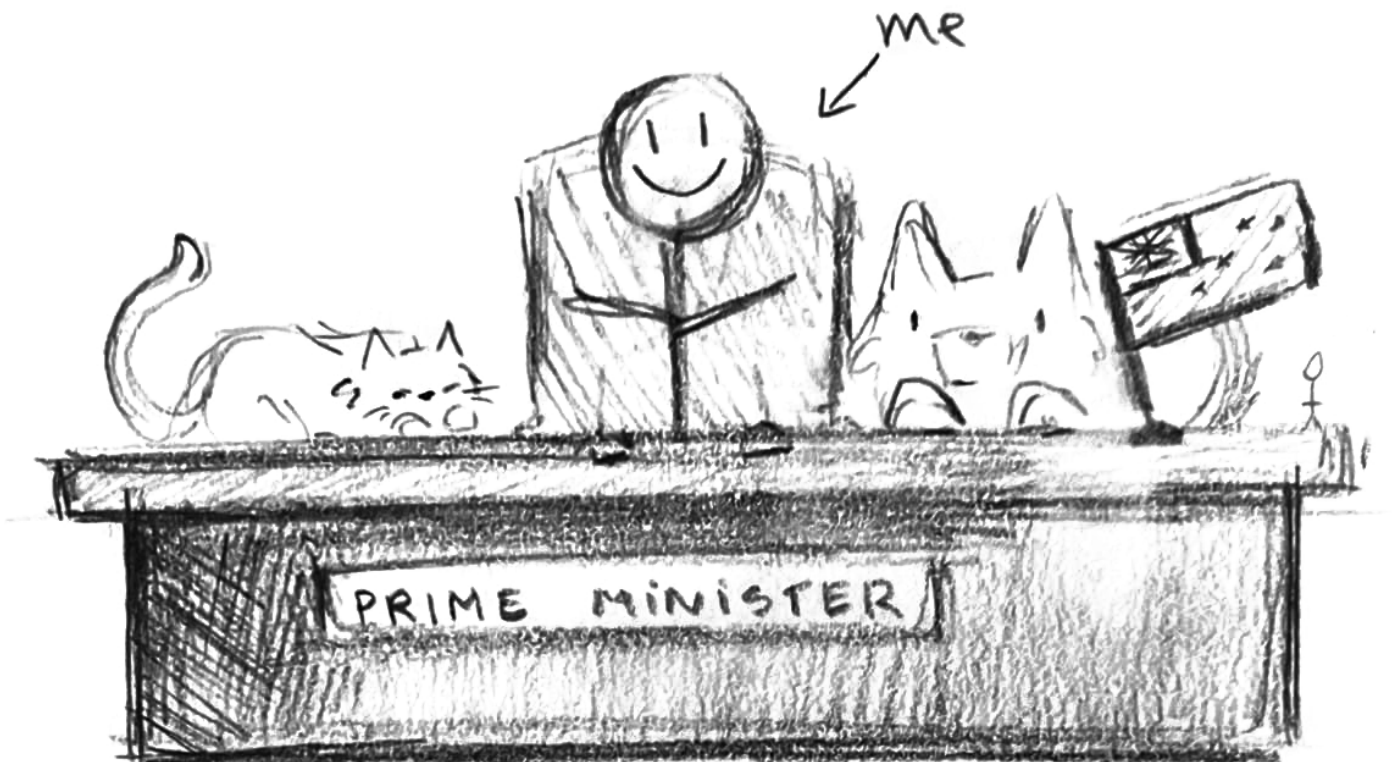
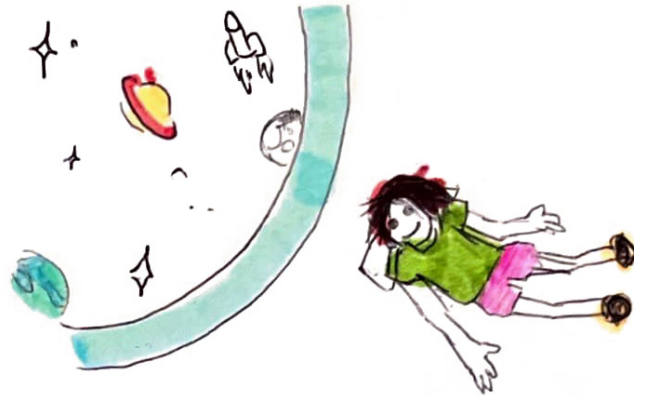
Be a Zoologist.

– Winnie, 8 years old

*My hope for the
future is to become a
teacher and I also hope
that future generations
get a great education.*

– Sienna, 11 years old

”



School and University

When children and young people shared hopes they have about education, three main areas were mentioned the most. These included being academically successful at school through getting good grades and HSC marks, getting into a 'prestigious' university and highlighting what needs to change at their school.

Being successful academically is very important for children and young people. They appear to put a lot of significance on doing well at school and getting into good universities. Those in high school wished to receive a good ATAR, pass exams and get good grades. Children and young people see being successful in their exams and with their grades as leading to them getting into a good university.

“

I hope that I get good grades.

– Hansa, 14 years old

I hope to perform well in the HSC.

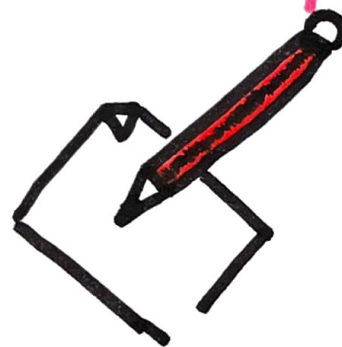
– Emily, 14 years old

I hope to do well in school, get into a good uni and get a job I like.

– Ella, 4 years old

”

I hope I will either get into selective or receive a scholarship.



Others want to work hard and do well at school to make their parents and families proud.

“

In high school, I hope to do my nan proud.

– Shai, 10 years old

I hope that I do well in school and make my parents happy.

– Ruth, 13 years old

”

Children and young people spoke a lot about university being a key part of their future. Many hope to graduate university, get a good degree and spoke a lot about the specific degrees they want to obtain. Many recognise university as a pathway for their career and having a 'great, high-paying job'.

“

My hopes for the future are to have uni degrees and attend a very good university. I want to have a good job that pays well, but I also enjoy.

– Thinolee, 13 years old


In the future, I hope to go to a good university and get a suitable job which I like.

– Jasmine, 13 years old

I hope to go to a uni with a good software engineering course and volleyball team.

– Liam, 16 years old

”

I want to do well at school and I hope I try my best 

Numerous children and young people wrote on their postcards about things at school they would like changed and could be improved. School facilities, teachers, and support were the main areas children and young people mentioned. Some of these included...

“

More facilities at school such as a bigger indoor sports area. More green areas, cleaner toilets, bigger classrooms, actually having a school canteen.

– Riah, 14 years old

In our school, I would like there to be more shade covers. I would also like for the bathrooms to be more clean.

– Tuana, 11 years old

Having equal spaces for age groups. More lunch, free time activities. Lockers at school. Wear whatever at school.

– Angus, 16 years old

More wellbeing rooms.

– Apple, 15 years old

Better school facilities.

– Aiko, 15 years old

I hope for teachers to be fair.

– Chilli, 13 years old

More outdoor learning areas around the school... more hands-on learning and resources.

– Akeesha, 15 years old

I hope that schools get better learning support programs.

– Hannah, 12 years old

Canteen, please.

– Cian, 12 years old

”

The Environment

The state of the environment is a concern for children and young people, with many postcard responses being about climate change and the threatening effects humans are having. Many expressed the need to stop climate change and the potential action that can be taken towards decreasing it. Children and young people also hope people make sure all rubbish goes in the bin and are recycling correctly. Others shared beautiful drawings of parts of the environment they love.

'Save the earth' and 'Stop climate change' was commonly mentioned by children and young people. They used the postcards as an opportunity to voice their concerns about climate change and how action needs to be taken. Children and young people want to live on a planet that is not on fire, with beautiful plants, trees and where animals are not in danger. Children and young people demonstrated their concern when they said:

“

I hope that worldwide, climate change as an issue is at the very least reduced. – Sidhi, 13 years old

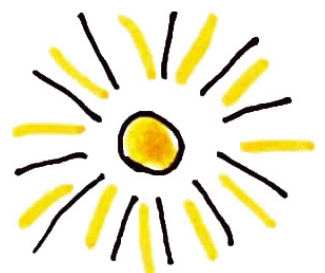
I want everyone to believe climate change is real and do something about it. – Josie, 9 years old

I also hope that the state of our environment will improve and people will be more aware. – Annalise, 13 years old

Better environment and no/reduced climate change. – Olivia, 15 years old

Politicians wake up to the reality of climate change. – Rachel, 15 years old

”





Children and young people also shared specific actions they believe need to be taken to protect our environment, from stopping the cutting down of trees, to reducing pollution and the use of plastic, to shifting towards renewable energy.



More action for climate change. – Sidhi, 13 years old

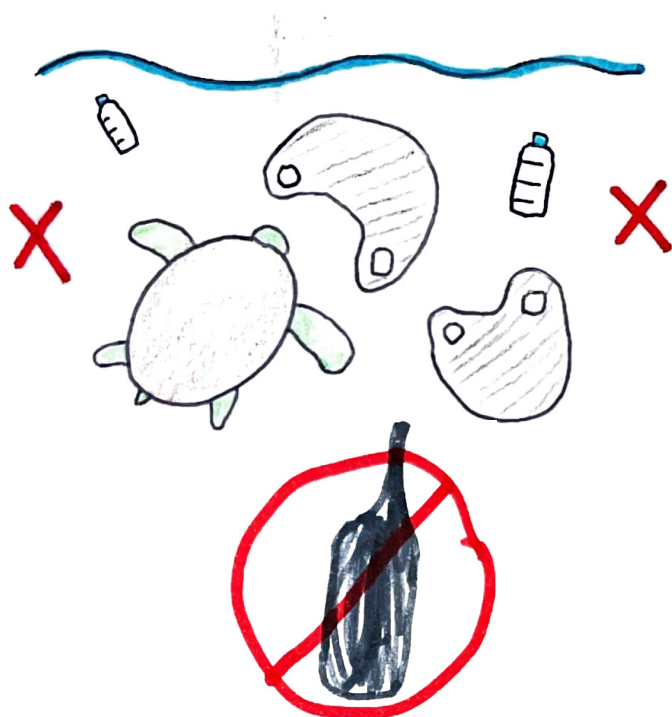
I want to learn to drive electric cars because when the petrol comes out of the car it is bad for the environment. – Josie, 9 years old

For our eco-system and environment to be healthy and clean. The prevention of mining will not only assist in the stop of global warming, but it will also reduce the risk of animals losing their habitats and it won't destroy our environment. We are the future of this planet and I would like to live without the fear of climate change. – Annalise, 13 years old

A change to more sustainable options for power. – Olivia, 15 years old



Many children and young people identified rubbish and recycling as an issue that also needs addressing. They want people to dispose of their rubbish correctly, so it does not end up in our waterways and put marine life in danger.



A large number of postcards sent from pre-schools had drawings or phrases about a clean and healthy earth. Pre-schoolers drew pictures of the sunshine, trees, clean forests, clean beaches and the animals and plants they want taken care of. The children aged between 3-6 years have demonstrated through their artworks the environment they want to grow up in and the importance of looking after nature and animals.



*For everyone to have
fresh air and sun.*

– Lana, 5 years old

*For all the animals to
be looked after and
safe.*

– Emmanuel,
5 years old



*I hope that people
will stop throwing
rubbish into the ocean
so marine life will not be
threatened by it.*

– Olivia, 14 years old

*Make sure all the
rubbish goes in the bin.*

– Richard, 5 years old

*Help the Earth
by recycling.*

– Janice, 8 years old

*I hope you will make
the future a cleaner,
happier place for all.*

– Tessa, 10 years old



Financial Stability and Wealth

Children and young people have many hopes regarding their future financial position. Whilst many children and young people are hoping to be financially stable in the future, where they are able to afford the things they want and need, other children and young people were very specific about hoping to be 'rich', have 'lots of money' or 'be wealthy'. The cost of living and inflation was also highlighted as a concern for some children and young people.

Children and young people are hoping to be financially stable in the future. They are worried about how they are going to afford the lifestyle they dream of. Many children and young people indicated they will be happy if they are able to earn enough to support themselves and their families, without financial stress.

“

*To be financially stable
when I'm an adult.*

– Haewon, 14 years old

*Be financially stable,
get a job that pays well
but I still enjoy it.*

– Isabella, 14 years old

*Have enough money
to support myself*

– Lilia, 13 years old

”



GOOGLE



While a lot of children and young people hope to have enough money to be financially stable, there was a large number of children and young people who wrote that they hope to be 'rich' or 'wealthy'. Most responses mentioning being rich did not include an explanation, they had just written the word 'rich' or 'money'. Others want to be wealthy enough to buy a house, travel, have cool belongings and a holiday house.



I want to be rich.

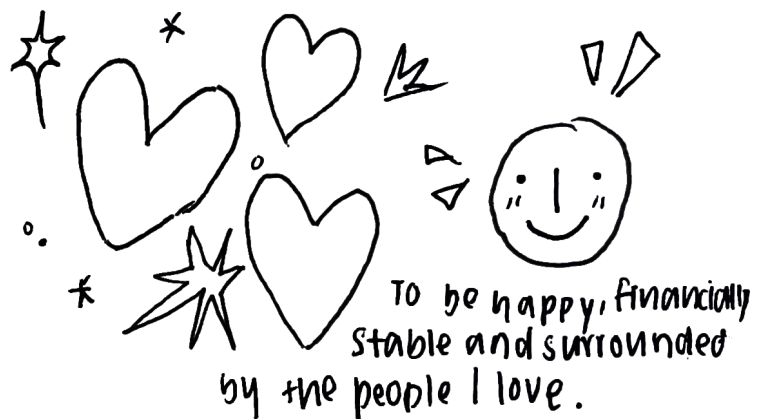
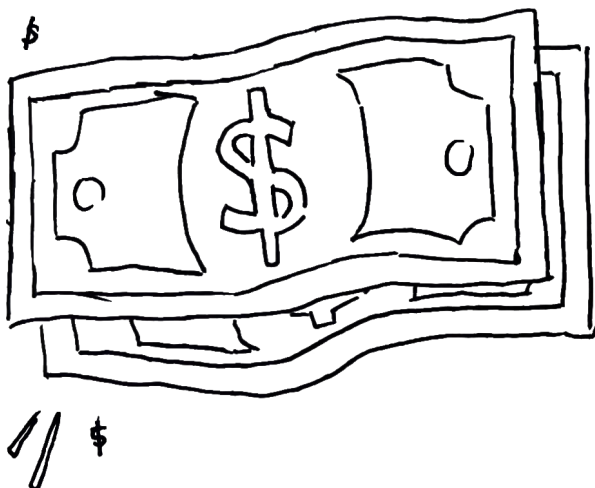
– Astrid, 12 years old

Become rich and successful and live a really nice house. Go on a lot of holidays.

– Seoyeon, 15 years old

I want to be a millionaire and purchase a modern mansion and have really cool technology and buy my own private holiday island.

– Lucia, 13 years old



Children and young people are also very concerned about the cost of living pressures and how expensive their future will be. Many worry they will not be able to support their lifestyle or their families due to inflation and the cost of everything being very expensive. Children and young people have really noticed the price increases and how expensive things are now. Many wrote 'less inflation' on their postcard responses, as well as 'cheaper prices'.

“

Stop making everything expensive. – Carina, 13 years old

I hope things are more affordable in the future ... I hope I become rich.

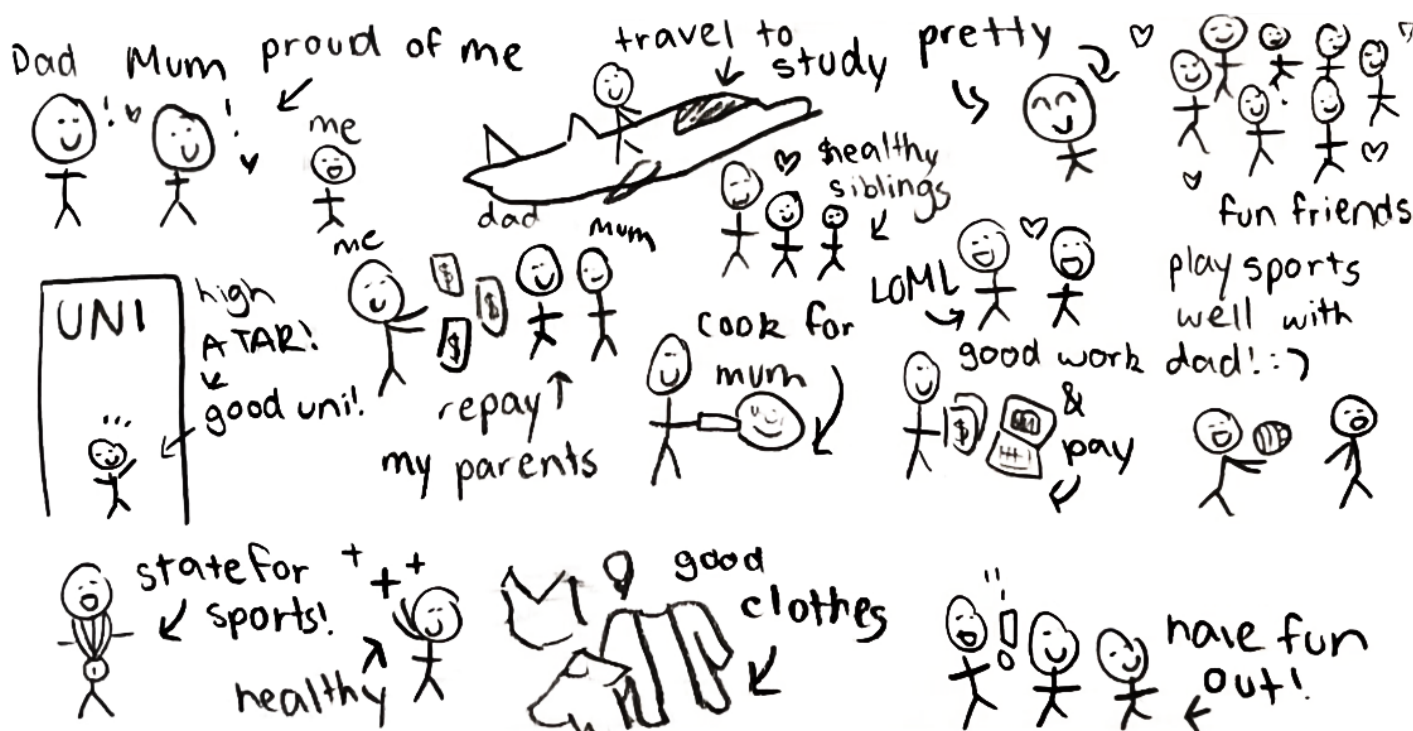
– Amy, 12 years old

Less inflation because I need to afford to live. – Lexine, 13 years old

Lower house and food prices. – Landri, 13 years old

I hope in the future I can afford a lifestyle for myself and that food and petrol prices will be lowered so that people will be able to afford this for themselves. – Ruoyin, 13 years old

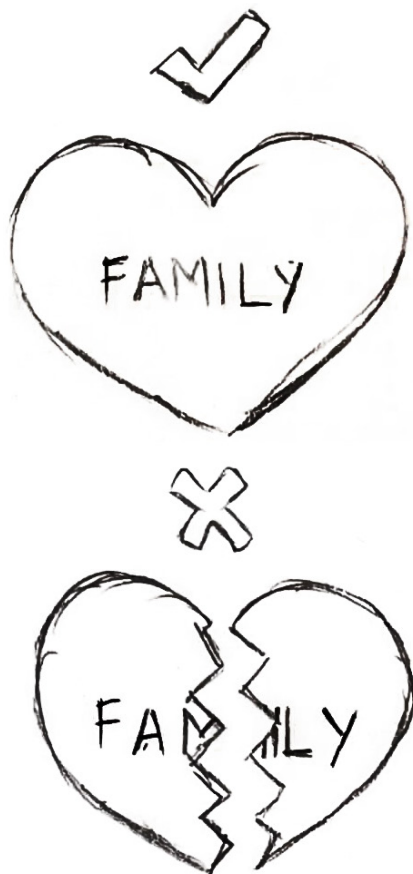
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Relationships

Children and young people mainly shared hopes surrounding three different relationships that they want to have or want to keep. They shared hopes for their relationships with family, relationships with friends and relationships with a partner. Artworks and words symbolising family and friends were all throughout the postcard responses.

Relationships and circumstances are different for every family. Children and young people had very similar hopes for their relationships with their family. Several of the young people hope for their family and friends to be happy and healthy. Some want their families to be proud of them, some want to be able to support their families and others hope to create a family of their own. Family is one of the most important relationships in children and young people's lives however, many worry that in the future these relationships may not be as strong or that they may not see their families anymore.



“

*I hope to look
after my brother.*

– Bethany, 5 years old

Good happy family.

– Elizabeth, 15 years old

Still be close with my family.

– Thinolee, 13 years old

I hope to have a family.

– Elena, 12 years old

*I hope I am successful
in life with a big family.*

– Campbell, 14 years old

”



Hopes in terms of relationships with friends ranged from some young people hoping to still be friends with the people they are friends with now, and others being open to making new friends in the future. Children and young people want to have friends who are supportive and are there for them. A lot of children and young people are excited and open to making new relationships and connections with people. Others hope to just stay with the friends they have and hope in the future they still have these relationships. Having strong relationships with friends is not only important in children and young people's lives, it is also very important for their future. Other children and young people hope that other people in the world have friends and are loved.

“

Friends that can support me throughout my life while also creating fond memories with them.

– Daniel, 17 years old

To stay friends with my current friends.

– Asha, 16 years old

To have lots of friends.

– Christine, 14 years old

I want to continue being friends with some of the most important people in my life.

– Melissa, 14 years old

Meet new people

– *make new friends.*

– Trisha, 14 years old

For all the people to have friends.

– Simarpree, 5 years old

”

“

I want a girlfriend or a boyfriend please.

– Carina, 13 years old

I hope that I can continue to maintain a positive mental wellbeing, for a wife and kids that provide me with happiness and purpose.

– Daniel, 17 years old

”



Other children and young people have hopes for relationships as a whole. They hope to be in good relationships and to 'be in' love, whilst also feeling a sense of belonging and community through the relationships they make with others around them.



I want to have a future where I'm surrounded by many people. I want to meet and connect with new people. I hope to be in a supportive and collaborative community where we can be creative.

– Arnetta, 15 years old

To have good relationships. – Ivory, 13 years old

I want to be in love. – Qing, 12 years old

To make positive relationships with many types of people.

– Cindy, 13 years old

Sense of belonging and community. – Ruoyin, 13 years old



*I hope that I can ☀️
maintain the relationships
which matter to me in
the future*



Happiness



Many young people shared that they hope for happiness, a happy life or to be happy. When happiness was mentioned, other aspects and hopes for their future were also mentioned. To 'live a happy, content, stable life' is what children and young people are hoping for in their future.

Everyone has different versions of what happiness is and what it looks like. It can be very personal, as some may see having a family to enjoy great experiences with them as contributing to their happiness, whereas others may be happiest when they're alone in nature. Future success, financial stability, a healthy environment, and spending time with others, were the other themes shared by the children and young people in their postcards as being contributing factors to their happiness. Children and young people hope to be happy and content with everything they achieve in the future, but most importantly, they hope to experience the feeling of happiness as much as they can. They also hope to get to the point within themselves that they are happy with the person they are and strive to be the best version of themselves.






live a happy,
content, stable
life

A simple line drawing of a person wearing a wide-brimmed hat and a long-sleeved shirt, watering a small potted plant with a watering can. The plant has two green leaves and is in a white pot. There are small circles around the plant, possibly representing water droplets or soil.

Hobbies

I want to be a Singer
Songwriter & Actress



Children and young people shared a wide variety of hobbies they enjoy doing in their spare time. They want to continue to develop their skills through their hobbies, like sport and creative arts. Some hope they will continue to have time for the hobbies they currently enjoy when they get older and are in university or have a job.

Participating in sport is a popular hobby for children and young people. Children and young people shared a wide range of sports that they play and find enjoyable. They hope that they will have success in their team sports, such as moving up the ladder. They also have set individual goals and hopes they want to achieve and get better at the particular sport.

“

My basketball team not to be at the bottom of the ladder next year.

– Isabella, 14 years old

That I become really good at soccer.

– Archie, 10 years old

I'd like to be a scooter master when I get older.

– Lachlan, 7 years old

I want to be a very good horse rider.

– Sarah, 11 years old

I like cricket. I wanna make it into international cricket.

– Janani, 12 years old

”

Other children and young people prefer hobbies that are creative, like creating artworks, music, writing, acting and dancing. Many children and young people want to inspire and reach others with the pieces they create or with their performances.

I hope to make a hand drawn movie that would stay in people's heart. I want it to be very colourful and every frame to be an artwork / illustration.



A few children and young people are open to trying new hobbies and improving or learning other skills. We received postcards saying 'I hope to play soccer' and 'get better at art'.

Children and young people also hope that they will be able to continue to enjoy their current hobbies. Some worry that when they leave school they will not have any time for the things they currently love doing in their spare time. A young person shared in detail that they want to discover what they enjoy and make sure their work leaves an impact on the world. They also want more time for themselves and to be able to participate in meaningful things.



I hope to be a ballerina.

– Lucia, 5 years old

I want to improve my drawing skills.

– Mia, 13 years old

I hope I can change someone's life with my art. I hope to tell stories that inspire people.

– Ella, 13 years old

Lead role in a musical.

– Rachel, 15 years old

A dream would be to be a singer-songwriter and pursue music.

– Olivia, 12 years old

To get enough time to finish my art sketchbook.

– Yashita, 12 years old



Still be able to enjoy my hobbies – Isabella, 14 years old

To develop my interests and skills – coding, basketball, drawing and writing.

– Archie, 10 years old

To discover my creative passion – I want to make something that leaves an impact after me - a book, movie, etc. – Lachlan, 7 years old

I would like to learn to drive, but can't afford lessons. – Sarah, 11 years old



Safer Society

Children and young people shared their hopes regarding society and the world they live in becoming a better place to live. They believe that this will occur when war doesn't exist, there is world peace and when all people feel and are safe in all environments.

Many children and young people expressed their concerns surrounding their own and others' safety. They want to live in a world where they are always safe and do not need to fear or feel unsafe in any situation. They spoke about wanting to feel safe and secure when out of their house, for example when walking down the street at night, at parks and on public transport. They also hope that people feel safe enough to be themselves and can be accepted for who they are.

“

*To live somewhere where
I'm safe. I'd like to be able
to walk around and not
get harassed.*

- Lotus, 16 years old

*For people to be safe
with their mums at home
and on the bus.*

- Reggie, 5 years old

*Live in the world that
I can be safe all the time.*

- Astrid, 12 years old

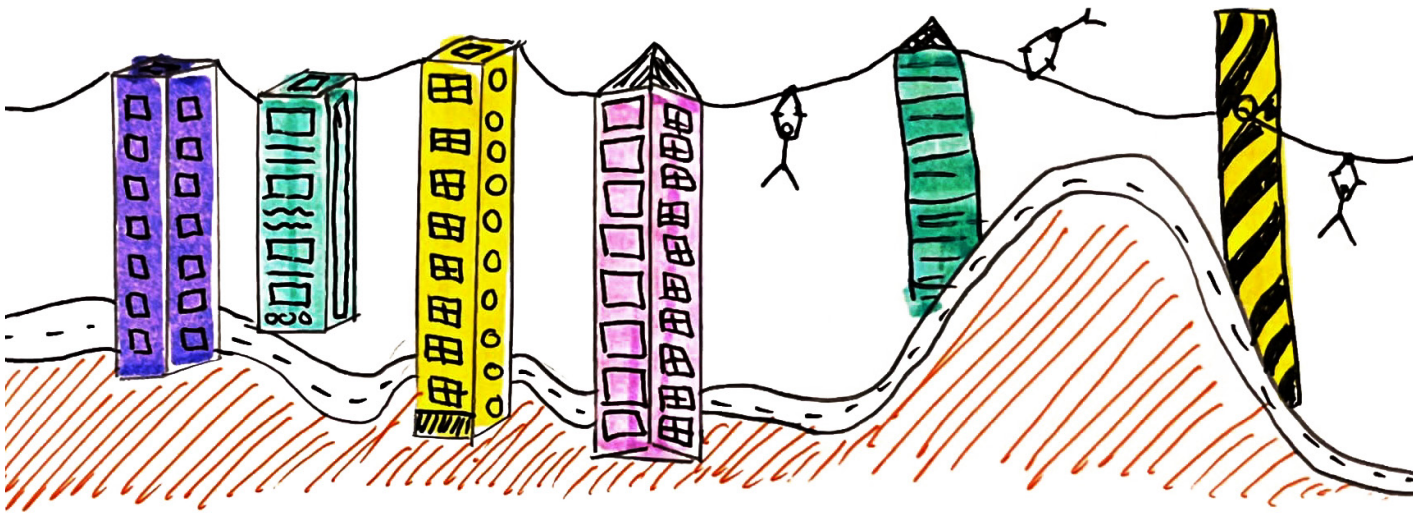
*To feel safe at home, even
if that's not where I grew up.*

- Lia, 15 years old

To not constantly worry about walking alone at night or problems being caused. – Erica, 13 years old



We need more police
its not safe around
here. i dont feel safe
at the skate park.
The police dont care



Throughout the postcards there was a particular focus on the safety of women, young girls and children. Responses demonstrated a want for safer streets and safe places for women and children, as well as women and young girls to feel safe and secure at all times. Young people don't want women or young girls to be harassed or harmed or feel as though they are in danger. The safety of minority groups was also raised as everyone no matter what gender, race, religion or sexual orientation they identify with, deserves to be safe at all times.

“

Be able to walk around without fear of being harassed or harmed; safer streets for minorities and women! (LGBT+ communities, POL, disabled, etc.)

– Jasmine, 14 years old

That the world becomes a safer place for girls and all people, no matter race, gender or sexual orientation. – Sidhi, 13 years old

That children from all over the world feel safe and cared for. That they do not have to face prejudices such as racism and homophobia. A world where every child is safe, happy and accepted. – Methuli, 14 years old

A safe place for women and children. – Shanti, 11 years old

More funding to protect women and children. – Aiko, 15 years old

That girls can feel more safe and secure when out and about.
– Chitrakhhi, 13 years old

”



Children and young people are hoping for a world where war, fighting and conflict does not occur. Many wrote 'no more wars' or 'world peace' on their postcards as something they hope for the future. Some children and young people also hope for peace and love in general, they see having a peaceful world with everyone getting along is very important for their futures.

For all the
grown ups to be
better and
Kind life.



“

*My ideas for the future:
world peace and
collaboration*

– James, 14 years old

*World peace... more
good people, less bad
people in the world.*

– Haewon, 14 years old

*No more civil wars/wars.
No more nuclear bombs.
No one misusing power.
Everyone getting along.*

– Yuna, 13 years old

I hope there are no wars.

– Amy, 12 years old

*No more wars, fighting
and major conflicts.*

– Sophia, 13 years old

Peace and love.

– Lauren, 14 years old

*I hope for a peaceful
world where there would
be no war or conflict.*

– Emma, 14 years old

*For the future to be
good no more wars,
no more fighting,
no more bullying.*

– River, 9 years old

”

Health and Wellbeing



Children and young people expressed many of the same hopes surrounding health and wellbeing, with a significant focus on physical and mental health. Their hopes range from wishing for good overall health for themselves and others, recognising the need for more health services and hoping to maintain a positive mental state in the future.

Children and young people hope to keep physically healthy, to live a long life without illness. Many of the postcard responses included the words 'stay healthy' and others identified ways they believe people can keep fit and healthy. Many young people hope for good health for their friends and family, as well as a disease and virus free world.

“

To keep healthy.

– Camila, 11 years old

Have a healthy body/mind.

– Evie, 12 years old

Staying healthy and keeping a healthy diet.

– Shreya, 13 years old

To be very healthy and live long.

– Cindy, 13 years old

To become more fit – muscles.

– Tara, 13 years old

That all my family and friends stay healthy.

– Kate, 14 years old

Healthy siblings.

– Angelina, 13 years old

Do more exercise.

– Ellie, 12 years old

For everyone to grow lots of vegetables so they stay healthy.

– Ella, 5 years old

For the world to be free of disease and that every citizen and myself can stay healthy.

– Emma, 14 years old

No viruses.

– Sophia, 13 years old

”

A few children and young people expressed their hope to one day work in the mental health space. Children and young people recognise the struggle many have with their mental health, and the need for more services and support for people who need it. Others identified the need for improved access to health facilities and support.



To become a psychiatrist so I can have enough money to support my family and also support people struggling with their mental health.

– Aster, 16 years old

Work in mental health among young women.

– Kirra, 16 years old

More access to mental health facilities.

– Aiko, 15 years old

Free healthcare for everyone.

– Sally, 13 years old



Many children and young people have hopes for their own mental health. Some hope that in the future their mental health will improve, and that they will then be able to continue to maintain a positive mental state.



That I can continue to maintain a positive mental wellbeing.

– Daniel, 17 years old

Better mental health.

– Kylien, 12 years old

A sane and complete mental state during my future education and adult life.

– Anna, 14 years old

Have good physical and mental health.

– Brooke, 16 years old

That my future enables [me] to provide personal growth upon myself.

I don't hope for much, but wish for good mental health and an abundance of continuous self-discovery.

– Annie, 13 years old



Equality

The postcard responses demonstrated children and young people's awareness towards the inequality that occurs in the world. They highlighted how every individual should have equal rights, be treated equally, and have equal opportunities. Every individual deserves to be given the same rights and opportunities. Children and young people shared their hopes for overall global equality, as well as a focus on gender inequality, educational inequality and the access to necessities.

Children and young people hope to see a major reduction in the level of inequality that exists throughout the world. No one should be disadvantaged due to their gender, race, age or sexual orientation. The children and young people who hope for equality said:



Everyone to be equal in everything. – Kavya, 9 years old

For everyone to be equal. – Finlay, 12 years old

Solve climate change and inequality. – Melissa, 13 years old

Equality (LGBTQ+, gender, race, etc.). – Elsa, 13 years old

That in the future we can achieve equality. – Eliu, 13 years old

Equal rights. – Tanvi, 13 years old

Everyone can live in a safe space, where everyone is accepted and has equal opportunities. – Selina, 13 years old

That the world becomes more equal. – Lia, 15 years old

That all children will be heard and treated equally. – Loyd, 15 years old





Children and young people recognise the levels of gender inequality that are present in many areas of life. They hope we continue to make progress towards eradicating this inequality, and in the future achieve gender equality throughout the world. This would mean people of all genders having equal rights, equal opportunities and no longer experiencing barriers due to their gender.



Equal access to necessities.

– Sophia, 12 years old

That every woman and young girl gets the right to an education.

– Adaa, 13 years old

That everyone in Australia and other countries can have a chance for education, no matter their race, gender or family income. This would mean everyone has equal rights, which is my wish.

– Sriya, 12 years old

Equal opportunities for every kid.

– Zoe, 13 years old

Education for everyone.

Free healthcare for everyone..

– Sally, 13 years old



I would like global warming and gender inequality to be cared for and changed. For our future, the world needs to be fair and cool.

– Lyrah, 12 years old

More gender neutralism, equality. – Manar, 12 years old

Gender equality.

– Megan, 12 years old



The responses received about education equality show that children and young people recognise that many people experience extreme disadvantage when accessing education and necessities due to inequality. Children and young people hope that action continues to improve in relation to this issue, as every individual has the right to an education and basic necessities.

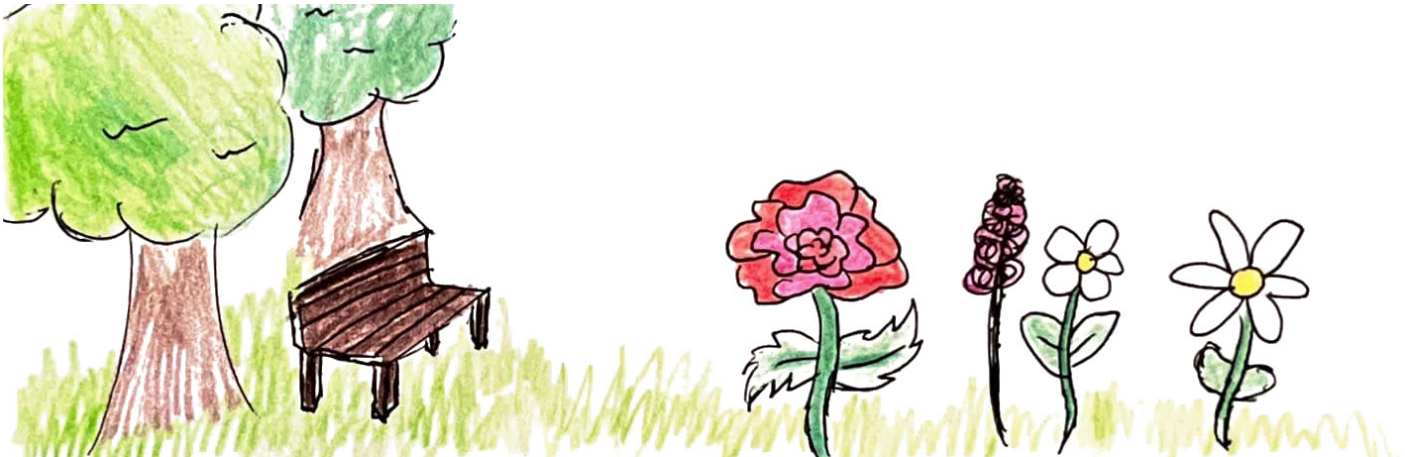


better (cheaper)
public transport

inclusivity
+
kindness
to all



Conclusion



Zoë and the ACYP team want to thank all of the children and young people who have participated in the Postcards to the Advocate initiative. We appreciate the time and effort the children and young people have taken in sharing with ACYP their hopes for the future. The Advocate and members of the ACYP team take the time to read every postcard that is received. The important information within the postcards is used to help guide our future work.

The aim of this report is to share the insightful information that ACYP has gained and share this in a way that maintains the children and young people's voices. The hopes and concerns explored throughout this report were solely based off what was shared with us throughout the postcards from the children and young people. Children and young people demonstrated their awareness of the negative impact humans are having on the environment, the war and inequality that takes place and the financial struggles of many. Their hope for the future is that action and change has been taken towards these issues, that so many individuals experience. Many young people also shared personal hopes for their career, academic success, hobbies and health.

The success of the postcard initiative led to the office launching E-Postcards to the Advocate in June 2023. Digital postcards allowed the initiative to be more accessible and reach other children and young people across NSW. Children and young people can access the digital postcard via the [ACYP website](#) and submit their responses electronically. Hard copy postcards are still available for organisations that require them. More information and resources can be accessed [on our website](#).

The Advocate looks forward to receiving more postcards from the children and young people of NSW, and helping to give a voice to their hopes for the future.



POSTCARDS

TO THE ADVOCATE

THE REPORT

Office of the Advocate for
Children and Young People

acyp.

Office of the Advocate for Children
and Young People

Report:

Postcards to the Advocate – The Report

Date:

June 2024



Contact Us

Ground Floor, 219-241 Cleveland Street
Strawberry Hills NSW 2012

ABN: 36 433 875 185

Phone: (02) 9248 0970

Email: acyp@acyp.nsw.gov.au

Website: acyp.nsw.gov.au