

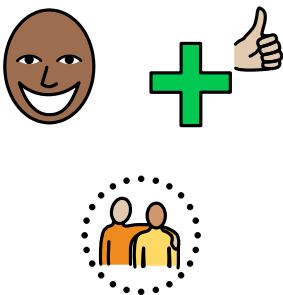
A promise from the Children's Commissioner for Wales to Care-Experienced Young People



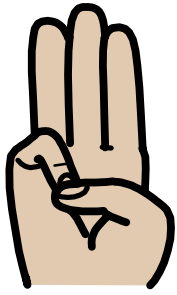
My name is Rocio and I am the Children's Commissioner for Wales.



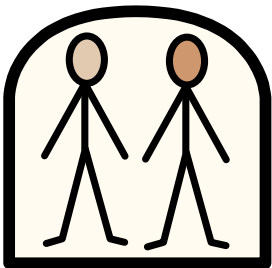
It's my job to help you get your rights.



Children's rights are the things you need to grow up feeling happy, healthy and safe.



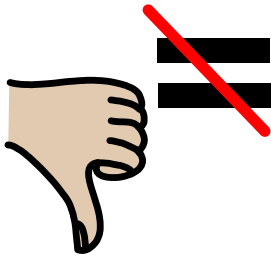
I am making a promise to
care-experienced children and young
people.



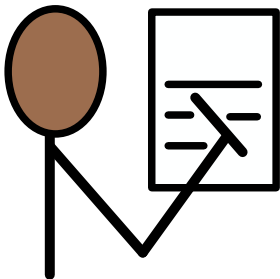
I want other organisations to make a
promise too.



I promise to meet with care-experienced young people and to listen to what you think is important.



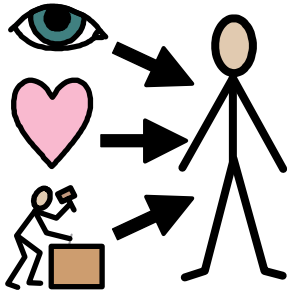
I promise to speak out if you are being treated unfairly.



I promise to write information that is easy to understand.



I promise to make sure my team learns more about your experiences



I promise to offer work experience to young people



I promise that you can use my Investigation and Advice Service if you think you are not getting your rights.