

MY RIGHTS!
for
9-15 years old



Save the Children
Sweden

The vision

Save the Children works for:

- a world which respects and values each child
- a world which listens to children and learns
- a world where all children have hope and opportunity

The mission

Save the Children fights for children's rights.

We deliver immediate and lasting improvements to children's lives worldwide.

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MY RIGHTS!

This book is developed for children who are between the ages of 9 to 15 years old. If you are between these ages, then this book is for you!

“Rights” are what all children have as human beings. All children have the same rights. The United Nations Convention on the Rights of the Child lists these rights. Almost every country has agreed to these rights. All the rights are connected to each other and all are equally important.

Our parents have the primary responsibility for our upbringing and security. Sometimes, adults (parents, teachers, community members and government officials) may also decide what is best for a child. If our parents cannot provide for our upbringing, our Government has the responsibility to support our families.

As we grow older, we have more chances to take responsibility and exercise our rights.

Our Government has the ultimate responsibility to implement all the rights listed here. Our parents and family will guide us.

UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD

Article 1: What is a child?

Everyone under 18 has all the rights mentioned in the United Nations Convention on the Rights of the Child.

Article 2: Non-discrimination

I have the right to protection against discrimination. This means that nobody can treat me badly because of my disability, colour, sex, caste or religion, or language, or type of family I come from, whether poor or rich.

Article 3: Best interests of the child

All adults are responsible for what is best for me. I should also be listened to on what I think is best for me.

Article 4: Implementing my rights

Governments are responsible for making these rights available to me.

Article 5: Guidance by my parents and family for my physical, mental and social development

I have the right to be given guidance by my parents and family. My Government should support my family to look after me and also to respect my views and concerns.

Article 6: Survival and development

All children have the right to life. My Government shall make sure that all children survive and develop in good health. I have the right to live in a safe and happy environment.

Article 7: My name and nationality

I have the right to have a name. I have the right to belong to a nationality. I have the right to know who my parents are and be cared for by them, where possible.

Article 8: Protection of identity

I have the right to an identity, which means having a name, being part of my family and having a nationality.

Article 9: Separation from my parents

I have the right to live with my parents, unless my parents or family are not good to me.

Article 10: Family reunification and integration in the same country

I have the right to live together with my parents. If my parents and I are living in separate countries, I have the right to get back together with my parents and live in the same country as my parents.

Article 11: Illegal moving and non-return

Nobody is allowed to take me out of my country forcefully or unknowingly.

Article 12: My opinion

All children have the right to express their opinions. I must be asked for my opinions. My opinions must be respected in all decisions which concern me, at home, in school, by my Government and courts.

Article 13: Freedom of expression

I have the right to get and to share information, as long as the information is not disrespecting or harming me or others. I have the right to think and to express my views through verbal, written or artistic ways.

Article 14: Freedom of thought, beliefs and religion

I have the right to think and believe what I want and to practice my religion. My parents should guide me on these matters.

Article 15: Freedom of association

I have the right to meet together with other people and form or join associations, as long as I do not stop others from enjoying the same rights.

Article 16: Protection of privacy

I have the right to privacy. Nobody should read my letters, email or diary without my permission.

Article 17: Access to suitable information

I have the right to have information through different forms of media, such as radio, newspapers, television and internet. I should also be protected from information that could harm me.

Article 18: Parent's responsibilities

Both my parents share the responsibility of bringing me up. I have the right to live with both my parents, if possible.

Article 19: Protection from abuse and neglect

I have the right to be protected from any kind of violence or bad treatment, including physical punishment. My Government must make sure that all children are taken care of properly and protected from violence.

Article 20: Protection of children without family

If I cannot live with my parents, I have the right to special protection and support. I should also be given the opportunity to practice my religion, culture and language.

Article 21: Adoption

If I have been adopted, the first concern must be what is best for me. The same rules apply whether I am adopted in my own country or in another country.

Article 22: Refugee children

If I have been forced to leave my country (a refugee), I have the same rights as other children of that country (of arrival). If I am unaccompanied, I shall receive special protection and support. If it is possible, I shall be reunited with my family. I have the same rights when I have to flee within my own country.

Article 23: Children with disabilities

If I have a disability, I have the right to additional support, care and services, so that I can lead a full and independent life in my community together with people without disabilities.

Article 24: Health and health services

I have the right to good quality healthcare, safe water, nutritious food and a clean environment. I should receive and have access to information that will help me stay healthy and well.

Article 25: Review of living arrangements

If I am being looked after by my Government, I have the right to have my living arrangements reviewed and checked regularly.

Article 26: Support from my Government

I have the right to get support from my Government if my family is poor.

Article 27: Standard of living

I have the right to a standard of living that meets my physical, mental and social growth. This also means I should have sufficient food, clothes and a proper place to live in.

Article 28: Education

I have the right to free quality primary education. I have the right to receive the highest level of education I am capable of. Teachers are not allowed to discipline me by use of physical, mental and emotional violence such as, hitting, scolding, neglect, abusive words or name calling.

Article 29: Aims of education

I have the right to education which develops my personality and abilities. I have the right to education which respects other people's rights, cultures and values.

Article 30: Children of minority groups

If I come from a minority group, I have the right to learn in my own language and practice my religion and customs.

Article 31: Relaxation, play and cultural activities

I have the right to play, relax and join different kinds of activities.

Article 32: Child labour

I have the right to be protected from work that is dangerous or might harm my health and education.

Article 33: Drug abuse

I have the right to be protected from dangerous drugs.

Article 34: Sexual exploitation

I have the right to be protected from sexual abuse.

Article 35: Sale, trafficking and abduction

Nobody is allowed to forcefully take, kidnap or sell me.

Article 36: Other forms of exploitation

I have the right to be protected from any other kind of exploitation or harm to my development.

Article 37: Torture and denial of freedom

If I break the law, I should not be punished in a cruel or hurtful way. I have the right not to be put in prison with adults. I have the right to stay in contact with my family.

Article 38: Armed conflicts

I have the right to protection in times of conflict or war. If I am a child, I should never have to take part in battle.

Article 39: Recovery, care and rehabilitation

I have the right to support if I have been hurt, neglected, or treated badly.

Article 40: Application of juvenile justice

I have the right to defend myself if I am accused of breaking the law.

Article 41: Respect for higher standards of law

I have the right to protection under the laws in my country or the rights in the United Nations Convention on the Rights of the Child, whichever has a higher standard.

Article 42: Distribution of the Convention

I have the right to information and knowledge about my rights in the Convention. These rights should be shared and made available to all children and adults.

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