



Know Your **Rights** in Care!

Knowing your rights helps you understand how you should be treated and gives you the confidence to speak up and ask for help. Your rights are there to keep you safe and respected. It's really important to know your rights.

Here are a few of the most **important rights under the UNCRC** to know while you are in care...

What is the UNCRC?

The United Nations Convention on the Rights of the Child (UNCRC) is a set of 54 articles that protect children's rights around the world. It explains what every child needs to grow up safe, happy, and healthy. Countries agree to follow these rights to make sure all children aged 18 and under are treated fairly.

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

