

# Keeping Safe From Abuse



# UN Convention on the Rights of the Child

**“Rights” are things every child should have or be able to do. All children have the same rights.**



## Article 1

Everyone under 18 has these rights.

## Article 2

All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.

## Article 3

All adults should do what is best for you. When adults make decisions, they should think about how their decisions will affect children.

## Article 4

The government has a responsibility to make sure your rights are protected. They must help your family to protect your rights and create an environment where you can grow and reach your potential.

## Article 5

Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.

## Article 6

You have the right to be alive.

## Article 7

You have the right to a name, and this should be officially recognized by the government. You have the right to a nationality (to belong to a country).

## Article 8

You have the right to an identity – an official record of who you are. No one should take this away from you.

## Article 9

You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a family who cares for you.

## Article 10

If you live in a different country than your parents do, you have the right to be together in the same place.

## Article 11

You have the right to be protected from kidnapping.

## Article 12

You have the right to give your opinion, and for adults to listen and take it seriously.

## Article 13

You have the right to find out things and share what you think with others, by talking, drawing, writing or in any other way unless it harms or offends other people.

## Article 14

You have the right to choose your own religion and beliefs. Your parents should help you decide what is right and wrong, and what is best for you.

## Article 15

You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

## Article 16

You have the right to privacy.

## Article 17

You have the right to get information that is important to your well-being, from radio, newspaper, books, computers and other sources. Adults should make sure that the information you are getting is not harmful, and help you find and understand the information you need.

## Article 18

You have the right to be raised by your parent/s if possible.

## Article 19

You have the right to be protected from being hurt and mistreated, in body or mind.

## Article 20

You have the right to special care and help if you cannot live with your parents.

## Article 21

You have the right to care and protection if you are adopted or in foster care.

## Article 22

You have the right to special protection and help if you are a refugee (if you have been forced to leave your home and live in another country), as well as all the rights in this Convention.

## Article 23

You have the right to special education and care if you have a disability, as well as all the rights in this Convention, so that you can live a full life.

## Article 24

You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

## Article 25

If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are the most appropriate.

## Article 26

You have the right to help from the government if you are poor or in need.

## Article 27

You have the right to food, clothing, a safe place to live and to have your basic needs met. You should not be disadvantaged so that you can't do many of the things other kids can do.

## Article 28

You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

## Article 29

Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people.

## Article 30

You have the right to practice your own culture, language and religion – or any you choose. Minority and indigenous groups need special protection of this right.

## Article 31

You have the right to play and rest.

## Article 32

You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.

## Article 33

You have the right to protection from harmful drugs and from the drug trade.

## Article 34

You have the right to be free from sexual abuse.

## Article 35

No one is allowed to kidnap or sell you.

## Article 36

You have the right to protection from any kind of exploitation (being taken advantage of).

## Article 37

No one is allowed to punish you in a cruel or harmful way.

## Article 38

You have the right to protection and freedom from war. Children under 15 cannot be forced to go into the army or take part in war.

## Article 39

You have the right to help if you've been hurt, neglected or badly treated.

## Article 40

You have the right to legal help and fair treatment in the justice system that respects your rights.

## Article 41

If the laws of your country provide better protection of your rights than the articles in this Convention, those laws should apply.

## Article 42

You have the right to know your rights! Adults should know about these rights and help you learn about them, too.

## Articles 43 to 54

These articles explain how governments and international organizations like UNICEF will work to ensure children are protected with their rights.

# What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Touching a child where he/she doesn't want to be touched



Ignoring a child



Exposing a child to pornographic acts or literature



Forcing a child to touch you



Breaking down the self confidence of a child



Hitting or hurting a child – often to relieve your own frustration



Manipulating a child



Not taking care of a child, for example: unclean, unclothed, unfed



Using a child as a servant



Neglecting emotional needs of a child



Making your own child a 'servant' depriving of time for education / leisure



Hitting and ridiculing a child at school



Neglecting a child's medical needs

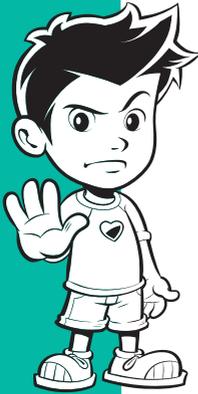


Neglecting a child's educational needs



Leaving a child without supervision

**No!**



Some parts of my body are private. If someone touches me in a way that makes me worried, scared or hurts me, I have the right to say NO.

**Go!**



If I am in a situation that worries or scares me, I should GO away from that situation.

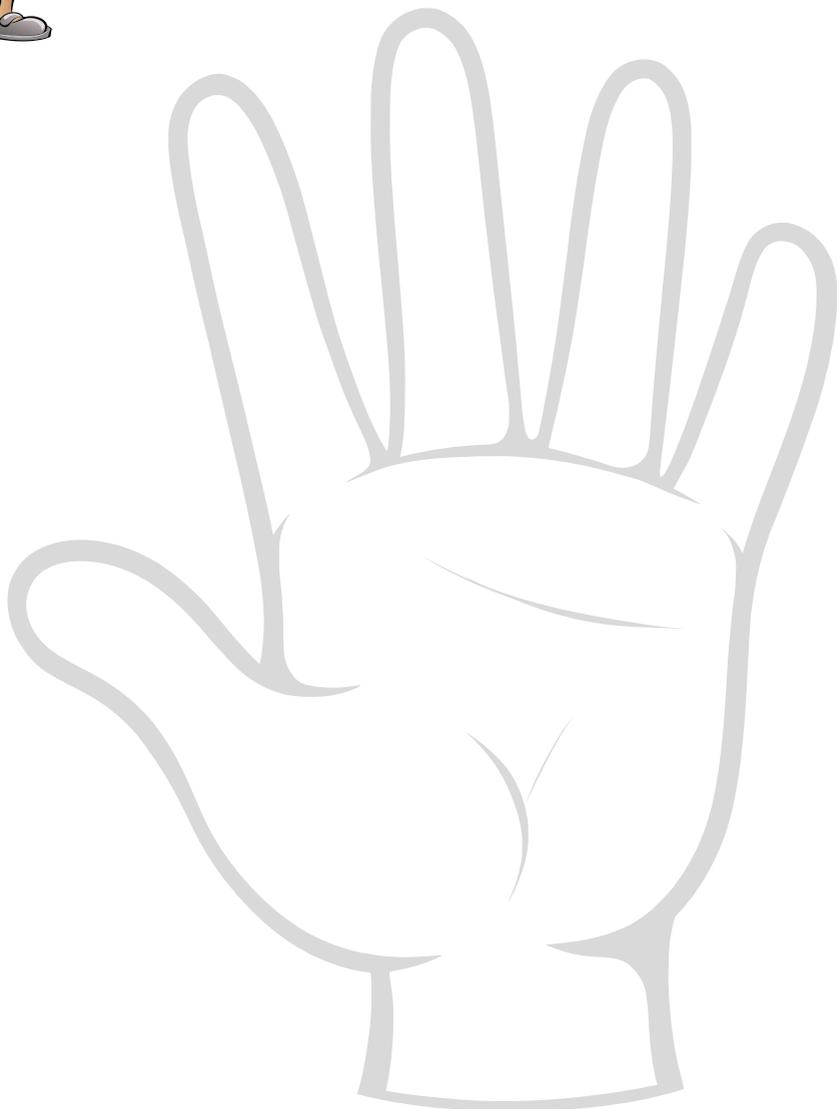
**Tell!**



If I feel scared, uncomfortable or upset about a situation, I should go TELL a safe adult about my worries.

These safe adults are there to help and support me. If I tell a safe adult and they do not believe or help me I should go tell another safe adult.

# 5 Adults I Can Trust



**It is good to share things that worry you with safe or trusted adults.  
It is never your fault if you experience abuse.**

# If I am concerned about my safety or someone else's safety, I can:



**1**

Call the national child helpline or visit their website:

**2**

Contact a local organisation that is dedicated to protecting children:

**3**

There are also the following local services in my community:

I am best at

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What I like  
best about my  
village/city is

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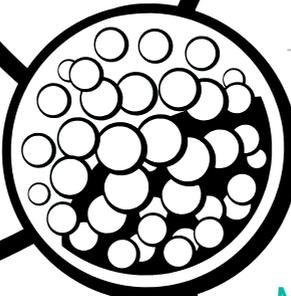
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The person who  
loves me the most is

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I feel safe when

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My happiest  
memory is

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