



# My Rights = Your Rights

Learn about child rights.



I have the right to be protected from abuse and harm; and I should show care for others and not bully other children.



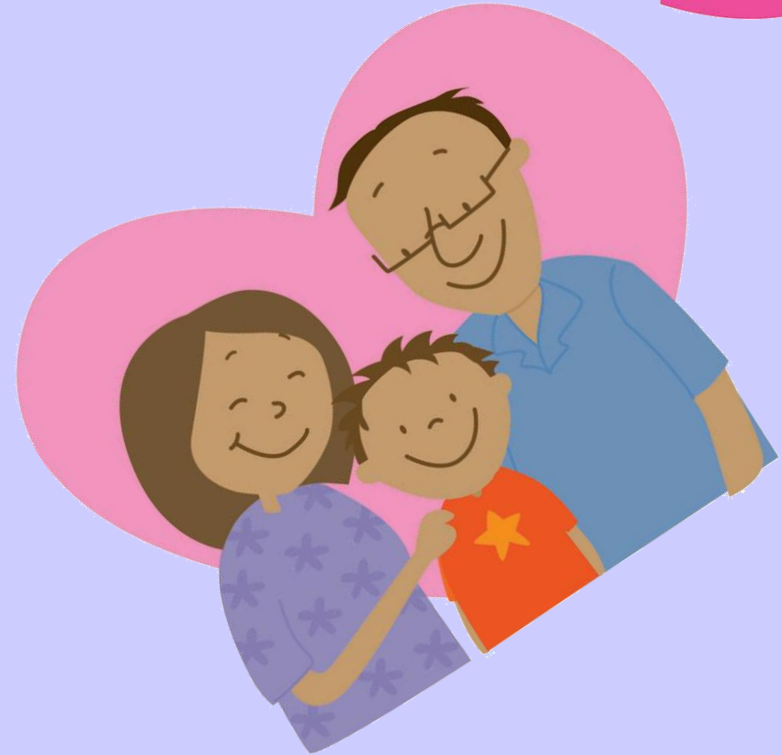
I have the right to a clean and safe environment; and I should find ways to keep my own surroundings clean and safe.



I have the right to good health care; and I can keep myself healthy by taking care of myself when I am old enough.



I have the right to freedom of religion and thought; and I must respect the religions and thoughts of other people.



I have the right to be cared for and respected; and I must respect others and show care for them.



I have the right to be taken seriously and share my views and ideas. I must also listen to others and respect their views and ideas.



I have the right to healthy and enough food; and I should try to eat healthy food and not waste food.



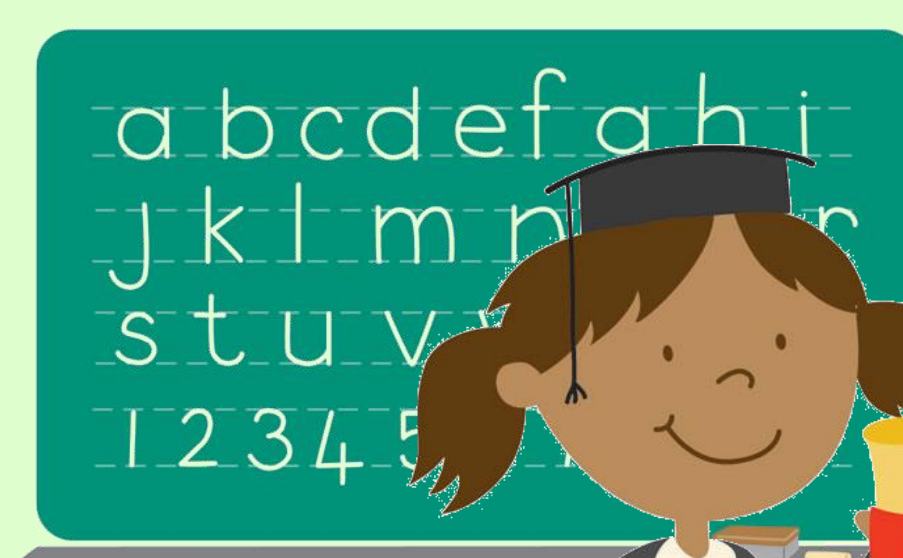
I have the right to special care and support when I need it; and should use every chance to be the best person I can be.



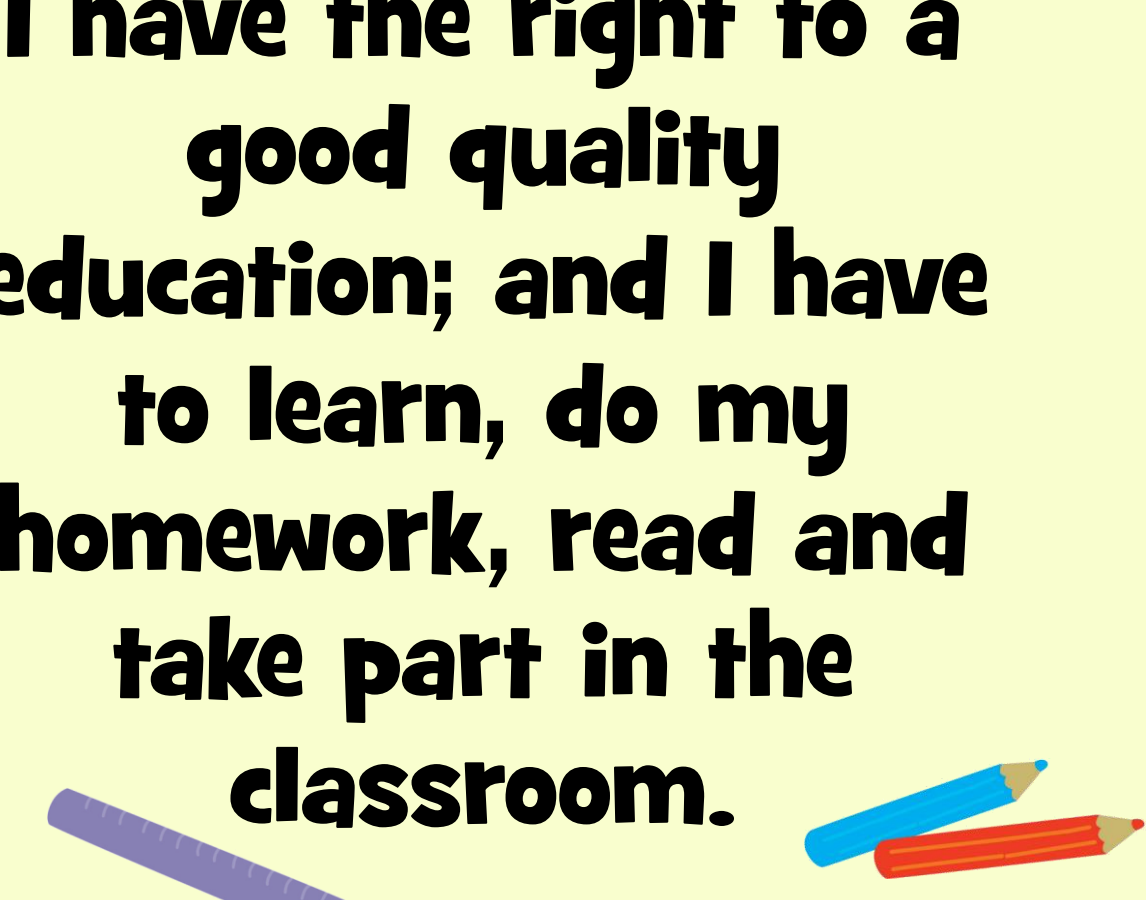
I have the right to play, have fun, do sport and relax; and I should include everybody in my activities and games.



I have the right to try new things and make mistakes; and should learn from my mistakes and not repeat them.



I have the right to a good quality education; and I have to learn, do my homework, read and take part in the classroom.



On this poster you learn about some of your rights. There are many more rights that you have as a child. Visit the following websites to see what the Convention on the Rights of the Child tell you about your rights:

<http://www.ohchr.org/EN/ProfessionalInterest/Pages/CRC.aspx>  
[http://www.unicef.org/southafrica/SAF\\_resources\\_crcchildfriendly.pdf](http://www.unicef.org/southafrica/SAF_resources_crcchildfriendly.pdf)  
<http://www.un.org/cyberschoolbus/treaties/child.asp>

