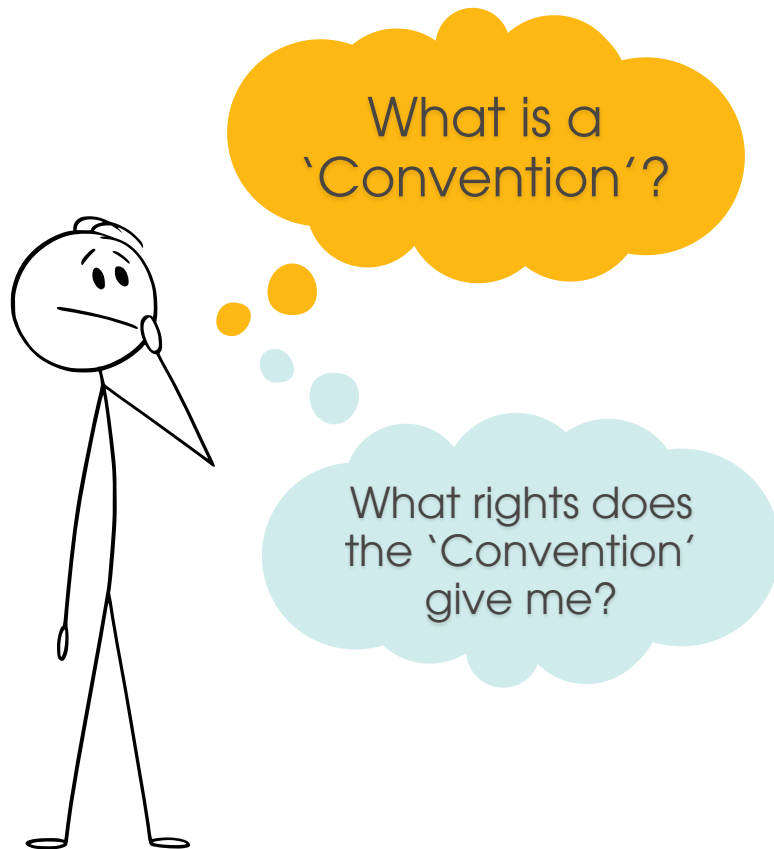


# Know Your Rights!

## A Quick Guide to the **UN Convention on the Rights of the Child**



A 'Convention' is an agreement between lots of countries.

Most countries in the world have promised to give children the rights that the Convention lists.

The rights are called **Articles**. This guide lists all of the rights the Convention gives you, but to summarise:

- You and all young people are equal.
- The rights apply to you and all young people.
- You have the right to have all of your needs met.
- You have the right to be protected from abuse.
- You have the right to have your voice heard and listened to.





# What does that actually mean?

We've listed every Article from the Convention below. If you want to learn more, find the matching number on page 4.

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<b>1</b>  children are under 18	<b>2</b>  rights for all children	<b>3</b>  best interests	<b>4</b>  rights protected	<b>5</b>  family support your rights	<b>6</b>  right to life
<b>7</b>  name	<b>8</b>  identity	<b>9</b>  keeping families together	<b>10</b>  contact with family in different countries	<b>11</b>  safe from kidnapping	<b>12</b>  respect for your opinions
<b>13</b>  sharing your thoughts	<b>14</b>  religion	<b>15</b>  friends and hobbies	<b>16</b>  privacy	<b>17</b>  information	<b>18</b>  responsibility of parents
<b>19</b>  safe from violence	<b>20</b>  children without their own family	<b>21</b>  adopted children	<b>22</b>  refugee children	<b>23</b>  children with disabilities	<b>24</b>  being healthy
<b>25</b>  reviews of where you live	<b>26</b>  help with money	<b>27</b>  food, clothes and a safe home	<b>28</b>  access to education	<b>29</b>  aims of education	<b>30</b>  culture

**31**   
fun

**32**   
safe from dangerous work

**33**   
safe from drugs

**34**   
safe from sexual abuse

**35**   
safe from trafficking

**36**   
safe from exploitation

**37**   
children in prison

**38**   
safe from war

**39**   
recovery


**40**   
fair trial

**41**   
best law applies

**42**   
everyone knows your rights

**43 - 54** **how the convention works**

Talks about how governments and adults must work together to make sure that all children can enjoy their rights.



**Find the matching numbers on page 4 to learn more about what each Article means for you. 43 - 54 is already on this page.**

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# **1** children are under 18

These rights apply to every child under 18.

# **2** rights for all children

You have these rights whatever your gender, race and skin colour, language you speak, political views, and whether you are disabled or not.

# **3** best interests

When adults make decisions about you, they should always think about what is best for you and how those decisions will affect you.

# **4** rights protected

The government has to protect your rights.

# **5** family support your rights

Your parents should help you know and use your rights. The government has to help them to do this.

# **6** right to life

You have the right to life. This means you should be given the chance to live, be healthy, and grow up strong and happy.

# **7** name

You have the right to be given a name when you are born and be recognised as part of a country. This helps people know who you are and where you belong.

# **8** identity

You have the right to an identity – to know who you are, your background, and your family.

# **9** keeping families together

You have the right to live with your parents, unless it's unsafe for you. You have the right to have contact with both of your parents.

# **10** contact with family in different countries

If your family live in a different country to you, you should be helped by the government to move so that you can live together as a family.

# **11** safe from kidnapping

Your government should stop you from being taken from your country illegally.

# **12** respect for your opinions

You have the right to share your thoughts and opinions. Adults should listen to what you say and take your ideas seriously, especially when decisions are made about your life.

# **13** sharing your thoughts

You can express yourself and share your ideas, by talking, writing, or art, as long as it doesn't harm others.

# **14** religion

You have the right to choose what to believe in and practice your religion, or to choose not to follow any religion.

# **15** friends and hobbies

You have the right to meet up with your friends, join groups, and be part of clubs or activities that interest you.

# **16** privacy

You have the right to a private life.

# **17** information

You have the right to find out information from things like books, TV shows and websites that are suitable for you.

# **18** responsibility of parents

Both of your parents should bring you up. The government should make sure there are places where you can be looked after whilst your parents are at work.



<p><b>19</b> <b>safe from violence</b></p> <p>You have the right to be safe from any kind of violence, abuse, or harm. Adults should make sure that you are protected and kept safe.</p>	<p><b>20</b> <b>children without their own family</b></p> <p>If your family are not able to look after you, the government should make sure you are looked after by someone that will respect your culture, religion and language.</p>	<p><b>21</b> <b>adopted children</b></p> <p>If you are adopted, your needs are the most important thing. You should only go to another country to be adopted if a family cannot be found in your own country.</p>	<p><b>22</b> <b>refugee children</b></p> <p>If you had to leave your country because you were not safe, you have all of the rights in this list in your new country. If you have been separated from your family, the government must help you find them.</p>	<p><b>23</b> <b>children with disabilities</b></p> <p>If you have a disability, you should get the help and support you need to live a full and happy life. The government should support you and your family.</p>	<p><b>24</b> <b>being healthy</b></p> <p>You have the right to be healthy. This means having access to healthy food, clean water and a clean place to live, and to doctors and medicines when you are sick.</p>
<p><b>25</b> <b>reviews of where you live</b></p> <p>If you are being looked after away from your family, you should have regular reviews to make sure you are getting good care or treatment.</p>	<p><b>26</b> <b>help with money</b></p> <p>You have the right to help if you or your family don't have a lot of money.</p>	<p><b>27</b> <b>food, clothes and a safe home</b></p> <p>You have the right to live in a safe and clean place, with the things you need to feel comfortable and healthy. The government should help give you things like food, clothing and housing if you or your family need this.</p>	<p><b>28</b> <b>access to education</b></p> <p>You have the right to go to school.</p>	<p><b>29</b> <b>aims of education</b></p> <p>Education should help you learn things that are interesting, and help you develop your personality, talent and abilities.</p>	<p><b>30</b> <b>culture</b></p> <p>If you come from a different culture, group, or background, you have the right to speak your own language, practice your own religion, and be proud of who you are.</p>
<p><b>31</b> <b>fun</b></p> <p>You have the right to enjoy time to play, relax, and have fun.</p>	<p><b>32</b> <b>safe from dangerous work</b></p> <p>You should not have to work until the government says you are old enough. You should not have to work in a way that is dangerous, hurts you or stops you from going to school.</p>	<p><b>33</b> <b>safe from drugs</b></p> <p>You should be kept safe from using, making and selling harmful drugs.</p>	<p><b>34</b> <b>safe from sexual abuse</b></p> <p>You should be kept safe from sexual abuse and exploitation.</p>	<p><b>35</b> <b>safe from trafficking</b></p> <p>No one should be able to take you away or force you into situations where you're unsafe. You should be protected from being trafficked or harmed.</p>	<p><b>36</b> <b>safe from exploitation</b></p> <p>You should be protected from people who try to take advantage of you or use you in ways that aren't fair or safe.</p>

## **37** children in prison

If you ever get in trouble with the law, you should not be punished in a cruel way.

If you are sent to prison, you should not be with adults and you should have the chance to stay in touch with your family. You cannot be sent to prison for life.

## **38** safe from war

If you are under 15, you must not join the army or fight in a war.

Children affected by war should be protected and cared for.

## **39** recovery

If you've been hurt or abused, you should get special care to heal and help you feel safe again.

## **40** fair trial

If you're accused of doing something wrong, you have the right to a fair trial. Your age should be recognised as part of this.

## **41** best law applies

If your country has better laws than these to protect you, those rules should still be followed.

## **42** everyone knows your rights

Everyone should know about your rights!

Governments should make sure that children, parents, and others know about and understand these rights.

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We hope that this guide has been useful. If you have any ideas how to make it any better, please email us at:

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