

# You Have Rights!

Did you know that you are super unique and important? Just like grown-ups, you have rights! Rights are like special rules that protect you and make sure you are treated fairly and safely. They help you grow up happy and healthy.

## Extra Important Rights

When you have therapy or other services there are some rights that are extra important



### The Right to Be Informed

Support people should tell you what is happening and why.

**Example:** Your therapist tells you “Today, we are going to play a game and practice our listening skills.”

### The Right to Have Your Say

Your ideas and feelings are important. You get to share what you think and be listened to.

**Example:** Your therapist asks “What would you like to do today?”

### The Right to be Treated Well

Everyone should be kind and respectful. You should always feel safe.

**Example:** Your support worker uses kind words and smiles when you're together.

### The Right to Participate Your Way

You can do therapy or have support in a way that feels good and works for you.

**Example:** You learn better when you are moving around. Your support worker makes sure to include active activities.

### The Right to Stop Participating

If you need a break, you can say ‘stop’ or ‘no’. It is okay! You can take a break or ask to do things in a different way.

**Example:** When you do not like an activity or find it too hard your therapist lets you take a break. They then change it to make it better.

### The Right to Privacy

Your personal information is private and should be kept safe.

**Example:** Your therapist talks to you about who they share information with. They also ask what information you would like them to share.

## The Right to Not to be Discriminated Against

You should always be treated fairly, no matter what.

**Example:** Your therapist or support worker treats you with respect and so do any other people they work with.



## The Right to Complain

You have the right to let people know if something feels wrong, unfair or uncomfortable. You can tell your therapist or support worker or if you do not think you can do this, you can speak with another adult you trust to get their help.

**Example:** You were doing an activity with your therapist. You did not feel good doing it. You told them but they did not let you stop or do it in a different way. You let your mum know after the session so you could work out a plan together.

## Why are your rights important?

### Your rights are important for many big reasons

- **They keep you safe:** Rights are like a shield that protects you from harm.
- **They help you grow:** They make sure you get what you need to be healthy, learn, and develop.
- **They make sure you are treated fairly:** Everyone deserves to be treated with kindness and respect, no matter what.
- **They give you a voice:** Your rights mean that what you think and feel matters, and grown-ups should listen to you.
- **They help you reach your full potential:** When your rights are respected, you have the best chance to be happy, confident, and achieve great things!

### What to do if your rights aren't respected?

If you ever feel like your rights are not being respected, or if something is bothering you, it's really important to tell a grown-up you trust.

This could be:

- Your parents or guardians
- A grandparent
- A teacher
- A school counsellor
- Another trusted family member or adult friend

They are there to help you and make sure your rights are protected.

## More Information

United Nations Convention on the Rights of the Child:

[UNCRC-Poster](#)

[Rights-of-the-Child-UNICEF](#)

We all have Rights (UNICEF Animation 14:45)

[We all have Rights](#)

## Remember!

You are important, and your rights are there to make sure you have a happy, safe, and healthy life!