Middlesbrough
moving forward

UN Convention on the Rights of the Child (UNCRC)

Rights are things that children have which can help them stay healthy, safe and happy. Everyone under the age of 18 has these rights and has the right to know them! It is up to adults to make sure you know your rights

These articles show how the government and other adults will work to ensure children are protected.

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Your right to be yourself ...

All children have these rights, no matter who they are!

You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country).

You have the right to an identity – an official record of who you are.

You have the right to find out information and share it if it does not harm any other people.

You have the right to choose your own religion and beliefs as long as they do not cause harm to any one else. Your parents should help you with this.

You have the right to meet with people and to join groups and organisations if they do not cause harm to others

You have the right to privacy.

You have the right to get information you can understand that is important to your well-being, from radio, newspaper, books, computers and other sources.

You have the right to practice your own culture, language and religion whether this is shared by the rest of the country or not

Your right to be safe ...

All adults should do what is best for a child.

The government is responsible for making sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

Your family has the responsibility to help you learn to use your rights, and to make sure that your rights are protected.

You have the right to not be separated from your parent(s) unless it is back for you. You have the right to live with a family who cares for you.

The government must protect you from being illegally taken out of your country by parents or other family members.

If you live in a different country than your parents do, you have the right to keep in contact and to be together in the same place.

You have the right to be raised by your parent(s) if it is safe for you to do.

You have the right to be protected from violence, abuse, neglect and bad treatment from parents or carers .

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

If you are adopted or are in foster care you have the right to be protected.

You have the right to special protection and help if you are a refugee. You should get help to be reunited with your family.

If you live in care or in other situations away from home, you have the right to have a regular review of how things are going.

You have the right to help from the government if you are poor or in need.

You have the right to food, clothing, a safe place to live and to have your basic needs met.

You have the right to be protected from work that might harm your education health or development. If you work, you have the right to be paid fairly

You have the right to be free from sexual abuse.

No one is allowed to kidnap or sell you.

You have the right to protection from any kind of exploitation (being taken advantage of).

No one is allowed to punish you in a cruel or harmful way.

You have the right to protection and freedom from war. Children under 15 cannot go into the army or take part in war.

our right to be healthy ...

You have the right to be alive.

You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment.

You have the right to play and rest.

You have the right to be protected from harmful drugs and from the drug trade.

You have the right to get help if you've been hurt, neglected or badly treated.

Your right to be heard ...

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

You have the right to a good quality education and to be encouraged to do the best you can.

Your education should help you develop your talents and abilities. It should help you use these in every day life and respect your parents, different cultures and other people and their rights.

You have the right to legal help and fair treatment in the justice system that respects your rights.

If the laws of your country provide better protection of your rights than the articles in this Convention, those laws should apply.

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TOP TIPS

Be reliable

Praise them when appropriate

Be patient, allow them to be as independent as possible

Never giving up on them, even when it seems frustrating

Show you care, take time to understand

Always encourage and allow young people to have their say

Make time quality time, get to know the child

If a child is in a wheelchair, go down to their level don't talk down to them

Set boundaries and routines

Know your children well and allow them to know you well

Show Empathy

Build resilience in both yourself and develop this in the young people

Talking to them by using the correct communication methods and at level of the young person's understanding

Create a sense of belonging

Always provide a child with an exit (during a challenge or difficult situation)

Have a good sense of humour

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Set boundaries and routines

Make time quality time, take time to know the child

Build resilience in both yourself and develop this in the young people

For children in wheelchairs do talk down to them , go down to their level

Show Empathy

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