

THE RIGHTS

of all children & young people



Almost all of the countries in the world came together and agreed that all children and young people have an important set of rights that can never be taken away from them. It does not matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is and whether they have a disability.

They all have the right to be loved, BE cared for, be safe, have an education and be special. All adults should try their hardest to make sure that children are supported to grow up free from being hurt.



All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

You have the right to give your opinion, express your view, and for adults to listen and take it seriously.



You have the right to find out things and share what you think with others.

You have the right to live with and be raised by your parents, unless it is harmful for you.



You have the right to practise your own culture, language and religion - or any you choose.

You have the right to your own nationality (to belong to a country).



You have the right to help if you have been hurt, neglected or abused.

You have the right to be protected from being hurt or abused.

You have the right to the best health care possible.



Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.



You have the right to special education and care if you have a disability.

You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

You have the right to food, clothing, a safe place to live and to have your basic needs met. You should be able to do many of the things other children can do.



You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country).



If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are ok and right for you.



You have the right to live with a family who cares for you.

You have the right to special care and protection if you cannot live with your parents.



You have the right to play and rest.

You have the right to legal help and fair treatment by police, judges and magistrates.



You have the right to choose your own friends.



All these rights and more are written down in the United Nations Convention on the Rights of the Child.