



Teacher Resource

Focus Questions

As a class, discuss the stories featured in the episode of BTN Classroom and record the main points of the discussion. Students will then respond to the following focus questions.

Cigarette Tax

1. In which decade did the dangers of smoking become more widely known?
 - a. 1920s
 - b. 1960s
 - c. 1990s
2. What changes were introduced to try to reduce smoking in Australia?
3. What happened to smoking rates after stronger tobacco laws and public health campaigns were introduced?
4. Why do some people want the tobacco tax to be reduced?
5. Do you think increasing the price of a product is a good way to discourage people from buying it? Explain your answer?

New World Map

1. What did the BTN story explain? Write a 3-4 sentence summary.
2. What is a cartographer?
3. The Mercator Projection was first drawn up to help...
4. Why was the Equal Earth map created?
5. How can maps influence the way people understand the world?

Democracy Day

1. What does the word democracy mean?
2. What type of government does Australia have?
3. How does preferential voting work in Australia?
4. Why is it important that people have a say in how their country is governed?
5. Name three things you learnt from the Democracy Day story.

EPISODE 27

15 September 2026

KEY LEARNING

Students will view a range of BTN stories and use comprehension skills to respond to a series of focus questions.

CURRICULUM

English – Year 4

Use comprehension strategies such as visualising, predicting, connecting, summarising, monitoring and questioning to build literal and inferred meaning, to expand topic knowledge and ideas, and evaluate texts.

English – Year 5

Use comprehension strategies such as visualising, predicting, connecting, summarising, monitoring and questioning to build literal and inferred meaning to evaluate information and ideas.

English – Year 6

Use comprehension strategies such as visualising, predicting, connecting, summarising, monitoring and questioning to build literal and inferred meaning, and to connect and compare content from a variety of sources.

Period Poverty

1. What is a period?
2. What does the term period poverty mean?
3. What are some reasons why a person might not have access to period products?
4. What law did the ACT bring in recently about access to period products?
5. Should period products be made available in other public places like libraries, shopping centres, cafes and cinemas? Give reasons for your answer.

Mia teaches sailing

1. How did Mia first become interested in sailing?
2. Why is understanding the weather important for a sailor?
3. What challenges does Mia face when sailing in Tasmania?
4. How do you think Mia's experiences have helped her become more confident?
5. What did you like about the BTN story?



Teacher Resource

New World Map

Focus Questions

Discuss the BTN story as a class and record the main points of the discussion. Students will then respond to the following:

1. What did the BTN story explain? Write a 3-4 sentence summary.
2. What is a cartographer?
3. The Mercator Projection was first drawn up to help...
4. Why was the Equal Earth map created?
5. How can maps influence the way people understand the world?

Activity: Class Discussion

Working in pairs or small groups, ask students to respond to the questions below **before** and **after** viewing the BTN story.

Before viewing the BTN story...

- What information can we learn from a map?
- What makes a map useful?
- Do you think a map can ever show the Earth exactly as it really is? Why or why not?
- Look at Greenland and Africa on a map. Which one appears larger?
- Can a map change the way we see the world?

After viewing the BTN story...

- When was the Mercator Projection first created?
- Why was it originally created?
- When was the Equal Earth projection invented?
- What happens to the size of land masses in the northern parts of the world on the Mercator projection?
- Why is it difficult to turn a sphere into a flat map?
- How does the Equal Earth projection attempt to solve this problem?
- Which map appears to show land areas more accurately?

EPISODE 27

15 September 2026

KEY LEARNING

Students will compare the Mercator and Equal Earth Projections.

CURRICULUM

HASS – Year 5 and 6

Locate, collect and organise information and data from primary and secondary sources in a range of formats.

Activity: Key Words

Students will brainstorm a list of key words that relate to the BTN New World Map story. Here are some words to get them started.

Cartographer

Map projection

Mercator Projection

Equal Earth
Projection

Distortion

Proportion

Continent

Accurate

Ask students to write what they think is the meaning of each word (including unfamiliar words). They will swap definitions with a partner and ask them to add to or change the definition. Check these against the dictionary definition.

Activity: Compare Mercator and Equal Earth

Students will examine and compare the Mercator and Equal Earth projections. Download copies of the maps: [Mercator](#) [Equal Earth](#) Working in pairs, complete the following table:

What do you notice?	Mercator	Equal Earth
What happens to the size of continents near the poles?		
What happens to continents near the equator?		
How does the size of Greenland compare with Africa on each map? What do you notice?		
How does the size of Antarctica compare with South America on each map? What do you notice?		
What other differences can you see?		

Challenge

Choose five places on the maps—for example:

- Australia
- Africa
- Greenland
- Alaska
- North America

Rank them from smallest to largest as they appear on the map then research their actual land areas. Why don't the rankings on the map necessarily match the rankings in real life?

Activity: Do Maps Influence Us?

A map is more than a drawing or representation of an area; it can influence how people perceive places and continents. Ask students to respond to the following questions:

- If a country appears larger on a map, could people think it is more important or powerful? Give reasons for your answer.
- Could the way Africa is represented on a map influence people's understanding of the continent? Explain your answer.
- Why might accurate representation of different parts of the world matter?
- Is there such a thing as a completely unbiased map? Explain your thinking.

Useful Websites

- [United Nations vote to change maps to more accurately represent size of Africa](#) – Newsround
- [Africa and Australia bigger, US smaller as UN votes to adopt a new world map](#) – ABC News
- [Map Future](#) – BTN
- [Modern Maps](#) – BTN



Teacher Resource

Democracy Day

Focus Questions

Discuss the BTN story as a class and record the main points of the discussion. Students will then respond to the following:

6. What does the word democracy mean?
7. What type of government does Australia have?
8. How does preferential voting work in Australia?
9. Why is it important that people have a say in how their country is governed?
10. Name three things you learnt from the Democracy Day story.

Activity: Class Discussion

Before watching the story...

Before watching the BTN Democracy Day story hold a class discussion about democracy using the following prompt...What comes to mind when you think of the word *democracy*?

While watching the story...

While watching the story students will listen for words, people, ideas and events that are connected to democracy. They will write down any words or phrases they hear or recognise.

After watching the story...

After watching the BTN Democracy Day story, students will complete the following sentence starters:

- *"I think democracy means..."*
(Think about people, places, actions, rights, responsibilities and events associated with democracy)
- *"Democracy is important because..."*
- *"We celebrate Democracy Day because..."*



EPISODE 27

15 September 2026

KEY LEARNING

Students will develop their understanding of democracy by identifying words, people, ideas and events connected to democracy.

CURRICULUM

HASS – Year 5

The key values and features of Australia's democracy, including elections, and the roles and responsibilities of elected representatives.

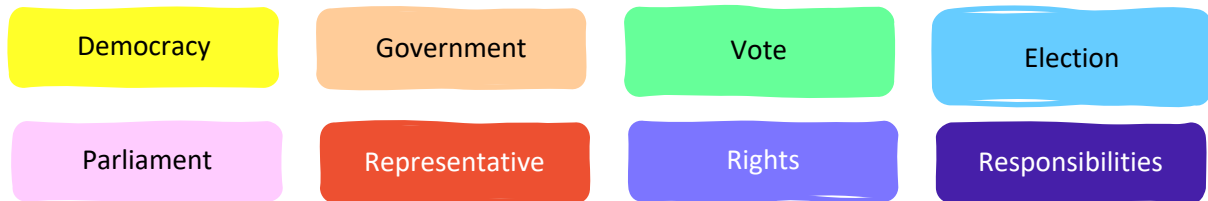
HASS – Year 7

The key institutions of Australia's system of government, how it is based on the Westminster system, and the key values and beliefs of Western democracies.

Significant individuals, events and ideas that led to Australia's Federation, the Constitution and democratic system of government.

Activity: Key Words

After watching the BTN Democracy Day story students will brainstorm a list of key words that relate to the topic.



Ask students to write what they think is the meaning of each word (including unfamiliar words). They will swap definitions with a partner and ask them to add to or change the definition. Check these against the dictionary definition.

Further activities for students:

- Write a classroom definition for democracy.
- Students will add to their glossary by downloading the transcript for the BTN Democracy Day story and highlight all the words that relate to the topic. Additional words: freedom, equality, suffrage, Australian Constitution, government and Federation.
- Become an etymologist and study the origin and history of the word *democracy*. Explore the word's origins and meaning. Record your information source.
- What are some examples of democracy in your everyday lives?

Students will develop their understanding of democracy by identifying words, people, ideas and events connected to democracy. As a class brainstorm words associated with each category, drawing on your glossary of key words.

Democracy	
Words connected to democracy...	People involved in democracy...
Ideas about democracy...	Events related to democracy...

Activity: Compare and Contrast

Students will investigate the different ways that a country can be governed and then compare and contrast the different types of government. Students will start by exploring what the most popular type of government is in the modern world and then investigate other types of government. Students will then compare and contrast two or more types of government.

Students will identify similarities and differences between the different types of government and organise the information they find using a T-chart. Students can use the following to guide their investigation.

	Democracy	Monarchy
What is the origin and meaning of the word?		
Who holds the power?		
How are leaders chosen?		
Do citizens vote?		
What rights and freedoms do citizens have?		
Who makes the laws?		
Can citizens change their leaders?		
What are the advantages of this system?		
What are some possible disadvantages?		
What countries use this system?		

Further Investigation

- What is the most popular type of government in the modern world?
- What are some values in a democratic society? Make a list. How do you apply democratic values in your everyday life?
- Explore how these categories can overlap, for example, Australia is a constitutional monarchy and a parliamentary democracy.

Activity: Young People getting Involved

Watch one or more of the following BTN stories to learn more about how Australia's young people are getting involved in democracy



[Junior Parliament](#)

These kids are getting an up-close look at the political process by taking part in the YMCA's Junior Parliament program.



[Australia's Youngest Senator](#)

(BTN High)
Meet Australia's youngest senator to be elected to Australian Parliament.



[Young Mayor](#) (BTN High)

We meet Mohamed Semra, who's become a mayor at just 27.



[Australia's UN Youth Representative](#)

[2025](#) (BTN High)
Meet Satara who was Australia's Youth Representative to the UN for 2025.



[Young Mayors Program](#)

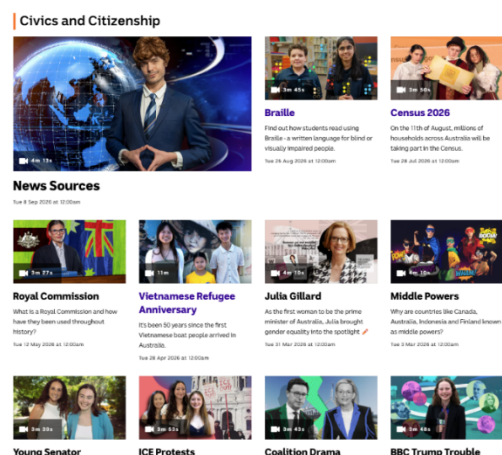
This program gives young people a bigger say on issues that affect their daily lives by letting them elect their own mayors.

BTN Civics & Citizenship stories

Visit BTN's collection of stories which focus on the theme of civics and citizenship. After watching any one of the BTN videos ask students to respond to the discussion questions

To find the discussion questions and teacher resources go to the related BTN Classroom Episode and download the Episode Package.

[Link to collection of BTN Civics & Citizenship stories](#)



Useful Websites

- [International Day of Democracy](#) – United Nations
- [Defining Democracy](#) – Museum of Australian Democracy
- [Special: Democracy](#) – BTN
- [Democracy](#) – Parliamentary Education Office



Teacher Resource

BTN Transcript: Episode 27 – 15/9/2026

Hey, I'm Amelia Moseley and you're watching BTN. Thanks for joining us for another episode, and the last one of the term. Let's see what's coming up. We take a closer look at the world map, learn about the history of democracy and find out about a young Tasmanian's passion for sailing.

Cigarette Tax

Reporter: Saskia Mortarotti

INTRO: All that soon but first we're going to take a look at a debate going on in Australia right now about cigarettes. We all know that smoking is really dangerous, and for years governments have been doing all sorts of things to discourage people from smoking including increasing the price of cigarettes. But now, some people are calling for them to be cheaper. Sas found out why.

SASKIA MORTAROTTI, REPORTER: If you were watching telly back in the 1950s and '60s, there's a chance you'd see some ads like this.

OLD AD: According to this survey, more doctors smoke Camels than any other cigarette.

OLD AD: A story about you and your cigarette.

50S PERSON: Yeah, seeing people smoke was pretty common. Cigarettes were even promoted as being healthy.

OLD AD: Pure natural sugars and chemically pure, harmless.

But that wasn't the truth. Since the 1920s, doctors have been linking cigarettes to lung cancer and other health problems, but it didn't really become public knowledge until the 1960s. That's when changes started to happen. Cigarette packets started displaying warnings, there were public health campaigns.

OLD AD: Just quit smoking.

OLD AD: I've smoked all my life.

And eventually, advertising tobacco products on radio and TV was banned.

In the 90s, there were court cases against tobacco companies and an even bigger effort to get people to stop smoking. The ads on TV looked more like this.

OLD AD: If the average 20-a-day smoker could collect and wring out what goes into his lungs over a year, he'd find this much cancer-producing tar.

90S PERSON: Eww.

Here in Australia, smoking was banned in many places. The government brought in laws forcing tobacco companies to use plain packaging with some not very nice warnings, and the price of cigarettes went up. That's because the government increased something called the tobacco excise, which is a tax on cigarettes. All of it seemed to work. Smoking rates began to drop, and now public opinion on smoking is pretty different to what it once was.

KID: We know it's bad, and it's bad for our lungs.

KID: I think most people think that it's lame nowadays because they know what it can cause.

KID: I'd say uncool.

KID: I think everyone kind of knows the dangers of smoking.

But there's a problem. In recent years, more and more cigarettes have been brought into Australia illegally. They're sold without the tobacco tax for about half the price or less. Criminals are profiting, and it's sometimes leading to violence.

NEWSREADER: The weekend's second firebombing attack.

NEWSREADER: In their fight to control the state's illicit tobacco trade.

And now, some political parties want to fight the problem by making cigarettes cheaper.

ANGUS TAYLOR, LIBERAL PARTY LEADER: The current policy is protecting the business model of organised crime in this country.

They say cheap illegal cigarettes are not only funding crime, they're also encouraging people to smoke.

RYAN PARK, NSW HEALTH MINISTER: What that is doing is hooking up another generation, potentially on nicotine.

One Nation said it wanted to cut the tobacco tax by 75%, then the Liberal and National parties said if they were in power, they'd cut it by 80%, but that's controversial.

TANYA PLIBERSEK, MINISTER FOR SOCIAL SERVICES: That is a guarantee that we will see smoking and vaping rates in this country increase. That will lead to deaths.

LAURA HUNTER, CEO OF THE AUSTRALIAN COUNCIL ON SMOKING AND HEALTH: It really undermines all of the progress that we've had in tobacco control over many decades.

The federal government says rather than making legal cigarettes cheaper, it's going to toughen up laws to stop people from importing and selling illegal ones and is going to introduce a new bill on Thursday. So, what do you think of it all?

KID: Yeah, they probably will stop buying it illegally, but it's also making them cheaper will make more people want to go buy it.

KID: They should just, like, generally close down the shops and stop selling them.

News Quiz

Over in the US, thousands of drones lit up the sky to mark the anniversary of the September 11th, 2001, terrorist attacks that led to the collapse of two big buildings known as the Twin Towers or World Trade Centres. In what US city did this take place? It was New York City.

PERSON: We're all part of this community. We're New Yorkers. We're always going to be New Yorkers, and we got to stick together.

How much did President Donald Trump say he'd pay voters if his party won in the Senate and the House at the upcoming midterm elections? \$1000 US, \$3000 US or \$5000 US? Trump said he'd pay voters 5000 US dollars each if the Republicans win the midterms, although he didn't say where billions of dollars to pay them would come from.

Do you know the name of this newly discovered genus of Australian plant-eating insects? Is it Swiftiephylus taylorae, Deanensius Oliveae or Carpentus Sabrinaii. It's Swiftiephylus Taylorae, and if you haven't guessed it's named after the singer Taylor Swift.

New World Map

Reporter: Jack Evans

INTRO: Recently we got a new map of the world. Not too different there are no new continents or anything. But the size of some of them has changed and some reckon that makes a big difference to the way we see the world. Here's Jack.

JACK EVANS, REPORTER: Ok Geography quiz time. Which of these places is bigger? Africa or Greenland?

KID 1: Maybe Greenland?

KID 2: I reckon Africa?

KID 3: Africa.

Antarctica or South America?

KID 4: Antarctica.

KID 5: Antarctica.

KID 2: Antarctica.

Alaska or Australia?

KID 3: Australia.

KID 1: Maybe Alaska.

KID 5: Australia.

If you got any of those wrong, don't worry it's not you, it's the map. This is the Mercator Projection; it's the world map most humans have been using for quite a while. It was first drawn up by Flemish cartographer Gerardus Mercator in 1569 to help sailors navigate the world, by allowing them to draw a straight line between any two points to get a constant compass bearing. And while the shapes and angles of the land

masses are correct, the size of them isn't.

That's because, as you probably know, the world is a sphere not a flat piece of paper. And if you've ever tried to turn one into the other, you'll know it's not entirely easy. In order to fit everything in nice and neatly the Mercator Projection stretches everything in the north and south. As a result, continents that are further from the equator appear bigger than they actually are. It means, for example, Greenland looks like it's roughly the same size as Africa even though Africa is about 14 times bigger than Greenland. And while that's not necessarily a problem for sailors, some reckon it's had an impact on the way people think about countries that get minimised by the map.

ROBERT DUSSEY, MINISTER FOR FOREIGN AFFAIRS TOGO: Changing the map means restoring true continents in the minds of people, the reality of the true dimensions.

Over the years there have been all sorts of attempts to make a more accurate world map, including the Equal Earth map. It was invented by cartographers, Bojan Šavrič, Bernhard Jenny, and Tom Patterson, back in 2018 and shows Earth's countries and continents in correct proportion to one another. And recently the United Nations general assembly voted in favour of promoting it as the go to world map.

ARCHIE YOUNG, UK'S AMBASSADOR TO UN GENERAL ASSEMBLY: The United Kingdom has voted in favour of this resolution in good faith.

But not everyone is on board, including the United States which comes out looking a little smaller on the new map.

YARYNA FERENCEVYCH, DEPUTY US REPRESENTATIVE TO THE UN ECONOMIC AND SOCIAL COUNCIL: Instead of focusing on genuine problems of international peace, prosperity, or good relations, this body is debating map projects from the 16th century.

But there are plenty of people who are keen to embrace this more accurate depiction of our planet. Does Australia look bigger to you?

ROBERT DUSSEY, MINISTER FOR FOREIGN AFFAIRS TOGO: This adoption comes at a historic moment for Africa and for the world. It affirms the need for a more accurate, more balanced, and more geographically faithful representation of our planet.

Did You Know?

Did you know, while most maps we see today have North at the top, that wasn't always the case. In Medieval Europe most maps were oriented to the east, in fact, that's where the word 'orient' comes from because "oriens" is Latin for East.

Democracy Day

Reporter: Wren Gillett

INTRO: Did you know, Tuesday 15 September is Democracy Day? So, happy Democracy Day. It was created by the UN to celebrate the form of government that we have here in Australia but how much do you actually know about it? Wren found an expert to give you a run-down. Take a look.

WREN GILLETT, REPORTER: Oh, hello there. I'm Demokratia, the Goddess of Democracy. Invented by the Greeks, you know. About 2,500-ish years ago. So, we should all be pretty familiar with me and the whole concept of democracy, right? But you're not. At least not all of you, anyway. So, get your notepads out, kids, thank you. Because we're going back to basics. Starting with democracy. The best form of government. No, I'm not biased at all.

Democracy comes from two Greek words. Demos, meaning 'people', and Kratos, meaning 'power' or 'rule'.

WREN: So, literally, people power... the power of the people. You get the idea.

Back in ancient Greece, people would get together in the Agora and vote on individual laws. And by people, I mean Greek citizens, male Greek citizens.

WREN: Well, anyway, moving on.

These days, democracy is the world's most popular form of Government. But of course, there are others.

WREN: Like, Monarchy.

That's when a King or Queen holds the power. Autocracy, when one person holds all the power. Oligarchy, when a small elite group holds the power. Theocracy, when a religious group holds the power.

WREN: And a lot of countries like to mix it up with a little from column A and a little from column B. That's a column joke for all my Greeks out there.

Take Australia for example. You're a constitutional monarchy. You have a bicameral parliament; that means a Senate and a House of Representatives, full of members that you vote for, and a Prime Minister. But your head of state is the Governor-General, who represents the King, who lives in the UK.

WREN: Interesting. There's actually quite a few of these: Canada, Japan, Thailand, New Zealand, yadayadayada. There are also quite a few Republics.

That's where the head of state is whoever the people elect. Usually, a President or a Prime Minister, sometimes both.

WREN: There are also countries that are sort of democratic and sort of, not.

That is, they might hold elections, but the vote isn't always free or fair. Or their elected leaders might have to share power with people who weren't elected.

WREN: Speaking of which. Elections. Love those.

You know, the process of voting for a leader, leaders. You get the idea. There are lots of different ways of doing it, with computers, pens and paper, sometimes people are just picking the one candidate they want.

WREN: That's called first-past-the-post, very popular.

You Australians put numbers next to your candidates, in order of preference,

WREN: A preferential voting system, if you will. Very good at keeping everybody, meh, sort of happy.

You Australians also have compulsory voting, that's a little more unusual. In most countries, voting is optional.

WREN: But strongly encouraged. Because giving everyone a say is what democracy is all about. Not that people can ever agree on anything.

It's why within democracies we often hear words like populist, pluralist, conservative, progressive, right and left. You see basically, some people think that Governments should be small, stay out of people's business, let them keep the money they earn and make their own decisions. While others think Governments should be more involved in societies and look after people who need it. Some people think Governments should try to preserve traditions; others think they should champion change. And most people think, well, a bit of all of that.

WREN: Ugh, people are complicated, so are democracies. But they're also pretty good. Better than anything else we've found anyway.

Governments elected by the people are accountable to the people. So, if the people think they're doing a bad job, they might not be invited back. It's why democracies tend to have better human rights, be more politically stable and economically prosperous, for ordinary people anyway.

WREN: So, happy Democracy Day, everyone.

Quiz

What sort of vote is known as an "Australian Ballot"? Is it a preferential vote, an anonymous vote or a public vote? It's an anonymous or secret ballot. They were introduced in Victoria, South Australia and Tasmania in 1856. Before that people would vote out loud in front of a crowd which meant they could be bribed to vote a certain way. After secret ballots became the norm in Australia other countries followed which is how it became known as the Australian ballot.

Period Poverty

Reporter: Kushi Venkatesh

INTRO: Now to a topic that experts reckon we really should talk about more and that's periods. Recently the ACT introduced a law requiring all schools to provide free period product dispensers in bathrooms. It was designed to make sure everyone has access to products they need and to fight a phenomenon known as period poverty. Here's Kushi to tell us more.

STUDENT: It's not really weird. It's everyone goes... most girls go through it.

STUDENT: There's a lot of people that still like don't understand what they are or like what girls go through

STUDENT: Like you're growing up and it's like examples of growing up.

KUSHI VENKATESH, REPORTER: It's something about half the population will experience, but getting your period is not something we tend to talk about a lot.

STUDENT: A lot of people just think that it's like weird and it's embarrassing and like people shouldn't talk about it

STUDENT: I haven't really heard anyone talk about it except for today obviously.

So, let's talk about it. A period also known as menstruation is a part of the female reproductive cycle. You see every month or so, the uterus, which is the part of the body that can carry babies, builds up a lining of blood and tissue, and if there's no baby there, it sheds that blood. People usually get their first period somewhere between the age of 9 and 15 and each one can last about 3 to 7 days.

STUDENT: When someone gets their period, it's really like annoying and painful because you get cramps and stuff.

STUDENT: Or you could be upset because your emotions are different when you're on your period, I guess.

STUDENT: They'd be very self-conscious throughout the day or like they might not want to go to school because they'd be like in pain.

STUDENT: They'd definitely want to avoid wearing light colours such as white, because there is a chance of bleeding through, and no girl wants to experience that.

There are all sorts of products that people can use to manage their period but not everyone always has access to them when they need them. Studies show that in Australia roughly 3 in 5 people who menstruate struggle to afford period products.

It's an example of something called period poverty, which is when people don't have access to sanitary products or the knowledge they need to use them properly. That could be because they're too expensive, or because of social or cultural stigmas around periods. This school in South Australia provides free period products.

STUDENT: This is our emergency kit, like sort of trolley room in our wellbeing hub.

STUDENT: We have ultra-thin with wings, organic cotton, regular.

STUDENT: So, you've got your pads, tampons, liners.

In fact, all states and territories have some sort of policy aimed at providing free period products in schools, but they vary, and recently the ACT took it one step further.

The government brought in a law making it compulsory for all public education facilities, including primary schools, high schools, and colleges, to provide free period product dispensers in the bathrooms.

STUDENT: For me, it's made it a lot less awkward than having to go to the front office or my friends to ask for one if I needed it

STUDENT: It's been a really good safety net, especially if you don't know when it's coming. You can just go there and it'll always be there, and you know it's just something in the back of your mind.

The idea was first pitched by a group of students from this high school at an International Women's Day conference in 2021.

LAURA GIBBS, CANBERRA HIGH TEACHER: I knew that period poverty was a thing, but it wasn't until these students made me aware of it that it was such a big thing here at our school. I think there needs to be more education for all students, of all genders, all sexes, about what periods are, just again to make them normal.

Many are calling for similar laws to be brought in, in other states, and these girls say it shouldn't stop at schools.

STUDENT: There should be period products in all public places, like libraries, shops, schools.

STUDENT: You could get your period anywhere, any time, any day so definitely having it accessible in any place would be better so that you can just go get it when you get your period.

Sport

There was triumph and tragedy at the AFL semi-finals. On Friday, the Dockers bounced back from last week's loss and ended Geelong's season.

COMMENTATOR: And they love it!

Meanwhile, Brisbane dominated against the Crows, setting a new finals record with five goals in the opening seven minutes and 13 seconds.

CHRIS FAGAN, BRISBANE LIONS COACH: So I'm just standing there with my mouth open, going, "This is unbelievable."

Earlier last week, a different sort of footy took over Melbourne, as the American NFL played its first-ever regular season game in Australia.

FAN: I'm feeling pumped.

The LA Rams took on the San Francisco 49ers. In front of a sold-out crowd at the MCG.

FAN: We flew in from New Jersey.

FAN: California.

FANS: Portland, Oregon.

FAN: I came from LA this morning, 4:30 in the morning.

FAN: Biggest NFL game, ever. I got to be here.

As for the game itself, it was the 49ers who came out on top beating the Rams 27 to 7.

COMMENTATOR: Seals it with an ace.

Back in America, Elena Rybakina has won her first US Open title. The Kazakh player defeated two-time defending champion Aryna Sabalenka in a thrilling final in New York.

ELENA RYBAKINA, US OPEN CHAMPION: It's so difficult to process what happened. Too...too many achievements this few weeks.

In the men's final, Alexander Zverev claimed his second major title defeating hometown favourite Ben Shelton.

Mia teaches sailing

Reporter: Mia

INTRO: Finally, today, let's meet Mia, who's a winner of the ABC's Heywire Competition, which asks young people in regional areas around Australia to share their stories. Mia's from Tasmania's Tamar Valley and she's going to tell us why she loves sailing. Check it out.

Dad got me into sailing when I was eight, and it's been our thing ever since. He's taught me everything. The names of every part of the boat. About the no go zone and pulling on the mainsheet.

DAD: Yay!

MIA: Yeah, I still did it!

I've represented Tassie around three times in dinghy competitions and absolutely love getting out there. No engines, just nature.

I've spent years learning how to read the wind and predict the weather, like a mini meteorologist. Now I can tell when a wind gust will hit within seconds. I watch the water for ripples and darker patches, using them to pick up speed when I can.

In sailing, safety is everything, because things can turn in an instant. I once capsized during a competition and became trapped under my boat when my hair got caught on the mast. Luckily, rescue boats are always nearby and I was helped quickly.

The water in Tassie is freezing compared to the mainland, especially in winter. Your fingers go numb and you can't help but think: What am I doing out here? But then in the next minute you're flying in a stronger gust. Hair in your face, hanging off the side of the boat, and just going for it. On calmer days, I'll take my boat out and just lie there with my thoughts. It's nice to have that peace.

Now I'm training the next generation into a sport that I love so much. From being taught the ropes as a kid to racing in national competitions, I've learned how to navigate the water and trust myself. Sailing has taught me a lot of things. But above all, I've learnt that the best sailors aren't the ones that don't capsize. They're the ones that get back up and keep going.

Closer

Oh, way to go, Mia! She'll be joining other winners at the Heywire Tamar Valley Youth Summit next week where they'll be sharing ideas with local leaders. Very exciting. As for us, we're going to be on holidays for the next couple of weeks, just like a lot of you guys. But don't worry, Newsbreak will be right here, in the studio, keeping you up to date every week night. Have the best school holidays. Stay safe, and I'll see you really soon. Bye.