UN Convention on the Rights of the Child

Children & Young People's Commissioner Scotland

Comisiynydd Plant Cymru
Children's Commissioner for Wales

Survival

You have a right to life, good food, water, and to grow up healthy

Development

You have a right to an education and time to relax and play

Participation

You have a right to say how you feel, be listened to, and taken seriously

Protection

You have a right to be treated well and not be hurt by anyone

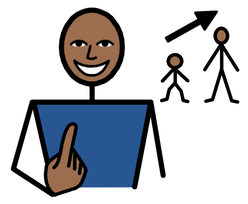
1 Everyone under 18 has rights

2 All children have these rights no matter what their differences are

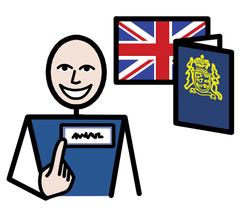
3 Adults must do what's best for me

4 Governments must protect and respect my rights

5 My family should help me know and use my own rights



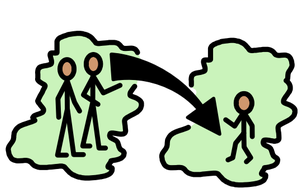
6 I have the right to live and grow as a person



7 I have a right to a name and to belong to a country

8 I have a right to an identity

9 I have a right to live with my family if they can keep me safe



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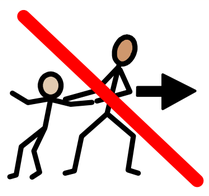

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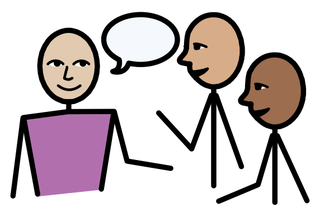

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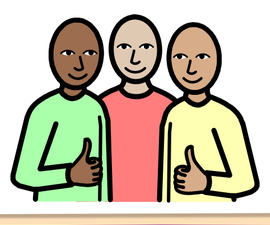

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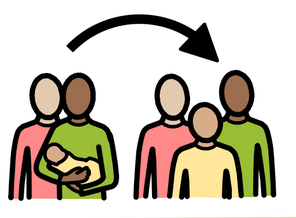

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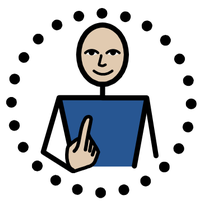

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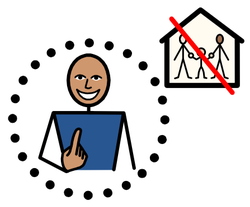

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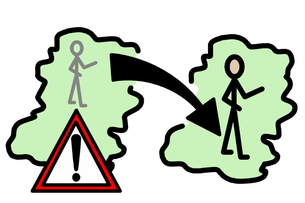

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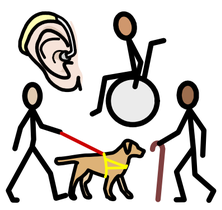

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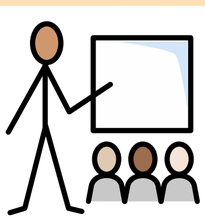

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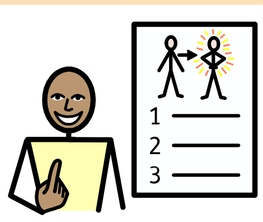

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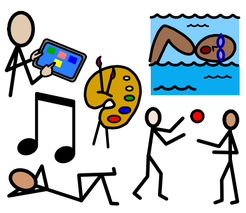

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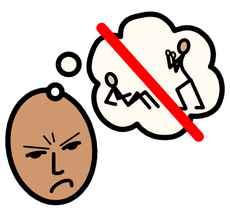

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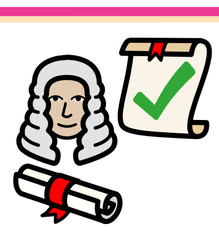

41 If the laws in my country protect me better than the articles of the UNCRC then those laws should stay.

42 Everyone should know about children's rights

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1 Everyone under 18 has these rights

Under the UNCRC, a child means every human being below the age of 18.

A child has all the rights in the UNCRC until they are 18 years old.

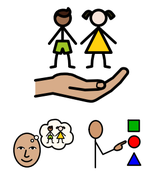
2 All children have these rights no matter what their differences are

The UNCRC applies to all under 18s, with no exceptions.

Governments should make sure that every child has equal access to their rights.

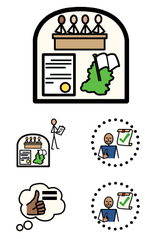
Governments should make sure that children are protected against discrimination.

3 Adults must do what's best for me



When adults make decisions, they should think how they affect children and do what is best for them.

4 Governments must protect and respect my rights



Governments must make sure that children's rights are protected.

Governments must make sure other people respect children's rights.

5 My family should help me know and use my own rights

Governments should support my parents to help me realise my rights.

My family should support me to know and use my rights and make more of my own decisions, as I get older.

6 I have the right to live and grow as a person

Children have the right to life.

Governments should make sure that children develop and grow healthily and should protect them from things which could hurt them.

7 I have a right to a name and to belong to a country

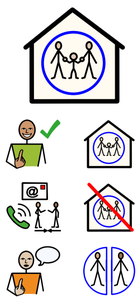
Governments should make sure I have a legally registered name and a nationality.

Children have the right to know who their parents are.

8 I have a right to an identity

Governments should respect children's right to their own name and nationality. Their family ties should be respected.

9 I have a right to live with my family if they can keep me safe



Governments should only separate children from their parents if it is the best thing for them.

Governments should make sure children can have contact with their parents if they don't live with them.

In discussions around separation, children should be given a chance for their views to be taken into account when decisions are made.

10 I have the right to see my parents if they live in another country

Governments should let families move between countries so that parents and children can stay in contact.

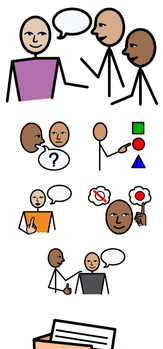
If children have parents living in different countries, they have the right to stay in contact with both of them.

11 I have the right not to be taken out of my country illegally

Governments should do all they can to stop children being taken out of their own country illegally.

Governments should work with other governments to make sure this doesn't happen.

12 I have the right to be listened to, and taken seriously

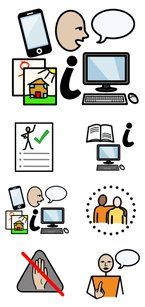


When adults are making decisions that affect children they should ask them what they think.

Adults should take account of children's views when making the decision.

Children should be supported to give their views in a way that is best for them.

13 I have the right to get information and share my views

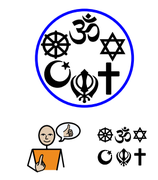


Governments should help children get the information they need, and make sure that information they access via the internet or other media is accurate.

Governments should let children access and share information, unless it is damaging to them or someone else.

Governments shouldn't stop children from saying what they think.

14 I have the right to have my own thoughts and beliefs and to choose my religion, with help from my parents



Governments should make sure no one stops children from practising their religion or beliefs. Parents should guide their children in this.

15 I have the right to meet with friends and join groups

Governments should make sure children can meet with friends and join groups or organisations.

Governments should make sure children can safely meet other people in public spaces to protest peacefully when they want to change things.

16 I have the right to keep some things private

There should be laws to make sure a child's diary, online messages and phone calls remain private.

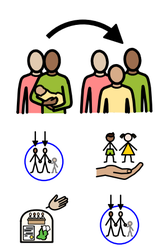
Governments should protect children from attacks against them, their way of life and their home.

17 I have the right to get information in lots of ways, as long as it's safe

Children should be able to access information they can understand on TV, radio, in books and newspapers and on the internet.

Governments should make sure children are protected from things that could harm them.

18 I have the right to support from both parents, if possible



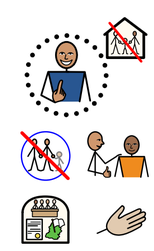
Both parents share the responsibility for bringing up children. Parents should always consider what is best for each child.

Governments should help parents by providing services to support them to be better parents.

19 I have the right to be protected from being hurt or badly treated

Governments should make sure that children are properly cared for. There should be laws to protect children from violence, abuse and neglect from adults.

20 I have the right to be looked after if I can't live with my own family



If children cannot be looked after by their own family, they must be looked after properly, by people who respect their religion, culture and language.

Governments should make sure that alternative care is available for children.

21 I have the right to have the best care if I am adopted

If a child is adopted, the first concern must be what is best for them.

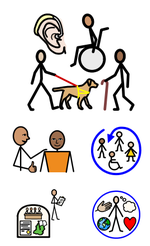
The same rules should apply whether the adoption takes place in the country where they were born, or if they move to another country.

22 If I am a refugee, I have a right to help, protection, and the same rights as children born in this country

If a child comes to live in another country as a refugee, they should have the same rights as children born in that country as well as special protection as a refugee.

Governments should try to help find the family of any refugee child.

23 If I am disabled, I have the right to special care and education



Disabled children should be supported to reach their full potential. They should be provided with activities with others so that they can be an active participant in their own community.

Governments should make sure disabled children receive an education, health care and opportunities to relax, play and do other activities.

24 I have the right to be as healthy as possible

Governments should make sure children can get good quality health care.

Governments should make sure children have nutritious food and a clean environment so they can stay healthy.

25 If I am not living with my family, people should keep checking I am safe and happy

If a child is in care, local authorities should regularly check on how children are doing. Governments should make sure this happens.

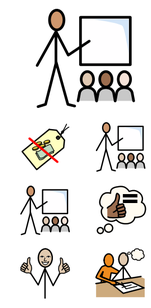
26 If my family need it, they should get money to help bring me up

Governments should help children's families if they cannot afford all the things they need to meet their mental and physical needs.

27 I have the right to have a proper home, food and clothing

Governments should make sure families have access to good housing, healthy food and warm clothing.

28 I have the right to an education

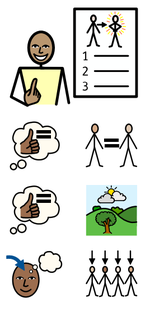


Governments should make sure children can get an education without it costing their family money.

Schools should respect my dignity.

Children should be able to stay in secondary education as long as they want.

29 I have the right to an education which develops my personality, talents and abilities



Education should develop children's respect for other people's human rights.

Education should develop children's respect for the environment.

Children should learn about their own culture and other cultures.

30 I have a right to speak my own language and to follow my family's way of life

Governments should make sure children can learn the language, religion, and culture of their family if it is different from those of most people in the country where they live.

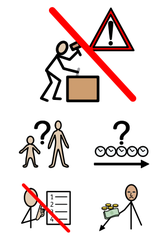
31 I have a right to rest, relax and play

Adults should make sure children have the chance to play and relax in a safe, supportive and stimulating environment.

Governments should make sure children can be part of cultural and artistic activities.

When decisions are made about activities in the community, adults should include children in planning these.

32 I have the right not to have to work unless I am old enough and it is safe



Governments should agree a minimum age for when children can start work. They should say how many hours children are allowed to work.

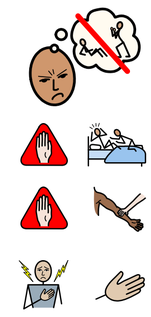
When children are old enough, there should be laws to make sure that adults who don't stick to these rules are fined.

33 I have the right to be protected from dangerous drugs

Governments should make sure children know about dangerous drugs.

Governments should protect children from coming into contact with them.

34 I have the right not to be touched in ways that make me feel uncomfortable, unsafe or sad



Governments should protect children from sexual abuse.

Nobody should do anything to children's bodies that they do not want them to do, like touching them or taking pictures of them.

If children have been harmed or abused they should get the help they need to recover.

35 I have the right not to be kidnapped, sold or trafficked

Governments should make sure that children are not taken from their family illegally.

Governments should make sure that children are not sold, kidnapped or trafficked.

36 I have the right not to be used by adults in ways that harm me

Governments should protect children from work or other activities that could harm their welfare.

37 If I break the law, I have the right not to be punished in a cruel or unnecessary way

If children break the law, governments should make sure that they are treated fairly, are kept safe and not put in prison with adults.

Governments should provide children with legal help and make sure they can have contact with their family.

38 I have the right not to join the armed forces

Governments should not recruit children into the armed forces.

Governments should make sure that children are given extra protection when there is a war or armed conflict.

The Committee on the Rights of the Child has made it clear that no child under 18 should be recruited to the armed forces.

39 I have the right to help to get better if I have been hurt or badly treated

Governments should have laws to protect children from harm.

If they are hurt, neglected or badly treated, governments should provide children with special help to help them get better.

40 I have the right to be treated as a child if I break the law

Governments should make sure that children accused of breaking the law have access to a lawyer.

There should be a special justice system for children.

Children should only be kept somewhere they are not allowed to leave as a last resort.

41 If the laws in my country protect me better than the articles of the UNCRC then those laws should stay.

The rights listed in the UNCRC are a foundation on which governments can build.

Where governments have even better laws than in the UNCRC then governments should keep them.

42 Everyone should know about children's rights

Governments should make sure that adults and children know about the UNCRC.

They should make sure they do this in an appropriate and active way.

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