

UN Convention on the Rights of the Child

All children and young people up to 18 years are equal rights holders. The UN Convention on the Rights of the Child lists the rights that every child and young person up to 18 years should be guaranteed. All children have the same rights and it is the responsibility of both young people and adults to ensure that these rights are realised.

All children and young people up to 18 years, have:

- the right to life;
- the right to a name and nationality;
- the right to have their best interests considered by people making decisions about them;
- the right to be with their parents or those who will care for them best;
- the right to have a say about things that affect them and for adults to listen and take their opinions seriously;
- the right to have ideas and say what they think;
- the right to practice their religion;
- the right to meet with other children;
- the right to get information they need;
- the right to special care, education and training, if needed;
- the right to health care;
- the right to enough food and clean water;
- the right to free education;
- the right to play and rest;
- the right to speak their own language;
- the right to learn about and enjoy their own culture;
- the right not to be used as cheap workers;
- the right not to be hurt or neglected;
- the right not to be used as soldiers in wars;
- the right to be protected from danger; and
- the right to know about their rights and responsibilities.

