BtN: Episode 28 Transcript 13/10/15

Coming up.

- Holidays are over so we'll finally have the chance to tell you all about Australia's new PM!
- We bring you the results from the BtN Kids' Happiness survey!
- And we chat to this guy about why indigenous athletes have become such a big force in both major Aussie footy codes.

Hi, I'm Nathan and welcome back for another term of BtN!

New PM

Reporter: Carl Smith

INTRO: First today to the country's new leader. A few weeks ago, the night before our last show, Malcolm Turnbull challenged Tony Abbott for the leadership of the Liberal Party and therefore the whole country. At the time we managed to give you a quick update to let you know that it'd happened. But now we're back I think it's time to give you the full story. So who is Malcolm Turnbull and how might things change on his watch? Here's Carl.

He's rocked a magazine cover, a leather jacket, a sleeping bag, and plenty of hi-vis vests. Now he's rocking a new title - the Prime Minister of Australia! But how did this guy, Malcolm Turnbull, become our 29th PM? Well let's begin right at the start.

Malcolm was born in Sydney. He went to Sydney Grammar School as a kid, then later Sydney Uni. From there he won a scholarship to the famous Oxford University in England. He's been a journalist, a well-known lawyer, and a super successful businessman worth more than one hundred million bucks!

In the nineties he led a group that wanted Australia to become a republic and ditch the Queen as our head of state. That's when he came up against this familiar face now former PM Tony Abbott.

In 2004 Mr Turnbull was elected as a Liberal member of parliament. He quickly rose through the ranks, and it might surprise you to hear he was actually the leader of the Liberal party once before, back in 2008-2009 when they weren't in government. But some of his colleagues didn't agree with his views on things like climate change.

MALCOLM TURNBULL: This is about the future of our planet.

And in a very narrow vote he lost the job to Tony Abbott who later became PM.

Afterwards Malcolm Turnbull stayed on in politics and eventually became Communications Minister on Tony Abbott's team. But he wasn't happy with the way Mr Abbott was running the country.

MALCOLM TURNBULL: Ultimately, the Prime Minister has not been capable of providing the economic leadership our nation needs.

In Australia, political parties choose their own leaders. So Malcolm Turnbull asked the PM for a vote and then it was up to all of the members of the Liberal Party to decide who would lead them, and therefore the whole country!

In the end 44 members wanted to keep Tony Abbott while 54 voted for Malcolm Turnbull, that meant he became making him Australia's fifth Prime Minister in just five years! But our new PM reckons his government will be different to the last one.

MALCOLM TURNBULL: We are going to make the decisions carefully, consultatively, and listening - not just talking to listening to - as many people as we can.

And already that's led to the Government scrapping their policy on how to fund universities. But the biggest change so far has been to the Government's ministry, the team who will help Turnbull govern the country.

It now has more women, Australia's first indigenous frontbencher Ken Wyatt, and more young politicians, including the youngest ever federal minister 25 year old Wyatt Roy!

So far Malcolm Turnbull's already proven to be pretty popular, swinging opinion polls back into the government's favour. But many say it's too soon to tell just how much of a change our 29th PM will bring to Australia's parliament.

The Wire

To other news now and crews have been battling a huge bushfire in central Victoria. The fire has burned 4000 hectares and at least two homes have been destroyed. Some local residents are pretty upset because the fire started as a planned burn-off before it got out of control.

Car brand Volkswagen has admitted 91 thousand of its cars in Australia have been fitted with software designed to cheat air pollution tests.

The tests measure the amount of toxic gases cars release. Around the world an estimated 11 million cars are affected.

Volkswagen plans to start recalling the vehicles in January but says it'll take a year to fix them all. The company is also facing huge fines both here and overseas.

There's been some massive news coming out of NASA. The organization's scientists reckon they've found evidence of liquid water on Mars! And they say that makes it more likely that life could exist there.

They've also discovered that Pluto actually has blue skies and frozen water on its surface! And have released these new pics to prove it.

And Facebook has made some changes to its famous "like" button. It wants to give its users new ways to express how they're feeling.

For those old enough to use Facebook there's now Love, Ha ha, Yay, Wow, Sad, and Angry options.

At the moment the changes are being tested in Spain and Ireland. But the plan is to launch them everywhere soon.

Survey Results

Reporter: Nathan Bazley

INTRO: Now last term we asked all Australian kids to let us know when they're at their happiest and when they're not in the BtN Kids' Happiness Survey. And you did in record numbers! So I want to thank all of you who shared your feelings with us. But what did your responses tell us? Let's find out.

20,000 thousand. That's the number of you guys that let us know when you are at your happiest and when you're not in the BtN Happiness Survey. Each one of you helped to make it the biggest survey of kids' mental health in Australian history! But what did you tell us? Let's take a look.

We started by asking you how often you feel happy. Most of you said 'nearly always' followed by 'sometimes'. And that was the same for both the boys and girls who did our survey.

Then we asked which situations make you happy. And spending time with friends came out on top followed by hobbies or sport and family.

Next we wanted to know how often you worry. And 1 in 5 of you told us you are worried most or all of the time. When we asked what you worry about, most of you told us that family, your health and your future were your biggest concerns. Interestingly worrying about your future seems to get more common once you guys hit your teens too.

But who are you mostly likely to talk to about those worries? Well 'parents' was the most common response followed by 'friends'. But a fair few of you - 19% - said you 'wouldn't talk about it' at all. And that was the same for guys and girls.

Bullying was next up and a scary 67% precent of you said you've been bullied in the past. That was pretty consistent no matter how old you are or whether a boy or girl. When asked how long it went on for - 39% of those kids said they've been bullied for a year or more.

Moving now to places you feel safe and happy. And 64% of you said you always or mostly feel safe at school. While at home it was a massive 87%.

Now sleep is one of the big things you do at home. But 1 in 5 of you said you mostly don't or never get enough sleep. The average number of hours of sleep was 8 which is below the 9 or 10 hours you should be getting. But some kids reported sleeping heaps less too.

Now for some of the big questions. Do you feel valued? 18% of you often don't. And when it comes to the way you look 17% of you often aren't happy with what you see in the mirror. That's roughly the same for guys and girls too. And it's probably why when we asked you which of these things (body, school work, your feelings, friends, school, family) you'd change about yourself, most of you said your body, closely followed by school work.

Finally we all like to feel like we're being listened to. But 15% of you said you feel like you mostly aren't listened to by the adults in your life. But rest assured by doing this survey you have spoken.

And we have listened, too.

Worry Workshop

Reporter: Carl Smith

INTRO: Now as you saw there one of the big findings from our Kids' Happiness Survey was that 20% of you say you are worried all or most of the time. Now worrying is completely normal and we all do it. But how can you make sure your worries don't get out of control? Well to find out, we went along to a special 'worry workshop'. Here's Carl.

REPORTER: Every now and then, all of us can feel worried.

Kid: Sometimes I worry that mum's doing too much work.

Kid: Sometimes I worry about starting a new school.

Kid: Sometimes I get worried when homework is due and I haven't started it.

Kid: Sometimes I worry that my sister's going to get more sick.

REPORTER: But what should you do if that worry starts to get out of control?

Well, it turns out there are a few easy steps anyone can use to help.

KIRRILIE SMOUT: Hi everyone, I'm Kirrilie, I'm a child psychologist. I'm going to talk to you today about worry. One of the first things that's really good to know about

worry is that everyone worries. And this is partly because in our brain there's a little part that's designed to make us scared at times. And we're going to call that `the worry machine'. What are the worried thoughts that your worry machine churns out?

Kid: My friends won't want to be friends with me anymore if I don't do this or that.

Kid: When I'm older I might not be happy and I might not get a good job.

KIRRILIE SMOUT: Ok so we're going to write some of those worried thoughts down and build a worry machine. We're going to put them all down on a machine so we can see what they might look like.

REPORTER: Kirrilie says writing down the things you worry about and combining them into a worry machine, can help you understand your worries and it can help you share them too.

KIRRILIE SMOUT: So guys this is awesome! This is the coolest worry machine I've personally ever seen. Here's what I want you to know about the worry machine. It tells us things that aren't 100% true. Sometimes it makes some thinking mistakes, and I want you to be on the lookout for the thinking mistakes that your worry machine makes.

There are four kinds of thinking mistakes to look out for. So let's start with that first one there, the mind reading thoughts. What mind reading thoughts are, is when your worry machine says 'I know what someone else is thinking.' Ok so here's a mind reading thought: those people think I'm dumb. Here's another mind reading thought: my friend doesn't really like me. Ok, so that's number one.

Number two kind of thinking is crystal ball thinking.

The worry machine says 'I know what's going to happen'. So here's some crystal ball thinking: I'm going to fail this test. I'm never going to be able to mark this football. No one is ever going to really like me. It's talking about the future.

Ok worry number 3 here is catastrophising thoughts. Your worry machine says 'this thing has happened and it's terrible, awful, end of the world'. So here's some catastrophising thinking: If I don't get invited to this party, then it'll be terrible, if I don't get at least six out of ten on my spelling quiz then it's the end of the world.

And the last one we've got here is exaggerating thinking. Exaggerating thinking is pretty obvious isn't it? It's when you exaggerate. Right!

The next thing I want to talk about in managing worry is to find calm sentences.

They are: 'it's not terrible because' sentences, 'I don't know for sure' sentences, and 'I have a plan' sentences.

When you're worried and you said to yourself something that started with 'it's not terrible because', do you think you'd feel a little bit better or a little bit worse? A little bit better I think.

Ok last idea today about managing the worry machine is about acting brave. So here's what happens when we get worried: our worry machine says 'run away!' When our worry machine kicks in, it tells us, get as far away from anything that could be scary as possible. Don't do scary things.

So the best way sometimes to beat worry and fear is to act brave in really small ways. So, think of something scary, that's important to you to do, and just do one tiny little step towards it.

REPORTER: As you can see, battling your worry machine isn't an easy process. It takes time and practice to start seeing any changes.

But as these guys discovered, it can make a big difference.

Kid: I have noticed that a lot of my worries are crystal ball thinking, so that's helped saying it doesn't necessarily mean this is going to happen and that has helped quite a lot.

Kid: When I go to a new school next year I can use those sentences to make sure I'm comfortable so I can make some new friends.

Kid: Like if you say calm sentences, and you think about the types of thoughts that you're having, and you think if they're true or not!

KIRRILIE SMOUT: I want to thank you so much for showing me such excellent attention today. And I also want to thank you for sharing all your worried thoughts with me. It's not always easy to do but I really appreciate it!

PRESENTER: And a big thanks to all of the kids that took part in that workshop.

Quiz 1

Okay, next up we're going to take a look at an important new satellite that was launched recently. But first a quiz about them.

What is it called when a satellite stays above one place on earth? Is it:

Aerostationary

Geostationary

Or Fixed

The answer is Geostationary

Sky Muster

Reporter: Eloise Fuss

INTRO: Now to a new geostationary satellite that could make a big difference to the lives of some regional kids. Many of these kids rely on the internet for their school

work. But often their connection is so slow or their downloads so restrictive that it's a pretty frustrating experience. The launch of a new satellite called Sky Muster could change that though. Here's Eloise.

These guys love most parts of living in the outback. But there is one part they don't love as much, the bad internet.

ALAN: Sometimes our internet drops out and other times it's really, really slow.

Many station kids do School of the Air, which means they rely on the net for all of their classes. But slow speeds and limited downloads can make it *really* hard.

BRIDIE: It's a big problem when the internet isn't working because we drop out, and can't hear what the teacher's saying or see anything on the screen.

MADISON: Sometimes we have to watch videos, which is pretty much impossible.

HENRY: We'd keep dropping out in our online lessons, which was annoying because we wouldn't know what was going on in the lesson when you came back on.

CODY: Sometimes we can't log onto our lessons which practically defeats the whole purpose of being on there, and that gets really disappointing.

It can also be tricky to chat online with friends. Not to mention other stuff, like downloading TV shows, or playing games online!

But solving this internet issue isn't as easy as just signing up for a better plan. The systems used by most regional people now can't get any faster. And running new, faster cables right across Australia would be really expensive.

But there is another way. Recently this huge rocket blasted off, and onboard was a satellite called Sky Muster! It was launched by the Aussie Government, and its job will be to beam down faster internet signals for about 200,000 homes and businesses in remote parts of the country.

Sky Muster should be up and running by the middle of next year. And many of these station kids are looking forward to seeing the benefits.

CODI: It'll help us because the internet will be better around the place and we'll be able to do things like get on the lessons, so it'll make school much easier for us.

BRYDIE: I would love to have better internet so I could do my school work quicker and easier.

MADISON: It will also make our lessons more fun to actually be on because we get to see our classmates without dropping out all the time.

ALAN: If we had better internet I'd be able to do lots of things other kids do, like me and my friends could play on the Xbox together even though we're far away.

But not everyone's quite as excited. Some critics say the internet might not be as fast as promised, or that it'll be too expensive.

But these station kids are crossing their fingers, and hoping that Sky Muster might finally break their internet drought.

The Score

Okay it's sport time now. Here's some of the biggest plays of the week.

Craig Lowndes and Stephen Richards have won this year's Bathurst 1000. Making Lowndes one of just three drivers to win it 6 times!

CRAIG LOWNDES: This is the race we all want to win and thank you to everyone down here for coming out.

This year's race also featured the first all-female team but unfortunately Renee Gracie and Simona de Silvestro were left disappointed after oil on the road caused them to crash out.

RENEE GRACIE: We weren't too far off actually the guys, we caught them pretty quickly. Everything was going well but unfortunately I was the first one to find the oil and the first one to find the wall.

But they did manage to get it fixed and finished in 21st place.

The Wallabies have beaten Wales to make it through to the knock-out rounds of the Rugby Union World Cup. The 15 to 6 win came off the boot of Bernard Foley who scored all of the Wallabies points through penalty goals.

But the Aussies only held onto the lead thanks to some brave defending after the team had to play without 2 of their players for part of the second half. They play Scotland in their first match of the knockout round.

And finally while he might be a pro on the basketball court NBA star Tim Duncan doesn't do so well with a footy. His Aussie teammate Patty Mills set him the task of kicking a footy through a doorway.

And while his first attempt was a bit of a fail he had it nailed second time round though.

Quiz 2

Okay we're staying with sport for our final story today. But I think we just have enough time to squeeze in one last quiz.

Which grand final was watched by more people on TV?

The AFL

The NRL

Or was it a tie.

The answer is the NRL.

Indigenous Athletes

Reporter: Carl Smith

INTRO: The NRL had 4.4 million people watching, almost half a million more than the AFL. But no matter which code you watched you would have been guaranteed to see one thing - indigenous athletes playing a starring role. So will these amazing performances now inspire more indigenous kids to strive for the top? To find out, we asked the stars themselves and some young athletes coming through the ranks. Here's Carl.

They're two of the biggest sporting events on the calendar. The NRL Grand Final and the AFL Grand Final. And did you know many of the stars in both of these finals are indigenous players?

In the NRL the captains of both teams are indigenous. And one of them, Johnathan Thurston, won the medal for the best player of the game and the season.

JOHNATHAN: It makes me very proud to be a part of that, and to be representing our people as well, it makes me extremely proud.

In the AFL, another indigenous player also won best on-ground this year.

CYRIL: Hey BtN, my name's Cyril Rioli, and I play for the Hawks.

CYRIL: There would have been a lot of proud Aboriginal people out there, and I think that definitely would have sparked a lot of young kids out there, not only in the AFL, but the NRL as well.

KALEB: You can kind of relate to Cyril Rioli, coming from a remote community, and going up winning best of grounds at a grand final, so yeah, pretty good.

CARRON: I was proud to see the indigenous players really stepping up

TREVOR: I look up to them as a role model, especially Rioli because I want to make AFL one day and hopefully get drafted to Hawthorn.

These guys not only look up to Cyril and Johnathan they'd love to follow in their elite footsteps all the way to the top. And as members of a special sports academy for indigenous kids they're well on the way.

KIRAH: So SAASTA's the South Australian Aboriginal Sports Training Academy, it's basically giving us the opportunity as kids, to finish school, but in a sports-based program.

While completing their school certificates, they train at Port Adelaide's AFL facilities.

KALEB: We do weights, we do a bit of cardio, and we do a lot of craft, which is just technique, in the indoor centre, yeah just a lot of drills outside as well.

And they even get support and mentoring from professional AFL and Netball players!

CARRON: Getting connections within coaches and through Netball SA, getting the opportunity to meet Thunderbirds players and Port Adelaide players, just think it's really good!

GEORGIA: it's like a stepping stone, and I think it's a great way for young indigenous players to start.

Cyril Rioli says programs like this could be the key to help the next generation of young indigenous players break into the big leagues.

CYRIL: It's such an awesome thing to do and you know, it gives them a chance to experience and hear about what AFL's like, cos they want to play AFL football too, so you know, knowing what the pathway's like, it'll definitely help them get better as a footballer.

Georgia: Yeah I think it's awesome, young indigenous players like myself and, you know, others in the SAASTA program, it's good for us to look up to those players, and think that we could be something like that one day if we wanted to.

And who knows who these kids will inspire if they make it into a grand final of their own!

Closer

And that wraps us up for another week.

But you can see check in with us again on Friday for #AskaReporter.

This week's topic will be on our New PM.

Thanks and bye for now!