



Hear Me Out!

A Rights-Based Card Game

Created by care-experienced
children and young people with
support from



empowering people in care

with funding from



**An Roinn Leanaí, Míchumais
agus Comhionannais**
Department of Children,
Disability and Equality

Shuffle the deck and place it face down

Split into teams (2 or more)

Keep score on paper

How to Play

One player picks a card (don't show it to your team)

They describe the right using a real-life scenario (e.g. "I use this right when I learn something in the classroom" = Article 23)

Their team has 1 minute to guess as many rights as possible

Rules

No saying the name of the right

No obvious keywords (i.e. "I use this right when I get my education" for the Article 23)

Correct guess = 1 point

When you run out of cards, the team with the most points wins!

1



You are a child if you are under 18. You have rights under the *UNCRC until you turn 18.

Article 1

Definition of the child

2



Every child has the
same rights and should
be treated equally.

Article 2

Non-discrimination

3



Adults must think about what is best for you and put your best interests first when making decisions about you.

Article 3

Best interests of the child

4

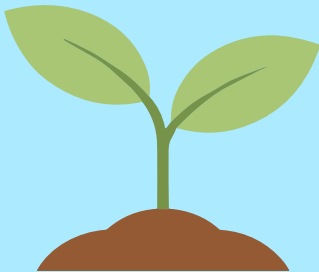


The government must make
sure your rights are
protected and respected.

Article 4

Implementation of rights

6



You have the right to live,
grow and develop in the
best possible way.

Article 6

Survival and development

8



You have the right to be yourself - this includes your name, identity, nationality and family connections.

Article 8

Preservation of identity

12



You have the right to say
what you think about
decisions that affect you,
and adults must take you
seriously.

Article 12

The right to be heard

13



You have the right to share your thoughts (for example, by talking, writing or making art) unless it harms others.

Article 13

Freedom of expression

14



You have the right to have your own thoughts, beliefs and religion, and to practice them, as long as it doesn't harm others.

Article 14

Freedom of religion

16



You have the right to keep things private in your life, like your space and your personal information.

Article 16

Protection of privacy

17



You have the right to get
information that helps
you stay informed, safe
and well.

Article 17

Access to information

19



You have the right to be
safe from harm, abuse
and neglect.

Article 19

Protection from violence

20



If you cannot live with your family, you have the right to care and support provided by the State.

Article 20

Children who can't live with their family

23



If you have a disability, you
have the right to extra
support so you can live a
full and active life.

Article 23

Children with disabilities

24



You have the right to good
healthcare, clean water,
healthy food and a safe
environment.

Article 24

Health and health services

25



If you are in care, your situation must be reviewed regularly to make sure it is right for you.

Article 25

Review of time in care

28

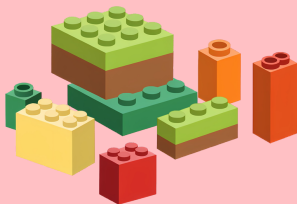


You have the right to go
to school and learn.

Article 28

Education

31



You have the right to relax,
play, and take part in
activities you enjoy.

Article 31

Rest, play and leisure