

Hello,
my name is
Sally Holland
and I'm the
Children's
Commissioner
for Wales.



It's my job to speak up for children and young people on important issues and to make sure that all children and young people know about their rights. These rights are the things that children and young people need to be safe, healthy and happy.

It's Sally's job to:

- **Listen** to what you have to say.
- **Speak up** about things that are important to you.
- **Tell you** about your rights.
- **Help** to make sure that you get your rights.
- **Talk** to you if you have a problem.

Ambassadors

Sally needs teams of Ambassadors in Wales to help her. Ambassadors are children and young people that do special jobs for the Commissioner in their school or group.

To find out more about the work of our Ambassadors and the work of the Children's Commissioner for Wales go to:
www.childcomwales.org.uk

The United Nations Convention on the Rights of the Child, or the UNCRC is a list of 54 rights that all children and young people in Wales and across the world have.

Article 1:

Everyone under 18 has these rights.

Article 2:

You have these rights and no child or young person should be treated differently because of who they are, where they live, what they believe, the language they speak or if they are a boy or a girl.

Article 3:

Adults should always do what is best for you.

Article 4:

The Government should make sure that all children and young people get these rights.

Article 5:

You have the right to have help from your family or carers to make decisions as you grow up.

Article 6:

You have the right to life, to grow up and reach your full potential.

Article 7:

You have the right to a name and a nationality.

Article 8:

Governments should respect your right to a name, nationality and family.

Article 9:

You have the right to live with your parents if this is what is best for you.

Article 10:

You have the right to see your family even if they live in a different country.

Article 11:

You have the right not to be kidnapped or taken out of the country illegally.

Article 12:

You have the right to say what you think in all matters affecting you and for your views to be taken seriously.

Article 13:

You have the right to find information and say what you think, as long as it is within the law.

Article 14:

You have the right to practice your own religion, as long as you are not stopping people from enjoying their rights.

Article 15:

You have the right to meet with friends and join groups and clubs, as long as this does not stop other people from enjoying their rights.

Article 16:

You have the right to privacy.

Article 17:

You have the right to honest information from the media in a way that you can understand. Governments must help protect children from material that could harm them.

Article 18:

Parents share responsibility for their children. Governments must help parents if they need it.

Article 19:

You have the right to be protected from all forms of violence, abuse, neglect and bad treatment by the people who look after you.

Article 20:

You have the right to be looked after properly and cared for if you can't live with your own family.

Article 21:

You have the right to live in the best place for you if you can't live with your parents.

Article 22:

If you are a refugee you have the same rights as any other child in Wales.

Article 23:

You have the right to special care and support if you are disabled so that you can lead a full and independent life.

Article 24:

You have the right to have clean water, nutritious food, a clean environment and good healthcare when you need it.

Article 25:

If a child is living away from home (for example in care, hospital or prison), they have the right to a regular check on the way they are being cared for.

Article 26:

Governments must make sure that you and your family can ask for and get any benefits that you are entitled to.

Know Your Rights!



Article 27:

You have the right to a good standard of living. Governments must help families who cannot afford to provide this.

Article 28:

You have the right to an education.

Article 29:

Education must promote your rights and help you to develop your skills and talents to the full.

Article 30:

You have the right to learn and use the language, customs and religion of your family.

Article 31:

You have the right to relax and play and take part in activities like sports, arts, music and drama.

Article 32:

Governments should protect you from work that is dangerous or might harm your health or education.

Article 33:

You have the right to be protected from illegal drugs.

Article 34:

You have the right to be protected from sexual abuse.

Article 35:

You have a right not to be kidnapped, trafficked or sold.

Article 36:

Governments must protect children from all other forms of bad treatment.

Article 37:

You have the right not to be punished in a cruel or hurtful way. Children must not be put in a prison with adults and they must be able to keep in contact with their family.

Article 38:

Children should be protected during a war and not allowed to take part in war or join the army if they are under 15.

Article 39:

If you have been neglected, abused, hurt or are the victim of war you have the right to special help to get better.

Article 40:

If you are accused or guilty of breaking the law you must be treated with respect and you have the right to help from a lawyer.

Article 41:

If the laws in your country protect you better than the rights in this list, those laws should stay in place.

Article 42:

The Government must let children and families know about children's rights.

Articles 43-54:

Are about how adults and Government must work together to make sure all children get their rights.

Do you need to talk to us about a problem?

Our Advice and Support service is free and confidential. It's there to help and support children and their families.

If you feel that you are trying to be heard but nobody is listening then call us for free on: **0808 801 1000** or text for free **80 800**. Start your message with **COM**

Key

Highlighted articles can be used as a 'right a month' activity, get in touch for a full list.

Get in touch

email us at
post@childcomwales.org.uk
or phone us for free on
0808 801 1000.

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