Know Your Rights!

The Children's Commissioner for Wales is there to make sure that all children and young people in Wales find out about their rights. These rights are the things that children need to be safe, healthy and happy. The United Nations has a list of all the rights that children have. This list is called the UN Convention on the Rights of the Child, or UNCRC for short.

To make sure that you get your rights the Commissioner has five super powers, they are to:

- **Listen** to what you have to say.
- **Speak** up about things that are important to you.
- **Tell** you about your rights.
- **Help** to make sure that you get your rights.
- **Talk** to you if you have a problem.

This is a lot of work and the Commissioner needs a team of Super Ambassadors from every primary school in Wales to help out. Two Super Ambassadors from each school work together to help their Commissioner.

Want to know your rights? Here are some from the list!

Article 1: Everyone under 18 has these rights.

Article 2: All children have these rights no matter what!

Article 3: Everyone who works with children should always do what is best for each child.

Article 4: The government should make sure that all these rights are available to all children.

Article 5: Governments should help parents to help you to know about and use your rights as you grow up.

Article 6: You have the right to life and to grow up to be healthy.

Article 7: Your right to a name and nationality.

Article 8: The government should respect your right to a name, nationality and family.

Article 9: Your right to be with your parents if this is what's best for you.

Article 10: Your right to see your family if they live in another country.

Article 11: Your right not to be taken out of the country illegally.

Article 12: Your right to say what you think should happen and be listened to.

Article 13: Your right to have information.

Article 14: Your right to follow your own religion.

Article 15: Your right to meet with friends and join groups and clubs.

Article 16: Your right to have privacy.

Article 17: Your right to honest information from newspapers and television that you can understand.

Article 18: Both parents share responsibility for bringing up their children, and they should always think about what is best for each child.

Article 19: You should not be harmed and should be looked after and kept safe.

Article 20: You should be looked after properly if you can't live with your own family.

Article 21: Your right to live in the best place for you if you can't live with your parents.

Article 22: Refugee children have the same rights as children born in Wales.

Article 23: Your right to special care and support if you are disabled so that you can lead a full and independent life.

Article 24: Your right to good food and water and to see a doctor if you are ill.

Article 25: Children who are not living with their families should be checked on regularly to make sure they are ok.

Article 26: The right to extra money if your family hasn't got enough to live on.

Article 27: Your right to a good standard of living.

Article 28: Your right to learn and to go to school.

Article 29: Your right to become the best that you can be.

Article 30: Your right to use your own language.

Article 31: Your right to relax and play.

Article 32: You should be protected from work that is dangerous.

Article 33: You should be protected from dangerous drugs.

Article 34: The government should protect children from sexual abuse.

Article 35: You have a right not to be sold.

Article 36: You should be protected from doing things that could harm you.

Article 37: Your right to be treated fairly if you break the law.

Article 38: Children should be protected during a war and not allowed to fight in the army if they are under 15.

Article 39: Children should get special help if they have been abused.

Article 40: Your right to legal help if you have been accused of breaking the law.

Article 41: If the laws in your country protect you better than the rights in this list, those laws should stay.

Article 42: The government must let children and families know about children's rights.

To find out more about Super Ambassadors go to: www.superambassadors.org.uk

To find out more about the work of the Children's Comissioner for Wales go to: www.childcomwales.org.uk

If you need to get in touch with the Children's Commissioner for Wales you can phone us for free on 0808 801 1000 or text 80800 and start your message with COM.