



Comisiynydd
Plant Cymru

Children's
Commissioner
for Wales

Listens. Helps. Speaks up.

Hello, my name is Rocio Cifuentes and I'll be the Children's Commissioner for Wales from April 2022 until April 2029.

It's my job to:

Listen to children and young people to find out what you need.

Speak up about the things you need.

Help you, and those who care for you, if you think you've been treated unfairly.

Challenge people to make life better for children and young people.



Learn more about your rights:



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. It's the Children's Commissioner's job to protect and promote these rights in Wales.

Article 1:

Everyone under 18 has rights.

Article 2:

All children have these rights no matter what their differences are.

Article 3:

Adults must do what's best for me.

Article 4:

Governments must protect and respect my rights.

Article 5:

My family should help me know and use my own rights.

Article 6:

I have the right to live and grow as a person.

Article 7:

I have a right to a name and to belong to a country.

Article 8:

I have the right to an identity.

Article 9:

I have a right to live with my family if they can keep me safe.

Article 10:

I have the right to see my parents if they live in another country.

Article 11:

I have the right not to be taken out of my country illegally.

Article 12:

I have the right to be listened to and be taken seriously.

Article 13:

I have the right to get information and share my views.

Article 14:

I have the right to have my own thoughts and beliefs and to choose my religion, with help from my parents.

Article 15:

I have the right to meet with friends and join groups.

Article 16:

I have the right to keep some things private.

Article 17:

I have the right to get information in lots of ways, so long as it's safe.

Article 18:

I have the right to support from both parents, if possible.

Article 19:

I have the right to be protected from being hurt or badly treated.

Article 20:

I have the right to be looked after if I can't live with my own family.

Article 21:

I have the right to have the best care if I am adopted.

Article 22:

If I am a refugee, I have a right to help, protection, and the same rights as children born in this country.

Article 23:

If I am disabled, I have the right to special care and education.

Article 24:

I have the right to be as healthy as possible.

Article 25:

If I am not living with my family, people should keep checking I am safe and happy.

Article 26:

If my family need it, they should get money to help bring me up.

Article 27:

I have the right to have a proper home, food and clothing.

Article 28:

I have the right to an education.

Article 29:

I have the right to an education which develops my personality, talents and abilities.

Article 30:

I have a right to speak my own language and to follow my family's way of life.

Article 31:

I have a right to rest, relax and play.

Article 32:

I have the right not to have to work unless I am old enough and it is safe.

Article 33:

I have the right to be protected from dangerous drugs.

Article 34:

I have the right not to be touched in ways that make me feel uncomfortable, unsafe or sad.

Article 35:

I have the right not to be kidnapped, sold or trafficked.

Article 36

I have the right not to be used by adults in ways that harm me.

Article 37:

If I break the law, I have the right not to be punished in a cruel or unnecessary way.

Article 38:

I have the right not to join the armed forces.

Article 39:

I have the right to help to get better if I have been hurt or badly treated.

Article 40:

I have the right to be treated as a child if I break the law.

Article 41:

If the laws in my country protect me better than the articles of the UNCRC then those laws should stay.

Article 42:

Everyone should know about children's rights.

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**

Website: www.childrenscommissioner.wales

Email: post@childrenscommissioner.wales

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