KNOW YOUR RIGHTS

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

**Article 1:** Everyone under 18 has these rights.

**Article 2:** All children have these rights no matter what. All children should be treated equally.

**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:** The Government should respect the right of your family to help you know about your rights.

**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:** You have the right to an identity.

**Article 9:** You have the right to live with your parents, if this is what's 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 be listened to and taken seriously.

**Article 13:** You have the right to find out and share information, and say what you think.

**Article 14:** You have the right to practise your own religion, as long as you're not stopping people from enjoying their rights.

**Article 15:** You have the right to meet with friends and join groups.

**Article 16:** You have the right to privacy.

**Article 17:** You have the right to honest information from the media that you can understand, as long as it's safe.

**Article 18:** You have the right to be brought up by both parents, if possible.

**Article 19:** You have the right to be protected from being hurt or badly treated.

**Article 20:** You have the right to be looked after properly if you can't live with your own family.

**Article 21:** If you can't live with your parents, you have the right to live in the best place for you.

**Article 22:** If you are a refugee, you have the same rights as any other child in the country.

**Article 23:** If you are disabled, you have the right to special care and support so that you can lead a full and independent life.

**Article 24:** You have the right to clean water, healthy food, a clean environment and good healthcare.

**Article 25:** If you're not living with your family, you have the right to a regular check on how you're being cared for.

**Article 26:** You have the right to support from the Government if your family hasn't got enough money to live on.

**Article 27:** You have the right to a proper house, food and clothing. Governments must help families who cannot afford to provide this.

**Article 28:** You have the right to an education.

**Article 29:** You have the right to be the best you can be. Education must help you develop your skills and talents to the full.

**Article 30:** You have the right to speak your own language and follow your family’s way of life.

**Article 31:** You have the right to relax and play.

**Article 32:** You have the right to be protected from doing dangerous work.

**Article 33:** You have the right to be protected from dangerous drugs.

**Article 34:** Nobody should touch you in ways that make you feel uncomfortable, unsafe or sad.

**Article 35:** You have the right to not be abducted, sold or trafficked.

**Article 36:** You have the right to be kept safe from things that could harm your development.

**Article 37:** You have the right not to be punished in a cruel or hurtful way.

**Article 38:** You have the right to be protected during a war and not to fight in the army if you're under 15.

**Article 39:** You have the right to special help if you've been hurt or badly treated.

**Article 40:** You have the right to legal help and to be treated fairly if you've been accused of breaking the law.

**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:** These articles are about how adults and the Government must work together to make sure all children get their rights.

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**Do you need to talk to us about a problem?**

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

Get in touch to find out how we can help.

Phone: 0808 801 1000  Email: advice@childrenscommissioner.wales