

# SEPTEMBER

## Australian Citizenship Day

17th September each year is Australian Citizenship Day and a special day to reflect on and celebrate being an Australian citizen. Australian citizenship is more than just a legal status. It is our common bond that represents our shared democratic beliefs and gives us a sense of belonging and pride in our achievements as a nation. This day contributes to educating students and bring greater cultural awareness, a sense of social unity and belonging for all Australians.

### Activity Options

#### Classroom Lesson Idea

The common values held by people living in Australia are an important aspect of our democracy. As a class, brainstorm and list values that are important to Australians - 'A fair go'. Invite students to explore Australian values further by surveying members of the community. Students could interview three people and ask them to identify the three values that are important to them. Students then reflect on the values that they consider to be most important.

#### Whole school activity

Host a Citizenship Ceremony! The Department of Home Affairs, is proud to offer this exciting opportunity to participating Aussie of the Month schools.

Citizenship ceremonies are a significant community event, where our newest citizens make the Australian citizenship pledge. For most people, this is the final step in their journey to becoming an Australian.

To find out more and to see if your school meets the requirements to host a citizenship ceremony, please complete this [online form](#) to assess what type of ceremony might suit your school best.

### Talking Points

- What do you think it means to be an Australian Citizen?
- What does being an active citizen mean?
- Why was Australian Citizenship Day introduced?

### Resources

[Australian citizenship affirmation](#)  
[What is the pledge?](#)  
[Citizenship Ceremonies](#)

Who might you invite to present the award?

- The mayor or member from your local council
- A community member who recently received their Australian citizenship.



## RUOK? Day

R U OK? Day is Thursday 8 September 2022. It's our national day of action when we remind Australians that every day is the day to ask, "Are you OK?" if someone in your world is struggling with life's ups and downs. R U OK? inspire and empower everyone to meaningfully connect with the people around them and start a conversation with anyone who may be struggling with life. You don't need to be an expert to reach out - just a good friend and a great listener.

### Activity Options

#### Classroom Lesson 1

Look Out For Your Friends – Are You Ok? Get ready for R U OK? Day by displaying a Look Out for Your Friends – Are You Ok? poster. Display Poster Packs from Reach Out in your classroom and learn about the four R U OK? conversation steps.

Arrange your students into six groups. Provide each group with a different poster, a large sheet of paper and a pen. Encourage students to discuss the poster and make connections to their own life experience.

#### Classroom Lesson 2

Circle Chat on the Mat - Move students in to a large free space  
Position students in two circles, the inside circle facing out and the outside circle facing in so everyone has a partner. Teacher reads out the questions and each pair has 30 seconds to discuss their responses The outside circle moves one space to the left and the next question is read out and answered and so on until all questions are answered. Some sample questions:

- Think of a time you asked a friend if they were OK. What did they do? How did it make them feel?
- What does it mean to support a friend?
- Who can help us if we are worried about a friend? At school? At home?

### Talking Points

- Think of ways you can ask a mate how they're doing.
- Learn how best to have a difficult conversation with someone you know.
- Talk about what to do if someone doesn't want help: Find out why someone might not want help and what you can do to support them.

### Resources

[RUOK Day](#)

[Reach Out](#)

[National Mental Health Commission](#)

Who might you invite to present the award?

- Mental Health Advocate
- School Psychologist
- RUOK Day Ambassador



What you're going through isn't easy. It's good we can talk about it.

