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The United Nations Convention on the Rights of the child (UNCRC) is a legally binding agreement which is adopted internationally. The UNCRC sets out all civil, political, economic, social and cultural rights of every child irrespective of their race, religion or abilities (Save the Children, No Date).

Article 12

Respect for the Views of the Child

Article 12 states that all human rights shall apply to children just like they do to adults. Article 12 states that children and young people's opinions should be considered when decisions which involve them include them. Article 12 also states that children and young children should be provided with correct information to make decisions. This article also highlights that children should be free to express their opinions and they should be heard regardless of their age (Children and Young People's Commissioner Scotland, 2015).

It is important that adults listen to children to make them feel valued and respected. If a child's opinion is ignored, they will begin to feel as though they are not valued. These feelings will begin to take toll on a child's self-esteem (Universal Class, 2020).

Children and young people have the same human rights as adults. Children are not property of their parents and they should not be viewed as objects. Children are human beings and deserve to be treated the same (Unicef, 2019).

ARTICLE 13

FREEDOM OF EXPRESSION

Article 13 states just like everyone else, all children are included in the human right to express themselves. Children can express themselves in ways such as having loud discussions, uploading on the internet and writing books or newspaper articles. Children should be able to express themselves irrespective of their religion, culture or disabilities (Children and Young People's Commissioner Scotland, 2015).

Allowing children to express themselves can build their self-confidence, their independence and creativity. Children who express themselves are likely to have a higher self-esteem and are generally happier as themselves (Sunshine House Early Learning Academy, 2021).

It is important that when a child is expressing an opinion that they are listened to. Listening to a child makes them feel important. Allowing children to express their views without interruption builds better and stronger relationships between adult and child. It also allows children to feel respected and valued (Sunshine House Early Learning Academy, 2021).

ARTICLE 24

HEALTH AND HEALTH SERVICES

Article 24 states that healthcare for children should be as good as possible. It also states that children should be both mentally and physically satisfied. Children should also have good nourishment from their food, live in a secure and healthy environment. Children also have the right to know about their health and are involved in discussions about it (Children and Young People's Commissioner Scotland, 2015).

It is important in certain situations that both parent and children are involved in discussions to do with their health. It is important to involve the children in these discussions to prepare them for adolescence (Campbell, L, 2019).

Good nutrition is vital during a child's development and activity. Good eating habits and patterns are formed during the child's first years. Good nutrition can heighten a child's attention span and give them more energy throughout the day (Public Health Agency, No Date).

ARTICLE 28

THE RIGHTS TO AN EDUCATION

Article 28 of the UNCRC states that children and young people have the right to an education regardless of who they are (Children and Young People's Commissioner Scotland, 2015).

This includes any person irrespective of race, gender or disability. Children and young people have the right to primary and secondary schooling. During secondary education children will have the option to choose different subjects for what they would like to study in the future. There are options of technical and vocational classes as it is important to understand that academic subjects are not the correct fit for all students. Children should be supported by their government to fulfil their education to the best of their abilities, reducing dropout rates (Children and Young People's Commissioner Scotland, 2015).

Education is a basic human right for all, and it is important that children make the most of their lives. According to UNESCO 263 million children and youth are out of school. 142 million children aged between 15 and 17 do not attend secondary education. Having an education reduces poverty while decreasing inequalities and helps each child reach their full potential (Theirworld, 2021).

Children who receive an education often receive higher incomes; they also receive more opportunities in their lives. Areas with higher education rates have lower crime rates, higher overall health and civilisation (University of the People, 2021).

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