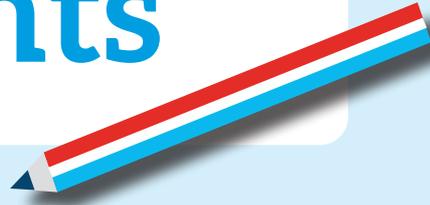


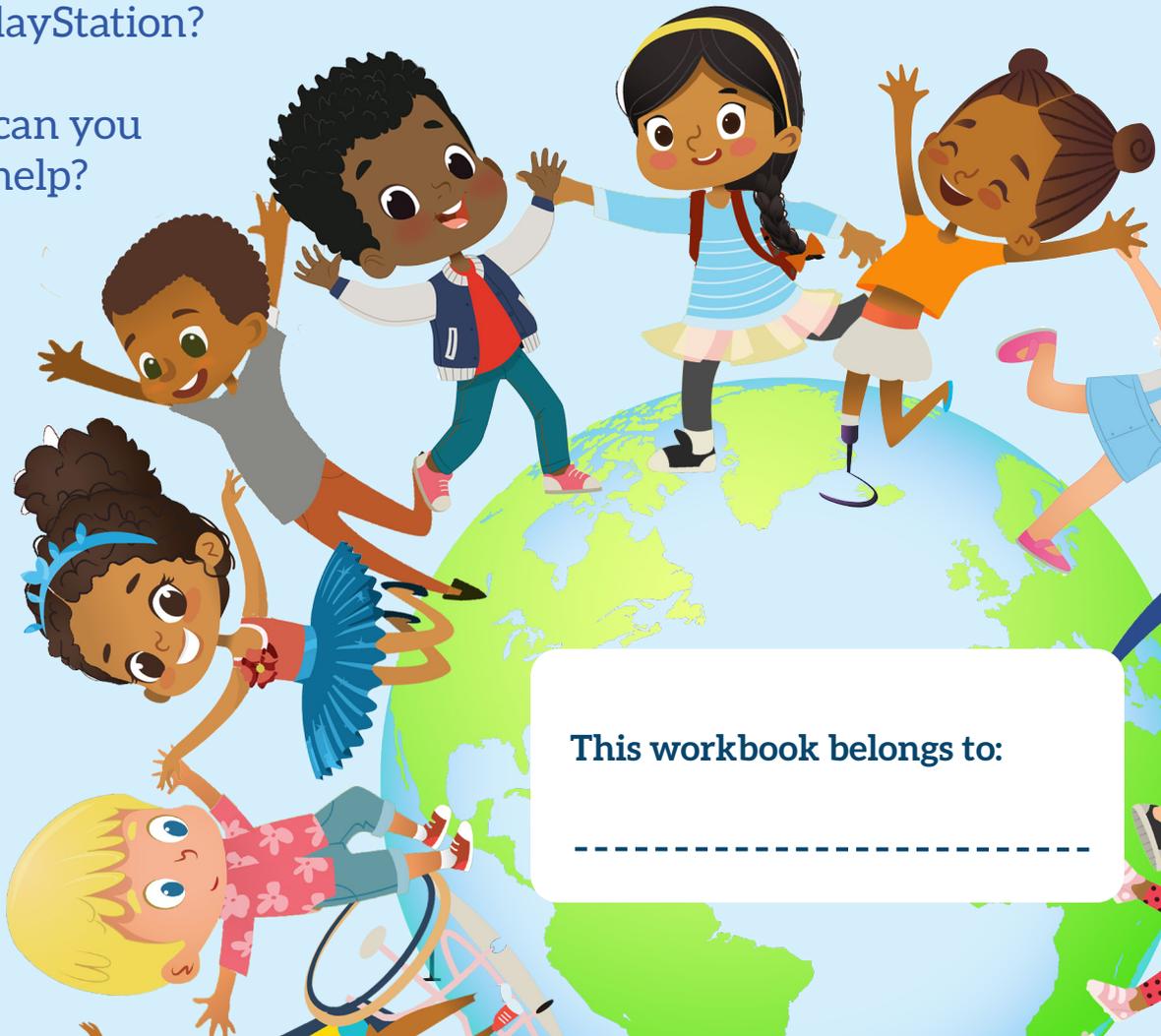
Know your rights



Is your mother
allowed to read
your phone messages?

Do you have the
right to a PlayStation?

Where can you
find help?



This workbook belongs to:

What are children's rights?

As a child, you have the right to grow up safe and healthy. What do you need for this? Healthy food and a good upbringing are two examples. But do you also need a computer? Everything you really need is included in children's rights. You will learn all about them and more in this workbook!

Exercise 1

What makes me happy?

Of course it's nice to have a brand-new phone. And to eat chocolate ice cream every single day. Or to go on holiday every year. Write down below 3 things that make you happy:

01

02

03



Exercise 2

What do I need?

There are also things that you really need. You should, for example, go to school so you have the chance to develop and look forward to a bright future. And you also need healthy food, otherwise you will become sick. And how about a roof over your head? Can you think of 3 more things you really need?

01

02

03

Exercise 3

This is nice, but do you really need it?

There are things that make you happy, and also things that are needed to grow up safe and healthy. Tick off the things in this list that you really need:

- | | |
|---|---|
| <input type="radio"/> Shoes in your size | <input type="radio"/> Protection from discrimination |
| <input type="radio"/> A large bed | <input type="radio"/> Information from books, television and the Internet |
| <input type="radio"/> Crisps or Popcorn | <input type="radio"/> Privacy |
| <input type="radio"/> A roof over your head | <input type="radio"/> Sports |
| <input type="radio"/> Time to do what you want | <input type="radio"/> Clothes |
| <input type="radio"/> A PlayStation | <input type="radio"/> A bed |
| <input type="radio"/> A few holidays a year | <input type="radio"/> Love and attention from your parents |
| <input type="radio"/> Your own opinion (and be able to share it freely) | <input type="radio"/> A nice teacher |
| <input type="radio"/> Your own religion (and be able to choose it yourself) | <input type="radio"/> A house with more than 4 rooms |
| <input type="radio"/> A television | <input type="radio"/> A best friend |
| <input type="radio"/> A name, so that the government knows you exist | |

children's rights

An agreement was made about what children need to grow up safe and healthy. We call this agreement the Convention on the Rights of the Child. It explains how children should be treated, protected and supported. These children's rights apply to everyone under the age of 18.



Exercise 4

Compare the children's rights poster or pocket book with your own list from Exercise 2. Which rights do you recognise on your list?

01

02

03



The Convention on the Rights of the Child

All the children's rights are set out in the Convention on the Rights of the Child. All countries, except the USA, have signed the convention. By signing, these countries promise to respect the rights and take care of children properly. This applies to governments, the police, court judges, teachers, your parents and every adult, all over the world!

UNICEF stands up for your rights

These promises sound good, but who checks whether countries actually keep to them? This is the responsibility of organisations like UNICEF. UNICEF stands up for the rights of children and helps to ensure that every child is protected, listened to and can visit a doctor.

What happens if children's rights are not respected?

Unfortunately, in every country, there are cases of children who are not being treated well and whose rights are not respected. So what can you do if this happens to you or to someone else? On page 19 of this workbook you can find out where you can get help.



Did you know that...

- ... children have specific rights that recognise their special needs in terms of protection, participation and development.
- ... the Convention on the Rights of the Child was adopted in 1989?
- ... 196 countries have signed the Convention?
- ... you don't have to do anything to have these rights? You always have them and no one can take them away from you.
- ... adults also have rights? These are called human rights.
- ... the United Nations (UN) wrote the Convention on the Rights of the Child? The UN is an organisation that includes almost all countries in the world. Together they try to find solutions to problems in the world.
- ... UNICEF is the children's rights organisation of the UN.

Exercise 5

Did you know that you come across your rights every day?

But where do you encounter them in your daily life? Follow this step-by-step plan:

A day full of rights

Create a step-by-step cartoon

1 Choose your favorite day of the week.

2 Write down six moments of that day

For Example:

- A. I got up.
- B. I drank a glass of orange juice.
- C. I played football.
- D. I slipped in a puddle.
- E. I went to the shops with Youssef and Mila.
- F. I went to bed.

3 Now look at the children's rights in your pocket book. Try to link at least 4 moments of your day to a child right.

If you can't, choose a different moment from your day. For example, you could replace 'I slipped in a puddle' with 'I sent Lina a text message'.

4 Finished? Now draw a cartoon of the these 6 moments on the following page.

A

B

C

D

E

F

A

Which child right is linked to this?

B

Which child right is linked to this?

C

Which child right is linked to this?

D

Which child right is linked to this?

E

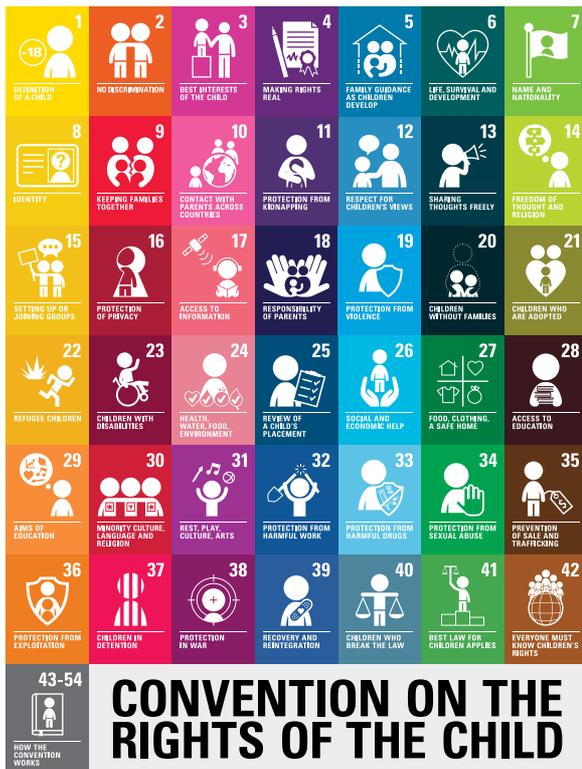
Which child right is linked to this?

F

Which child right is linked to this?

My rights, your rights

All children have the same rights, but not all children consider the same rights to be important. What do you think? Do you take others' situations into account?



Exercise 6

Your rights at a glance

Have a look at the children's rights poster in the classroom. It shows all the agreements (articles) about children's rights.

Write down what you consider the 3 most important rights:

01

02

03

Explain why you chose these 3 rights:

01

02

03

Write down 1 right that is not as important to you. Explain why.

Do you think that your 'unimportant' right might be important for other children? Which children?

When would that 'unimportant' right be important to you? Can you imagine an event that could lead to this?





Take another look at the children's rights poster or look through your pocket book. Choose one right.
Draw it, write a nice poem about it or make up a fitting slogan.



Exercise 7

Rights for everyone?

You have the same rights as your classmates, siblings, the girl next door and all other children in the world. Do you sometimes forget about the rights of other children? Or do you always think about the rights of others?

Just imagine:

It's your birthday and you invite 10 children to your party. The rest of the class is not allowed to come. Are you violating someone's right?

Yes

No

Why do you think so?

Just imagine:

Whilst playing, you grab your friend's phone as a joke and look at their pictures. Is this a funny prank? Or are you violating their rights?

Funny
joke

Violation
of rights

Just imagine:

The boy next door to you speaks Spanish. You don't understand him so you think he should speak your language with his mother at home when you visit him. Would it be OK to think that?

OK

Not
OK

What if rights conflict?

Children's rights exist to protect you. It may sound simple but it isn't always. Two rights may sometimes conflict with one another.

Exercise 8



Example 1

Emma (13):

"Before I go to sleep at night I have to give my phone to my mother. She says she doesn't want me to stay awake too long. But I know better. She secretly reads my messages. I am very disappointed."

Emma's mother:

"Yes, I admit that I look at Emma's phone. But I don't do it because I don't trust her. I do it to protect her. I want to know who she's in contact with. And to check that she's not being bullied like a few years ago."

Which rights are conflicting here?

Who do you agree with? With Emma or with Emma's mother? And why?

How can Emma and her mother resolve this together without violating any rights?

Example 2



Laura (12):

"I no longer live at home but with a foster family. My parents aren't able to look after me properly at the moment. I do understand but I miss them a lot. I just want to go back home where I have my own room and where my friends are. Why can't I decide where to live for myself?"

Which rights are conflicting here?

Can Laura be placed in care against her own will?

- Yes
- No
- I am not sure

Fahdi (14):

"My father has a shop and I enjoy helping him after school. When I'm not in the shop, I'm on the football field training. This is why I don't have much time to do my homework or meet up with friends. But this is my own choice, isn't it?"

What do you think about Fahdi's choice to only play football or work after school?

Which rights are conflicting here?



What if you could decide for yourself which rights you had? It would be so much fun at home and at school! Which rights would you want? And what should change in the classroom?

**If I
were
the boss...**

Exercise 9

Rights at home

Sleep all day. Or only eat what you like. You may think this is your right. Which rights would you want to introduce at home? At home I would like to have these rights:

01

02

03

04

05

Rights at school

Draw pictures all day instead of doing maths. Or finish school at 1:00 PM every day. Which rights would you want at school? I think I would like the following rights at school:

01

02

03

04

05

Good Idea? Or not...

The rights that you wrote down may make your life more fun, but what would happen if you really had them?

Choose one school right that you would like to have (from your list) and discuss the following questions with your partner:

A What would your teacher have to do to give you this right?

B What would a school day look like if you had this right?

C What would it mean for your classmate?

D Are there any disadvantages to having this right? What are they?

E Would it be a good idea to actually introduce this right?

No, maybe not

Yes, of course



Exercise 10

Test your own knowledge

UNICEF, the Convention on the Rights of the Child, the UN...
These terms should sound familiar by now. Right?
Test your knowledge with this quiz.

What are children's rights?

- A. Agreements between countries on how to treat children.
- B. Tips for parents on what behaviour by children is OK or not OK.
- C. Rights that children have created themselves.
- D. Human rights, especially for children.

Tick the answer
you think is correct

Note:
some questions can
have more than one
correct answer

Recognise your rights in this list

- E. I have the right to a nice brother or sister.
- F. I have the right to be in contact with my parents.
- G. I have the right to give my opinion.
- H. I have the right to a new winter and summer coat.
- I. I have the right to choose my own religion.



Why do children have their own special rights?

- A. Children have special needs in terms of protection, participation and development.
- B. To be better protected and respected.
- C. So that children can decide themselves when they want to go to bed.
- D. Because children are more important than adults.

Who has to obey the Convention on the Rights of the Child?

- A. Your parents
- B. Teachers
- C. Police officers
- D. The government
- E. Every adult

What is true?

- A. I have the right to a fun teacher
- B. I have the right to information from books, the Internet, TV, radio and newspapers.
- C. I have the right to a computer
- D. I have the right to pocket money

Which countries agree with children's rights?

- A. All the countries in Europe
- B. All countries in the world
- C. All countries in the world, except the USA

What does UNICEF do?

- A. UNICEF stands up for the rights of all children in the world.
- B. UNICEF keeps an eye on whether countries respect children's rights.
- C. UNICEF is the children's rights organisation of the UN.



Would you like to know if your answers are correct?

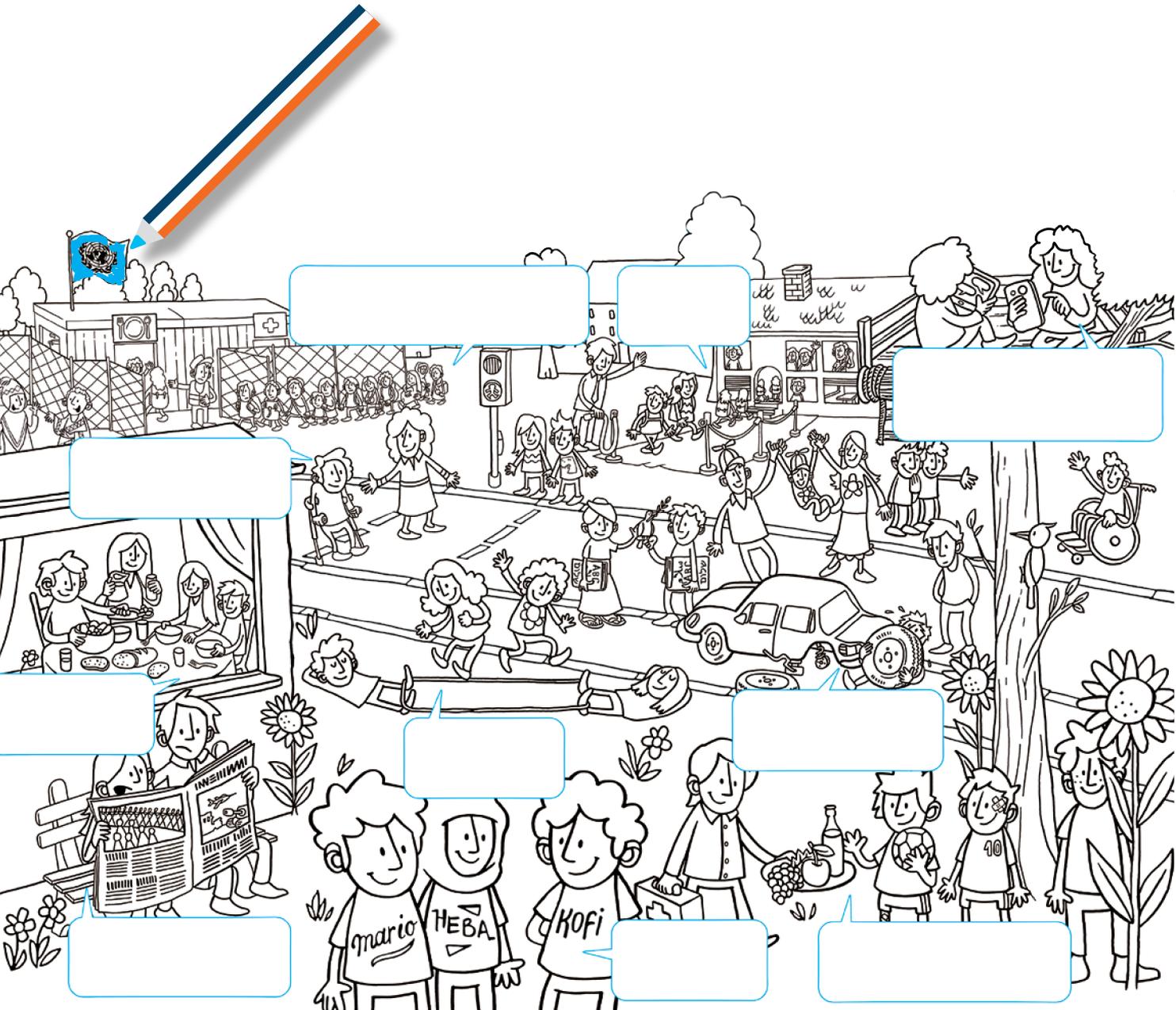
Check your answers with your teacher.

- Did you get less than 5 correct answers? Oh no, you are not an expert yet! But you can keep practicing with your workbook.
- Did you get more than 5 correct answers? Super! You really know a lot about your rights!

Exercise 11

Find the rights

Do you recognise the children's rights in this picture?
Write down the matching rights in the speech bubble.
You can also use coloured pencils to colour in the picture.



Where can I find help?

Unfortunately sometimes children's rights aren't protected. In every country there are children who are neglected, not treated properly or bullied. If this happens to you or to children you know, you can do the following:



Discuss it with someone you trust, such as a parent or your favourite teacher.

Call or send a message to the **Child and Adolescent Helpline**. It is free and everything you tell will be kept a secret.
Tel.: 116 111 // www.kjt.lu



Turn to the **OKaJu** (the Ombudsman* for children and youth). They can provide advice on how to stand up for your rights and find solutions for your problems.
Tel: 26 123 124 // www.okaju.lu

* Ombudsman originates from Swedish and means mediator.

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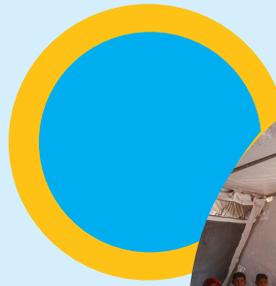
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unicef.lu/childrights

