

# Know your rights

This workbook  
belongs to:



Children's rights:  
what can you do  
with them?



Is your  
mother  
allowed to  
look at your  
telephone?



Is it  
acceptable  
to take  
a photo?



Why you  
have the right  
to eat  
vegetables.



Do you have  
the right to a  
PlayStation?

# Children's rights: what are they?

As a child, you have the right to grow up safe and healthy. What do you need for this? Healthy food and a good upbringing are two examples. But do you also need a television? Everything you really need is included in children's rights. You'll learn all about them in this workbook!

## Exercise 1

### What do I like?

Of course it's nice to have a brand-new phone. And to eat banana ice cream every single day. Or to go on holiday six times a year. What else makes you happy? Write down three things below.



01

02

03

## Exercise 2

### What do I need?

There are also things that you really need, like being able to go to school. So that you have the chance to develop and look forward to a bright future. And you also need healthy food, otherwise you will become sick. And how about a roof over your head? Can you think of three more things you really need?

01

02

03

## Exercise 3

### This is nice, but this is what you need!

There are things that are nice, and also things that are needed to grow up safe and healthy. Do you see the difference? Tick off the things in this list that you really need.



- |   |   |
|---|---|
| <input type="radio"/> Trainers in your size                                 | <input type="radio"/> Protection from discrimination                      |
| <input type="radio"/> A large bed   | <input type="radio"/> Information from books, television and the Internet |
| <input type="radio"/> Crisps or popcorn                                     | <input type="radio"/> Privacy   |
| <input type="radio"/> A house to live in                                    | <input type="radio"/> Love and attention from your parents                |
| <input type="radio"/> Time to do what you want                              | <input type="radio"/> Sports activities                                   |
| <input type="radio"/> A PlayStation 4                                       | <input type="radio"/> Clothes   |
| <input type="radio"/> A few holidays a year                                 | <input type="radio"/> A bed   |
| <input type="radio"/> Your own opinion (and be able to share it freely)     | <input type="radio"/> A nice teacher                                      |
| <input type="radio"/> Your own religion (and be able to choose it yourself) | <input type="radio"/> A house with more than four rooms                   |
| <input type="radio"/> A television  | <input type="radio"/> A best friend                                       |
| <input type="radio"/> A name, so that the government knows that you exist   |   |

# Children's rights

What do you really need to grow up safe and healthy?  
Agreements have been made about this. We call these agreements children's rights.  
These children's rights tell us how to treat children.  
Almost all the countries of the world agreed on them. These children's rights  
apply to everyone under the age of eighteen.



## Exercise 4

Look at the poster or booklet that shows you all the children's rights.  
Compare this with your list in Exercise 2.  
Which of these rights are on your list?

01

02

03



## Exercise 5

Why is it important to have rights especially for children?

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## The Convention on the Rights of the Child

All the children's rights are set out in the Convention on the Rights of the Child. Almost every country has agreed to this Convention. These countries promise to respect these rights and take care of children properly. This applies to governments, the police, court judges, teachers, your parents and every adult, all over the world!

## UNICEF stands up for your rights

These promises sound good, but who checks whether countries actually keep to them? This is the responsibility of organizations like UNICEF. UNICEF stands up for the rights of children and helps to ensure that every child is protected, listened to and can visit a doctor. This also applies to you!

## What if things go wrong?

Unfortunately, things can sometimes go wrong. In every country there are children who are not being treated well. Their rights are not respected. What can you do if this happens to you or to someone else? You can read the answer on page 16 of this workbook.

## Did you know that...

- The Convention on the Rights of the Child was adopted in 1989?
- 196 countries have agreed to the Convention?
- You don't have to do anything to have children's rights? You always have them and no one can take them away from you.
- All children's rights are equally important? Some rights are not more important than others!
- Adults also have rights? These are called human rights.
- The United Nations (UN) wrote the Convention on the Rights of the Child? The UN is an organization that includes almost all countries in the world. Together they think up solutions to problems in the world. UNICEF is the children's rights organization of the UN.

## Exercise 6

Children's rights may sound as though they have nothing to do with you. But did you know that you come across them every day?

Draw a cartoon of your favourite day of the week and write down which children's rights you came across. Follow the step-by-step plan below!

# A day full of rights



## Create a step-by-step cartoon

Choose your favourite day of the week.

Write down six moments of that day in this list.

- E.g.: I got up – I drank a glass of juice – I went to football – I slipped in a puddle – I went to the shops with Youssef and Mila – I got into bed.
- Now look at the children's rights in the booklet.
- Try to link at least four moments of your day to a children's right.
- If you can't, choose some other moments during the day. For example, you could replace 'I slipped in a puddle' with 'I sent Lina a text message'.
- Finished? Draw a cartoon of the six moments you chose!

01

02

03

04

05

06

01

Which children's right is linked to this?

-----

02

Which children's right is linked to this?

-----

03

Which children's right is linked to this?

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04

Which children's right is linked to this?

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05

Which children's right is linked to this?

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06

Which children's right is linked to this?

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# My rights, your rights

All children have the same rights. But not all children consider the same rights to be important. What do you think? And do you take others' situations into account?



## Exercise 7

### Your rights at a glance

Have a look at the poster on children's rights in the classroom. It shows all the agreements (articles) about children's rights at a glance.

- Choose the three rights that you think are the most important. Create a top three.

01

02

03

- Explain why you think those rights are so important.

01

02

03

- Write down one right that you think is nonsense, or which is not important to you. Explain why you think so.



- Do you think that your 'nonsense right' might be important for other children? Which children?

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- When would that 'nonsense right' be important for you? Can you imagine an event that could lead to this?

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Take another look at the poster in the classroom or look through the booklet. Choose one right and make a drawing about it. Or write a nice poem or a catchy slogan that says something about that right.

## Exercise 8

### The rules about rights

You have rights and so do your classmates. Just like your brother or sister, the girl next door and all the other children in the world. Do you sometimes forget about the rights of others? Or do you always think about the rights of other children?

#### Just imagine:

It's your birthday and you invite ten children to your party. The rest of the class is not allowed to come. Are you violating someone's right?

☐

Yes

☐

No

Why do you think so?

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#### Just imagine:

While playing, you grab your friend's phone as a joke and look at their photos. Is this a funny prank? Or would you be violating their rights?

☐

Funny  
joke

☐

Violation  
of rights

#### Just imagine:

The boy next door to you speaks a different language. You don't understand it so you think he should speak your language with his mother at home when you play with him in his house. Would it be OK to think that?

☐

OK

☐

Not OK

# CLASH! What if rights conflict?

Children's rights exist to protect you. It may sound simple but it isn't always. Two rights may sometimes conflict with one another.



Conflicting rights  
Example 1

## Emma (13):

"Before I go to sleep at night I have to hand my phone to my mother. She says she doesn't want me to stay awake too long. But I know better. She secretly reads my messages. It really annoys me."

## Emma's mother:

"Yes, I admit that I look at Emma's phone. But I don't do it because I don't trust her. I do it to protect her. I want to know who she's in contact with. And to check that she's not being bullied like a few years ago."

Which rights are conflicting here?

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Who do you agree with? With Emma or with Emma's mother? And why?

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How can Emma and her mother resolve this together without violating any rights?

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## Exercise 9

Sometimes, things happen that you don't like. For example, your parents getting a divorce or the government stopping you doing something you like (such as work). Have you ever experienced anything like this? If so, were there any children's rights in conflict with one another? Which ones?

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Conflicting  
rights  
Example 2



## Jack (12):

"I no longer live at home but with a foster family. My parents aren't able to look after me properly at the moment. I do understand but I miss them a lot. I just want to go back home where I have my own room and where my friends are. Why can't I decide where to live for myself?"

Which rights are conflicting here?

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Can Jack be placed in care, even if he doesn't want to be?

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## Fahdi (14):

"My father has a shop and I enjoy helping him after school. When I'm not in the shop, I'm on the football field training. I'm a really good striker. Actually, I don't have much time now to do my homework or to meet up with my friends. That's my choice, isn't it?"

What do you think about Fahdi's choice to only play football or work after school?

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Which rights are conflicting here?

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What do you think  
Fahdi's father should do?

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Conflicting  
rights  
Example 3





# If I were the boss...

What if you could decide for yourself which rights you had? It would be so much fun at home and at school! Which rights would you want? And what should change in the classroom?

## Exercise 10



### Rights at home

Sleep all day. Or always eat what you like. You may think this is your right. Which rights would you want to introduce at home? At home, I think I have the right to:

01

02

03

04

05



### Rights at school

Draw pictures all day instead of doing maths. Or finish school at 1:00 PM every day. Which rights would you want at school? At school, I think I have the right to:

01

02

03

04

05

## Good idea? Or not...

The rights that you wrote down may make your life more fun, but what would happen if you really had them?

Choose one SCHOOL right that you would like to have (from your list). Now answer the questions:

1 What would your teacher have to do to give you this right?

2 What would a school day look like if you had this right?

3 What would it mean for your classmates?

4 Are there disadvantages to having this right? What are they?

5 Would it be a good idea to actually introduce this right?



**UNICEF, the Convention on the Rights of the Child, the United Nations. These terms should be familiar now because you know what they mean. Right? Test what you know about children's rights with this quiz.**



Tick the answer you think is correct. **Note:** some questions can have more than one correct answer.

## Exercise 11

### What are children's rights?

- ☐ A. Agreements between countries on how to treat children.
- ☐ B. Tips for parents on what behaviour by children is OK or not OK.
- ☐ C. Rights that children have created themselves.
- ☐ D. Human rights, especially for children.

### Recognize the rights in this list

- ☐ A. I have the right to a fun brother or sister.
- ☐ B. I have the right to be in contact with my parents.
- ☐ C. I have the right to give my opinion.
- ☐ D. I have the right to a new winter and summer coat.
- ☐ E. I have the right to choose my own religion.

### Who must obey the Convention on the Rights of the Child?

- ☐ A. Your parents
- ☐ B. Teachers
- ☐ C. Police officers
- ☐ D. The government and everyone working for the government
- ☐ E. Every adult

### You have the right to your own opinion. What does that mean?

- ☐ A. You have the right to share your opinion (in other words, to say what you think about something).
- ☐ B. You have the right to be proven right about something.
- ☐ C. Adults have to listen to you carefully.
- ☐ D. You always decide what happens to you.

### What is true?

- ☐ A. I have the right to a good teacher.
- ☐ B. I have the right to information from books, the Internet, TV, radio and newspapers.
- ☐ C. I have the right to a computer.
- ☐ D. I must always have my way.

### Which countries agree with children's rights?

- ☐ A. All the countries in Europe
- ☐ B. All the poor countries
- ☐ C. Nearly all the countries in the world
- ☐ D. The Netherlands and Belgium

### What does UNICEF do?

- ☐ A. UNICEF stands up for the rights of all children in the world.
- ☐ B. UNICEF keeps an eye on whether countries respect children's rights.
- ☐ C. UNICEF is the children's rights organization of the UN.

Want to know how you did?  
Check your answers with your teacher.

→ Did you get less than five questions correct? Oops, you're not an expert yet! Practise with the workbook again.

→ Did you get more than five questions correct? Congratulations, you know a lot about rights! You know exactly what you are entitled to. You have the same rights as all the other children in the world.



# Find the rights

## Exercise 12 Do you recognize the children's rights in this picture?



## What if things go wrong?

If everyone were to respect the rights of children, every child would be treated properly. Unfortunately, that is not the case. There are children in every country who are not treated properly. For example, they may be neglected, abused or bullied.

If this happens to you or to children you know, there are some things you can do:

- Discuss it with someone you trust, such as your parents or teacher.
- Email or call your local helpline: [bit.ly/childhelplines](https://bit.ly/childhelplines). These are usually free.
- Email or call your local Ombudsman for Children or National Human Rights Institution. They can provide advice on how to stand up for your rights.