

# Children's Human Rights

Information for  
**children and  
young people**



# What are children's human rights about?

Wouldn't it be amazing if all children and young people grew up **loved, safe and respected so that they can reach their goals and dreams?** We think it would be! But it isn't a reality yet for every child and young person and that's why children's human rights are really important.

Children's human rights are special rights you have during childhood because children and young people need extra support, protection and care growing up. They are things that keep you safe, make sure you're healthy – mentally and physically – and help you speak up about what's going on in your life. Children's human rights also support adults with their responsibilities to respect and protect children and young people.



Children's human rights are not new – in 1989, the United Nations created a list of all the rights that children have, called the **Convention on the Rights of the Child** also known as the **UNCRC**. By signing the UNCRC, the UK agreed that all children should have these rights in their lives.



# Here are some important ideas and words!

The **UNCRC** is a long list of all the rights that children and young people have. Each right is called an **article** and there are 54 of them.

Children's human rights belong to everyone under 18 (this means that they are **universal**).

Rights can't be separated from each other – they're all important (this means they are **indivisible**).

Rights shouldn't be taken away from you (this means that they are **inalienable**).

Different rights depend on each other to make sense and work together (this means that they are **interdependent**).

Just like adults, children and young people are **rights-holders**, which means you have all the rights in the UNCRC and you should have those rights respected by adults making decisions that impact on your life.

The full articles in the UNCRC are long and detailed and use legal language. To help you better understand the articles, we have grouped each article under seven themes. By breaking it down this way, we hope you can see how each right connects to your life.

## Respect & Justice

Children's human rights belong to everyone up to age 18 – including me! *(Article 1)*

I have the right to be free from any discrimination *(Article 2)*

Adults should think about my best interests when making decisions that will impact me *(Article 3)*

I have the right to a name and to belong to a country *(Article 7)*

I have the right to my own identity *(Article 8)*

I have the right to privacy *(Article 16)*

If I am a refugee, I still have all these rights *(Article 22)*

If I am accused of breaking the law, I have the right to legal help and to be treated fairly *(Article 40)*



## My Rights



## Health & Wellbeing

I have the right to **live** and grow up well *(Article 6)*

If I have a **disability**, I have the right to special care and education *(Article 23)*

I have the right to good quality **health care** and information about my health *(Article 24)*

I have the right to get **help and recover** if I've gone through something difficult *(Article 39)*



## Learning & Play

I have the right to an **education** *(Article 28)*

My education should develop my **interests and talents** and my respect for other people and our **environment** *(Article 29)*

I have the right to **relax, play** and take part in **cultural** activities *(Article 31)*



## Thoughts & Ideas

I have the right to **share my experiences, opinions and ideas** and be taken seriously *(Article 12)*

I have the right to **express myself** *(Article 13)*

I have the right to my own **thoughts, beliefs and religion** *(Article 14)*

I have the right to meet up with **friends and join groups** *(Article 15)*

I have the right to get **information**, as long as it's safe *(Article 17)*



## Family

I have the right to get **advice and guidance** from my family *(Article 5)*

I have the right to **live with my family** if that's what is best for me *(Article 9)*

I have the right to stay in **contact with my family** if they live in a different country *(Article 10)*

I have the right to be brought up by **both parents** if possible *(Article 18)*

I have the right to the best care if I'm **adopted** *(Article 21)*

My family should get the **support and money** needed to bring me up *(Article 26)*

I have the right to **food, clothing and a safe home** *(Article 27)*

I have the right to speak my own **language** and follow my family's **culture and religion** *(Article 30)*



## Safety

I should not be **removed from my country** illegally *(Article 11)*

I should be **protected from being hurt** or treated badly *(Article 19)*

I have the right to **special help and protection** if I can't live with my family *(Article 20)*

If I don't live with my immediate family, then someone should make sure I'm safe and happy in **foster/kinship care** *(Article 25)*

I should be protected from doing **harmful work** *(Article 32)*

I should be protected from **dangerous drugs** *(Article 33)*

I should be protected from **sexual abuse** *(Article 34)*

I should not be **abducted, sold or trafficked** *(Article 35)*

I should be protected from any form of **exploitation** *(Article 36)*

I shouldn't be **punished** in a cruel or hurtful way *(Article 37)*

I have the right to be protected during **war** and not to join the **army** until I'm at least 15 years old *(Article 38)*



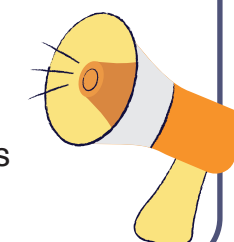
## What the government should be doing

The government should make sure my rights are respected *(Article 4)*

The **rights in the UNCRC** are the **minimum** and where the government does even better for children, then they should keep it up! *(Article 41)*

The government should make sure **everyone knows about children's human rights!** *(Article 42)*

There are eleven more articles which help governments **make rights real for all children** *(Articles 43 – 54)*



## What happens if your human rights are not respected?

If your human rights are not being respected, you can get help and support. There are services who can help assist you with issues or to raise complaints. Information about these services can be found on the children's human rights section of our website.



Learn more about your human rights:  
[www.childrenfirst.org.uk/childrenshumanrights](http://www.childrenfirst.org.uk/childrenshumanrights)

Support line **08000 28 22 33**  
General enquiries **0131 446 2300**



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83 Whitehouse Loan,  
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Registered Scottish  
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**CHILDREN  
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Children

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