



where the coast comes to life

Community Plan

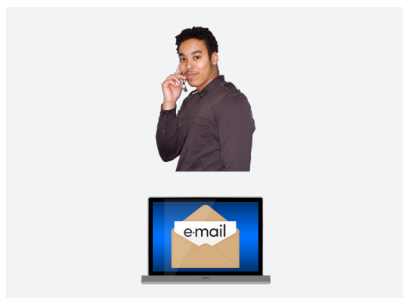
Our Plan for Early Years Children and Young People

2024 - 2030



Easy Read

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www.accesshub.gov.au/about-the-nrs



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This book is a summary of a bigger book.

A summary lists only some of the ideas.



For more information contact us or visit our website at www.rockingham.wa.gov.au.



Acknowledgement of Country

We acknowledge the First Nations people from this land, the Binjareb and Whadjuk Nyoongar peoples and their connection to this land.



About this book

This book is by the City of Rockingham.



This is a plan for our community.

A plan is a list of ideas to make life better.



The plan shows how Rockingham will be a good place for children and young people to live.



You can read the full plan on our website at

[https://rockingham.wa.gov.au/your-city/our-vision/
community-plan-strategies](https://rockingham.wa.gov.au/your-city/our-vision/community-plan-strategies).

About the plan



2024 to 2030

This is our plan for Early Years, Children and Young People.

This plan is from 2024 to 2030.



We want to make Rockingham a good place for children and young people to live.



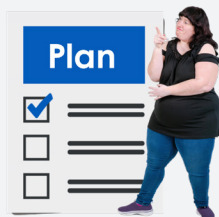
We want to make sure children and young people

- have a good future
- are healthy and well.



We will make sure they are included.

They can take part in our community.



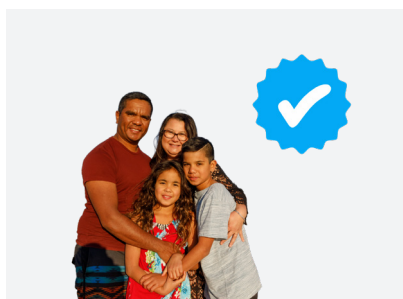
In the plan we explain

- what we will do in our City
- how we will do it.

How we made this plan



We asked many people what they think about this plan.
They told us what is important to them.



We will use this information to

- make our community better
- support children and young people in the best way.



We will keep working with groups, the government,
and our community to make this happen.



The plan has 2 parts.

Part 1 of the plan is about children aged 0 to 11
years.



Part 2 of the plan is about young people aged
12 to 24 years.

Part 1

Early Years and Children



This part of the plan is about children aged 0 to 11 years.



Early years are the first years of a child's life from when they are born to 5 years old.



Helping children early in life makes a big difference. It helps them learn skills and do well in life.



Healthy children are healthy later in life too. They can become healthy adults.

What people told us

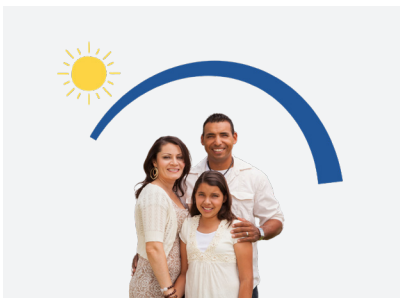


Activities for children and families are important.
They help children to learn, grow, and be healthy.



To grow well children need

- to learn new skills
- healthy food
- exercise and outdoor play.



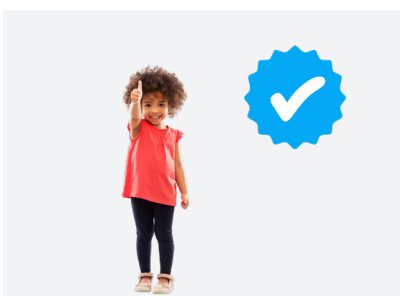
Families need support too.

They need to meet other families and be part of the community.



We need to make sure all children and families can join in.

This includes children with disability.



Our City needs the right services and supports.
So children and families can be well and have a good life.

What we will do

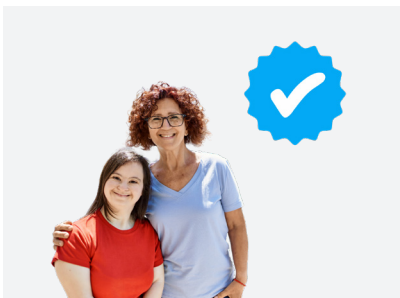


We will support children and families to be healthy and grow well.



We will make sure there are healthy activities like

- parks
- libraries
- family events.



We will make sure that people have good skills.
So they know how to support children and families.

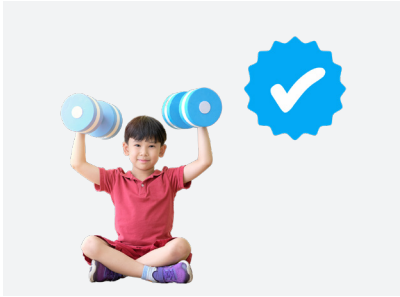


We will make sure our City is **accessible** for children and families.



That means easy to use and everyone can join in.
Everyone can take part and get the support they need.

1. Learning and growing up



We will help young children to learn skills and grow well.



We will help children to learn about

- reading and writing
- healthy eating
- growing up.



We will have activities like

- Children's Week
- Junior Council
- art and creative activities
- cooking and healthy eating
- outdoor play and physical activities
- learning about First Nations culture.

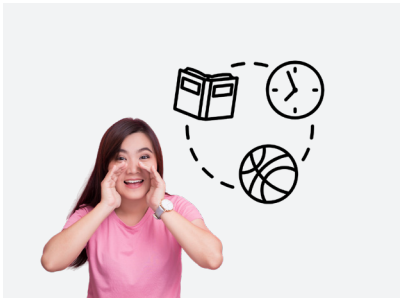


2. Strong families



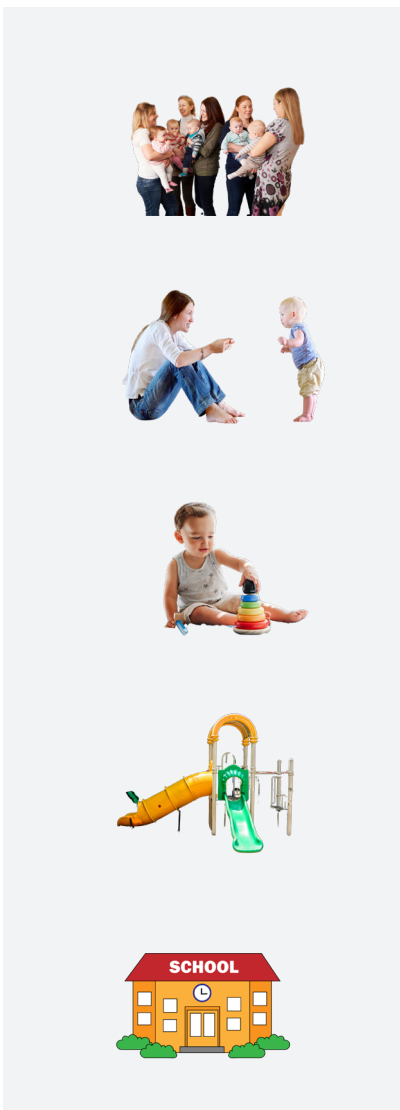
We will help parents and families to

- learn good parenting skills
- connect with other people and get support.



We will tell people about our activities so that

- families know what help there is
- everyone can take part.



We will have

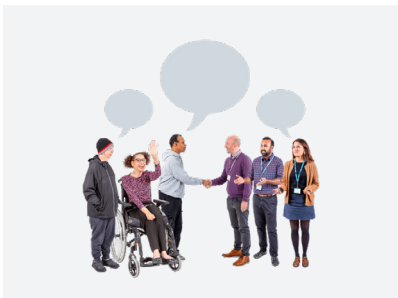
- free family events and activities
- projects to build skills and help children learn
- support for playgroups in our area
- better play areas and new play areas
- support for children to start school.

3. Working together



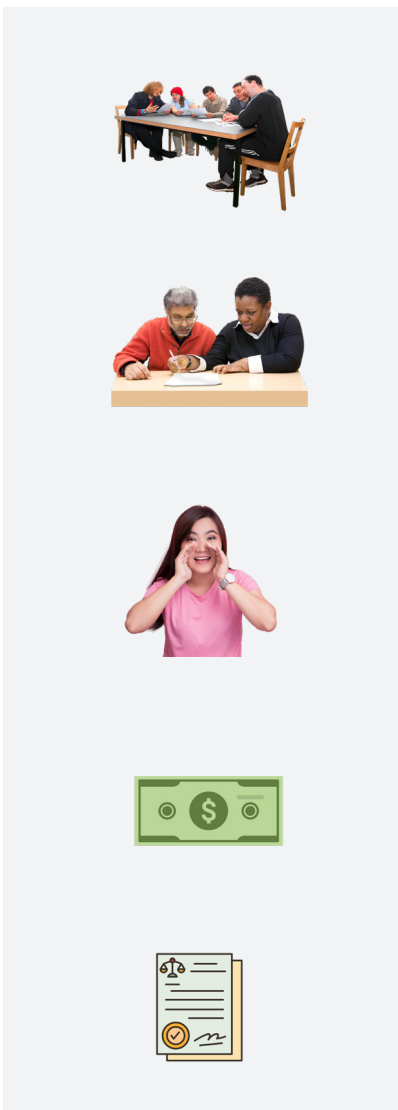
We want our community to support children and families.

Together, we can make services better for children.



We will work together with

- groups
- the government
- and the community to make this happen.



We will

- help the Rockingham Early Years Group
- help families to use community programmes and services
- work with schools to share information
- tell people about spaces they can use in our area
- give grant money to community groups
- tell people about laws that keep children and families safe.

Part 2

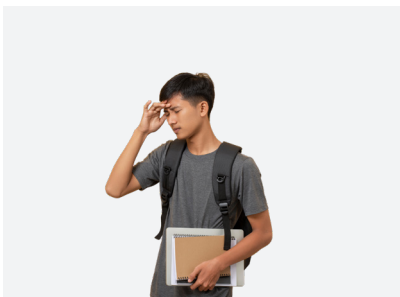
Young people



This part of the plan is about young people aged 12 to 24 years.

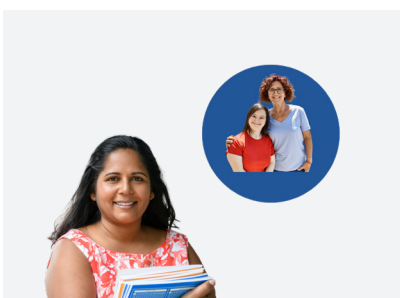


Young people are important in our community.
They need support to be healthy and do well in life.



Young people can face serious problems like

- stress and worry
- feeling sad or lonely.



We must understand

- what support young people need
- how to support their health and growth.

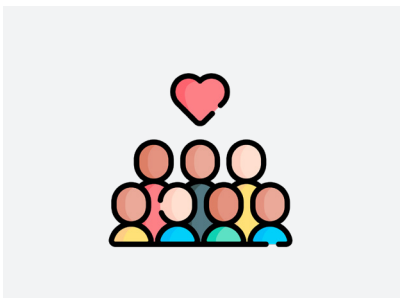
What people told us



People told us these things are very important for young people:



- social connections and relationships with others



- be part of a community



- be safe and stay away from things that are bad for your health



- a good family life.



It is important for young people to

- find a job and learn job skills
- have a place to live and money to pay for it.

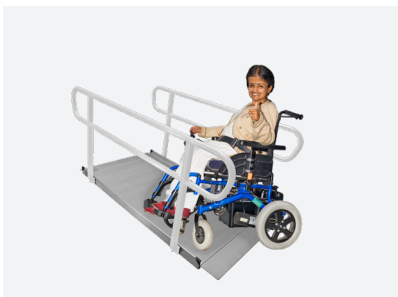


Good **mental health** is important. This is when

- you feel ok
- you can do things in everyday life.

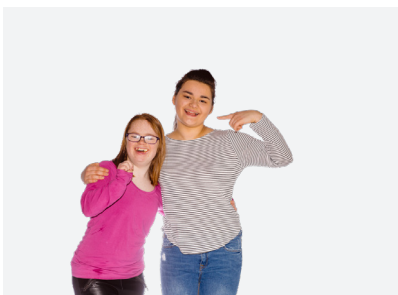


Being included is important for all young people.



Community spaces must

- include everyone
- be easy for everyone to use.



This includes

- people who are LGBTIQ+
- young people with disabilities.

1. Include everyone



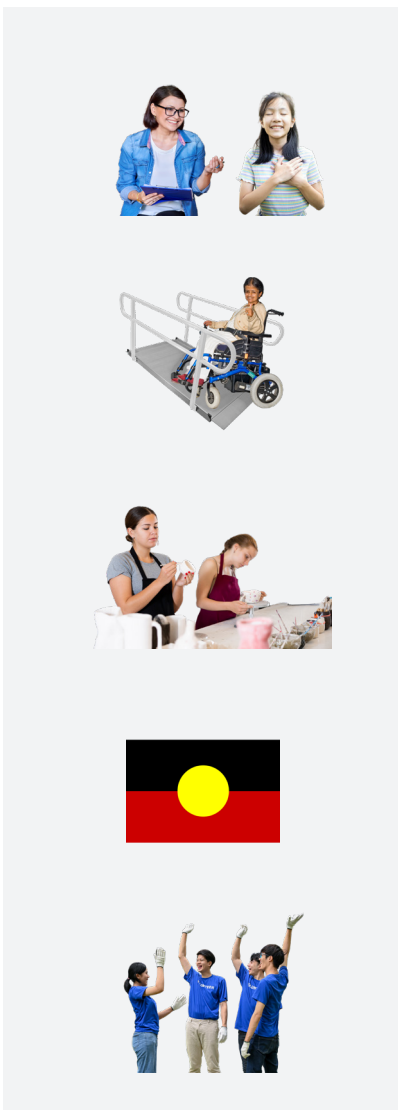
Our community is a safe place where everyone is welcome.

This includes people from all backgrounds and cultures.



We will help young people to

- learn about others
- know about different backgrounds and cultures
- respect everyone.



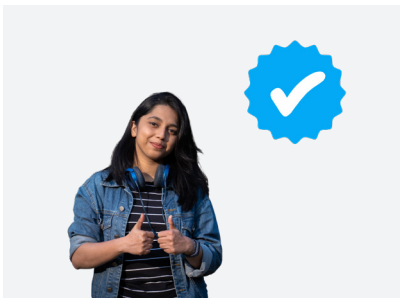
We will have

- programs to support mental health
- areas that are easy for everyone to use
- creative workshops to help people to be well
- events to celebrate First Nations culture
- community events for families and young people to join in.

2. Be strong and connected

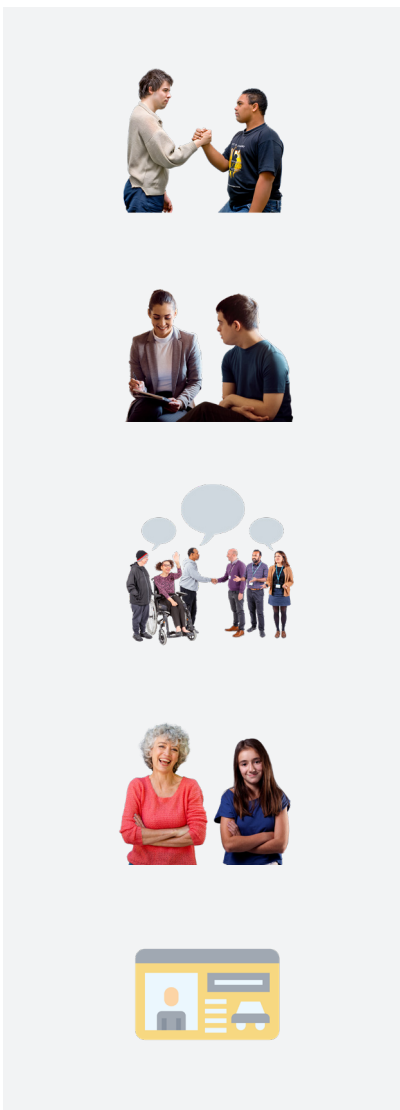


When young people are strong and well they can manage stress in their life.



Our programs will help young people

- join social activities
- learn about good relationships
- be strong and confident.



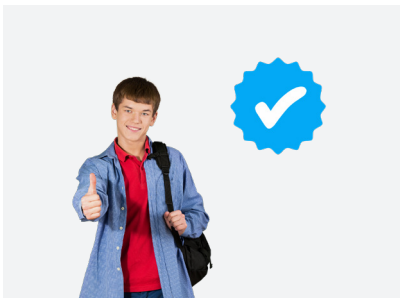
We will

- have events for young people to meet others and learn skills
- give ongoing support and information
- work together with other services to help young people
- support young people at risk
- have programs for young people and older people to get together
- help young people to get a driver's license.

3. Take part and have a say

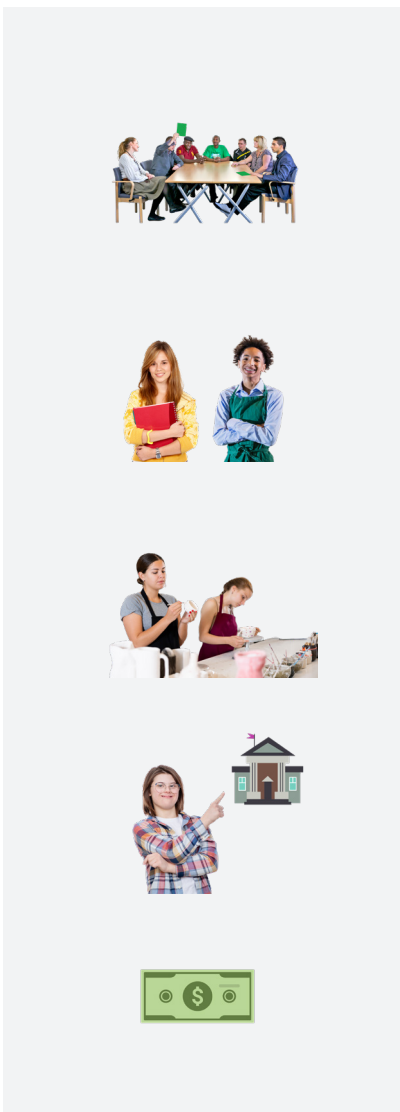


We want to help young people make choices and speak up for themselves.



Our programs will help young people

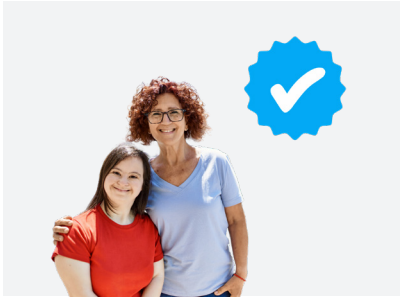
- learn the skills they need
- get ready for work and find a job.



We will

- check on and improve the Rockingham Youth Reference Group
- offer programs to help young people
 - grow their skills
 - find work
- have cultural and creative programs for young people
- help young people get experience working for the City
- tell people about scholarships and government grants to support young people.

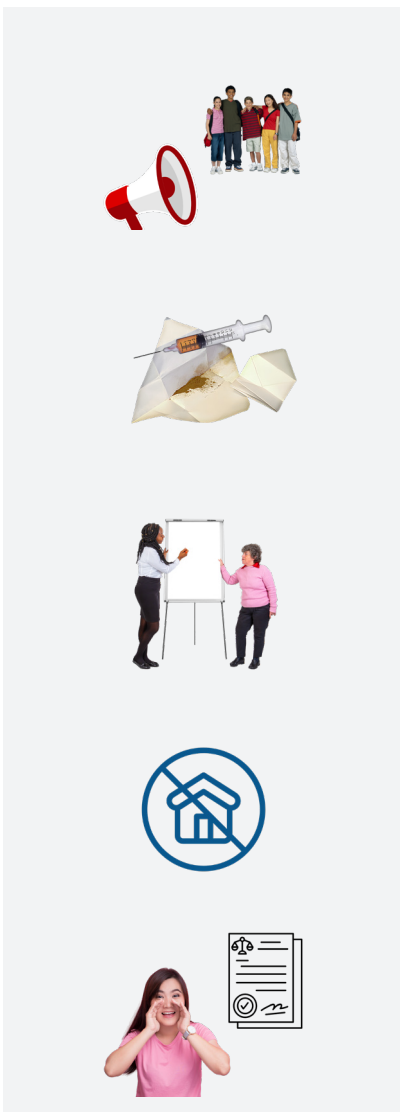
4. Educate the community



We want to build a good community for young people.
So young people can get the right support and services.



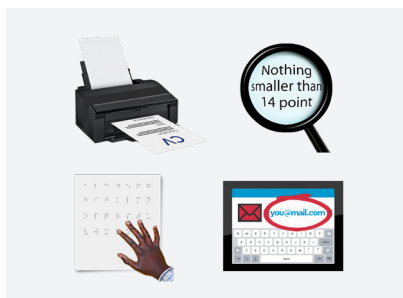
We will make sure young people know where to get help and support.



We will

- share good stories about young people
- talk about problems like vaping, smoking and drugs
- work with schools to talk about problems like
 - violence at home
 - drugs and alcohol
- support families who do not have a home
- tell people about laws and rules to keep young people safe.

More information

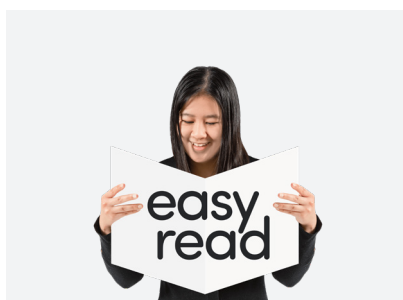


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