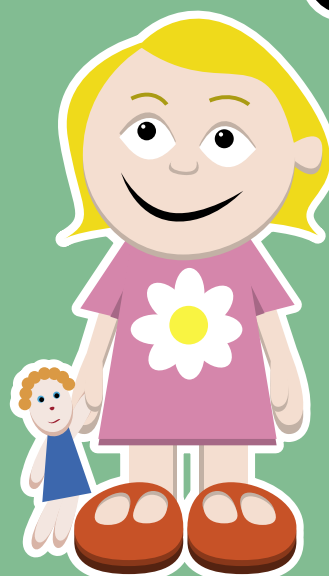
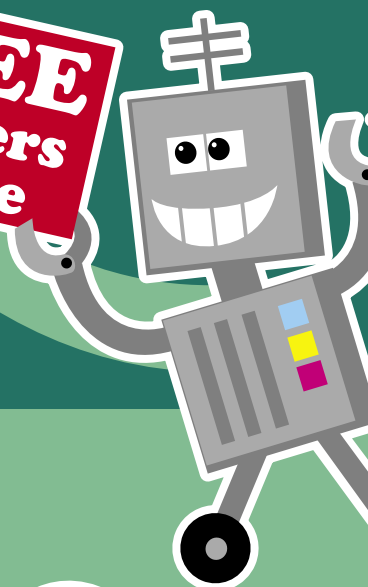


Convention on the rights of the child

Activity Book



FREE
stickers
inside



Children's Rights Alliance
for England

This book is all about children's human rights

Adults

We hope you can work through this activity book with children. They will need you to read out and explain the information. You might choose to go through a section a time, and you could use this book as part of a bigger project on human rights (for ideas, please visit www.crae.org.uk/activitybook). We have included a glossary on page 25 with child-friendly summaries of some key words and phrases. Have fun!

Children's human rights tell you how you can expect to be treated by others – at home, at school, in your neighbourhood and when you go to see a doctor or social worker or attend an important meeting for example. They say what governments must do to make sure children are treated well, and can have a very good life.

A government is a group of adults that makes rules about how people in a country should live and treat one another. In our country, this group of adults works a lot in the Houses of Parliament in London.

The United Nations is where all the countries in the world meet together. It is based in New York in America. It was set up after the Second World War. The United Nations tries to help people live peacefully, with respect and understanding for each other.

The United Nations has agreed a very important set of rules about how children all across the world should be treated. This is called the **Convention on the Rights of the Child**. It gives children over 40 human rights.

The United Nations wrote the Convention on the Rights of the Child because it wants children everywhere to be safe and happy, and to get all the things they need to have a very good life.

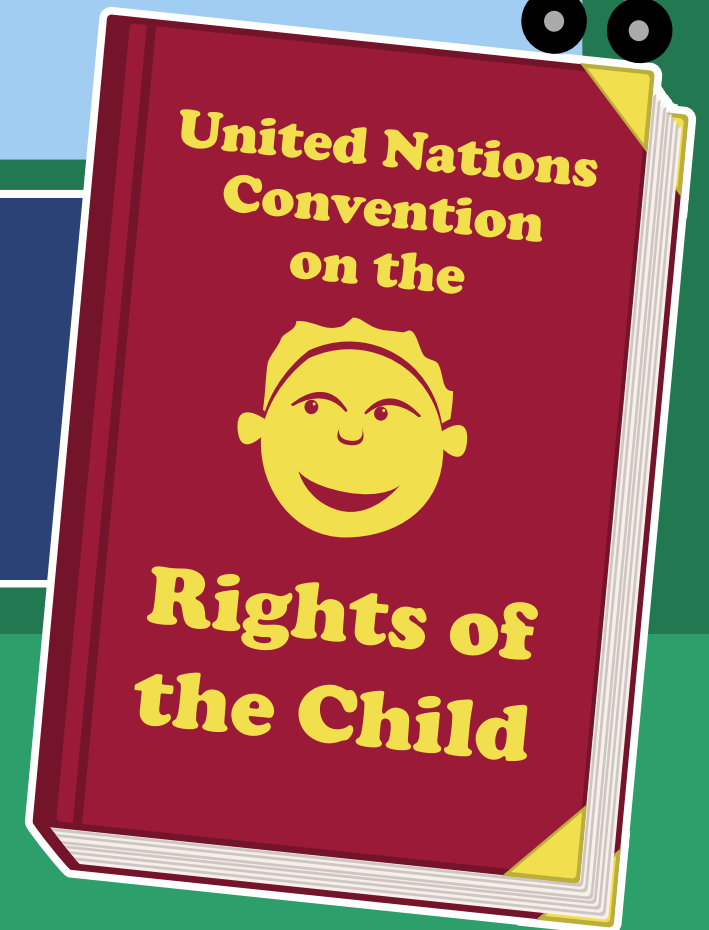
It wants all children to feel loved and respected, and adults to always listen to children and take them seriously.

Our Government has agreed to follow the Convention on the Rights of the Child whenever it is making decisions that affect children.

We believe every child should be told about their human rights. That way you know how you should be treated; and you know how you should treat others. We have made this activity book to tell you all the important things about the Convention on the Rights of the Child.

We hope you enjoy it!

Children's Rights Alliance for England



About you!

My name is

I am _____ years old

Please put a sticker
next to each section
when you have finished it:



Can you draw yourself?



1. Starting point



6. Be informed!



2. Be the best you can be!



7. Be free!



3. Be safe!



8. Be extra protected!



4. Be involved!



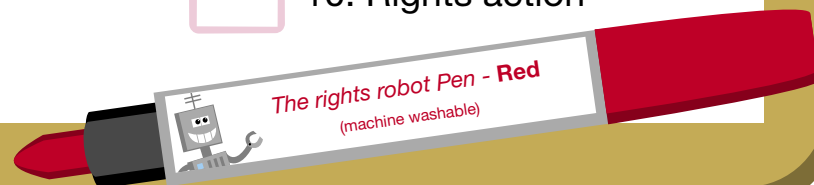
9. Make it happen



5. Be happy!

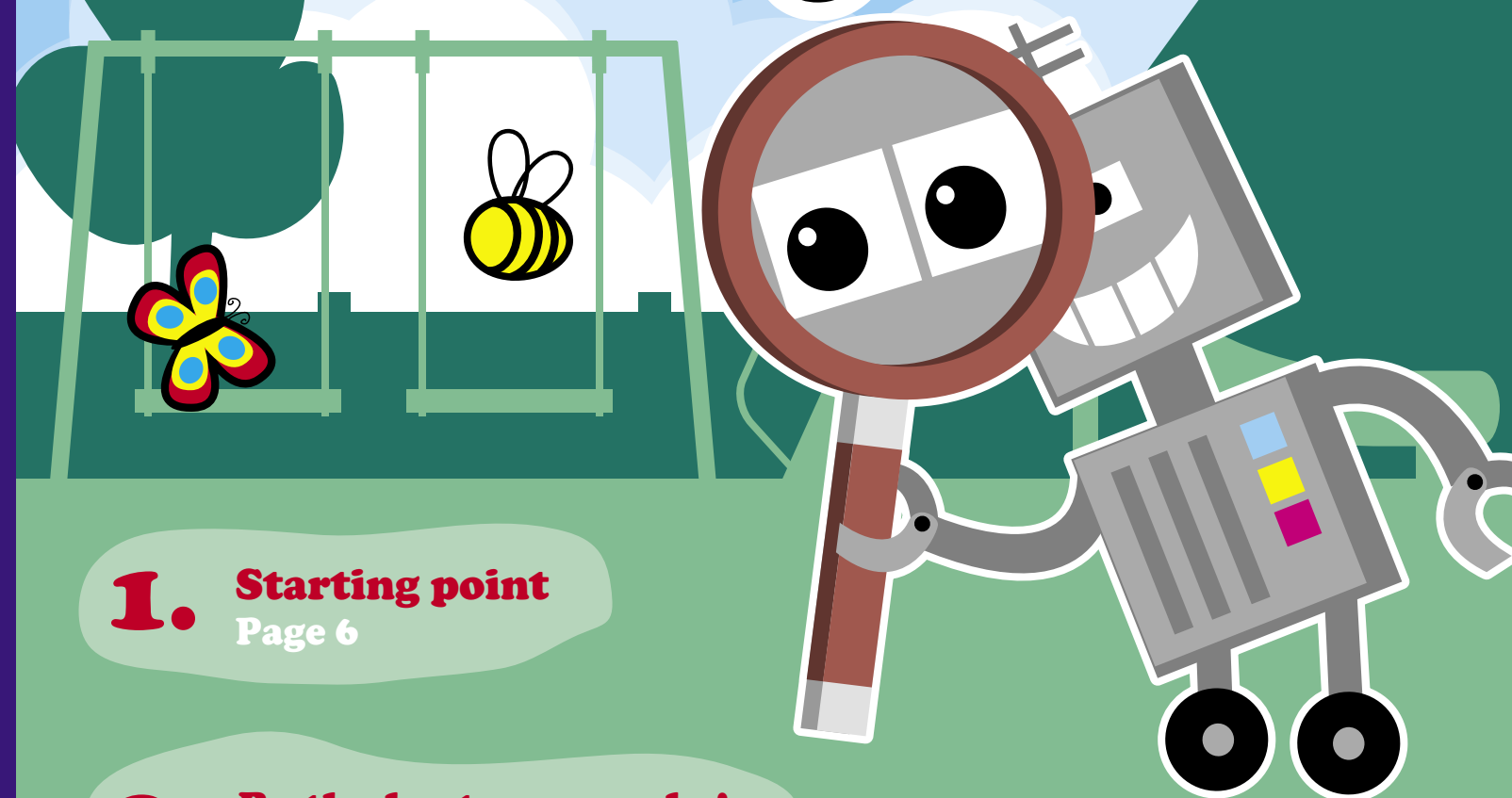


10. Rights action



What's in this

Activity Book



1. Starting point
Page 6

2. Be the best you can be!
Pages 7 to 11

3. Be safe!
Pages 12 to 13

4. Be involved!
Page 14

5. Be happy!
Page 15

6. Be free!
Page 16

7. Be informed!
Page 17

8. Be extra protected!
Pages 18 to 21

9. Make it happen
Page 22

10. Rights action
Pages 23 to 25



Section 1: Starting point

North Pole



The United Nations Committee on the Rights of the Child checks if children are getting their rights. It says there are four articles in the Convention on the Rights of the Child that are especially important: articles 2, 3, 6 and 12. (The Convention is split into different parts called articles.)

Article 3:

Children should always be a top priority (see page 7).

Article 2:

All the rights in this Convention belong to all children (see page 21).

Article 6:

Every child has the right to be the best person they can be (see page 10).

Article 12:

Every child has the right to be heard and taken seriously (see page 14).



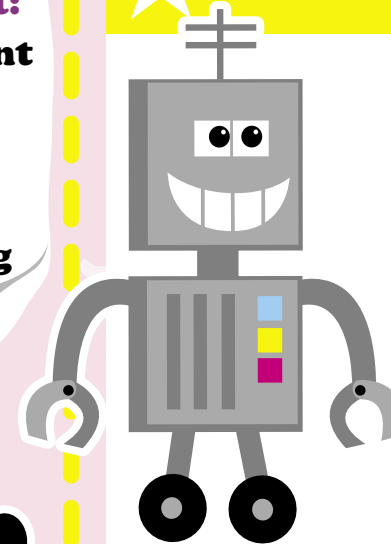
Section 2: Be the best you can be!

In this section, you will find out about:

- How you are important
- Your family
- A very good life
- Staying healthy
- Knowing and growing

Activity

Can you draw me?
Use the space to copy me.



You are important

Article 3

- Adults should always try to do what is best for children.
- Governments must do everything to make sure children are safe and well looked after.

Article 8

- Governments should protect every child's right to a name, nationality and family life (see page 9).

Article 30

- Children must not be stopped from enjoying their own culture, religion or language.

Happy to be me!

and me!

Your family

All the rights in the Convention on the Rights of the Child apply to you in your family. This includes the right to be heard and the right to be protected from all forms of violence (including "smacking").

In addition, the Convention on the Rights of the Child has this to say about the family:

Article 7

- Children have the right to a name and a nationality.*
- Children have the right to be cared for by both parents.

Article 9

- If a court is thinking about who a child should live with, everyone affected by the decision should get the chance to be heard - including the child.
- Every child has the right to regularly meet and have contact with both parents, so long as this is the best thing for the child.

Article 5

- Mums and dads can give children advice and help about children's rights. The more a child knows and understands, the less advice and help a parent needs to give.

Article 10

- If a child or a parent wants to live in another country, the decision about this should be made quickly and fairly.
- A child whose parents live in another country has the right to keep in touch with them.

*Your nationality comes from the place you were born and the nationality of your parents.

What's your nationality?

Activity

Colour me in!

Bright as you like!

Activity

Join the child to his or her family.

Article 18

- Governments must do all they can to help parents look after children well.
- Parents are usually the most important people in children's lives. Parents must always try to do what is best for children.



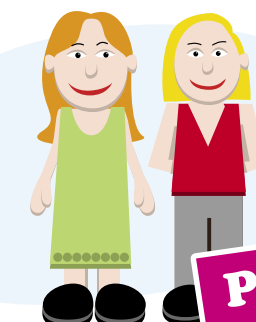
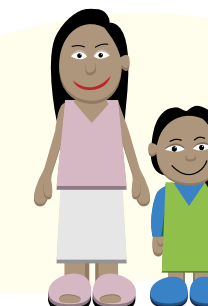
a



b



c



A very good life

Article 6

- Every child has the right to be alive.
- Governments must do all they can to make sure every child has the best possible life.



Article 26

- Governments must support every child's right to have enough money.

Article 27

- Children have the right to get everything they need to develop fully.
- Parents have the top responsibility for making sure the child gets this right.
- Governments must help parents and others caring for the child. The amount of help the Government gives depends on how rich the country is.*

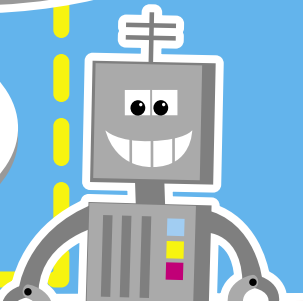
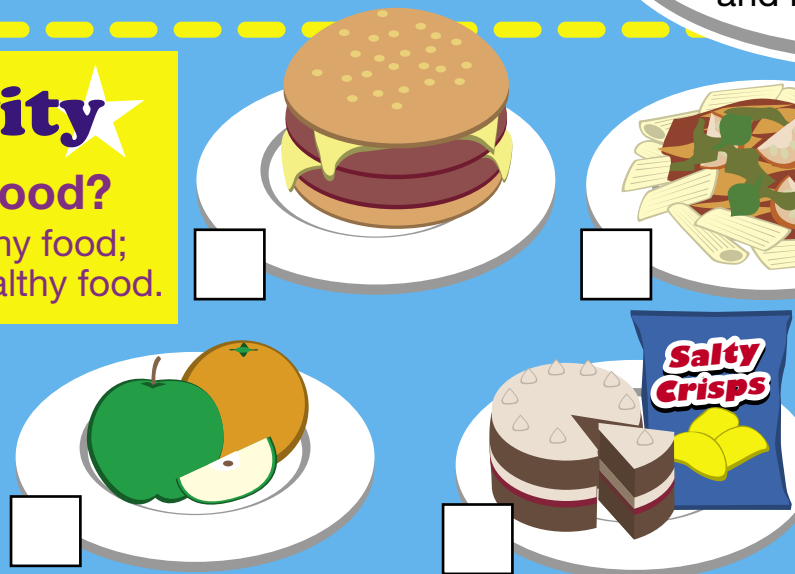


Stay healthy

Activity

Healthy food?

Tick the healthy food; cross the unhealthy food.



Free medicines for children!

Know and grow

Article 28

- Every child has the right to education.
- Governments must encourage children to go to school.
- Governments must make sure that school rules fit with all the rights in this Convention, and that the child's dignity* is protected at all times.

*Dignity is being treated with respect.



Activity

How tall are you?

Write your height here.

Article 29

- Education is all about children developing fully as human beings.
- Education must help children:
 - respect themselves (that means feeling good about yourself!)
 - respect the human rights of others
 - respect their parents
 - respect the environment.

X age 5
X age 4
X age 3
X age 2

Section 3: Be safe!

This section is all about children being safe

This is a no hitting house

I have the right not to be hit or hurt

Article 19

- Governments must do everything to protect children from all forms of violence, abuse, neglect and mistreatment.
- Help must be available for children who have been hurt.

Article 32

- Every child has the right to be protected from harmful work.
- Governments must do everything to protect this right.
- Governments must set a minimum age at which people can work, and they must make rules to protect young workers.*

Article 33

- Governments must do everything to protect children from illegal drugs.

Article 34

- Governments must do everything to protect children from being hurt sexually.

Article 36

- Governments must protect children from all other harm.

Article 35

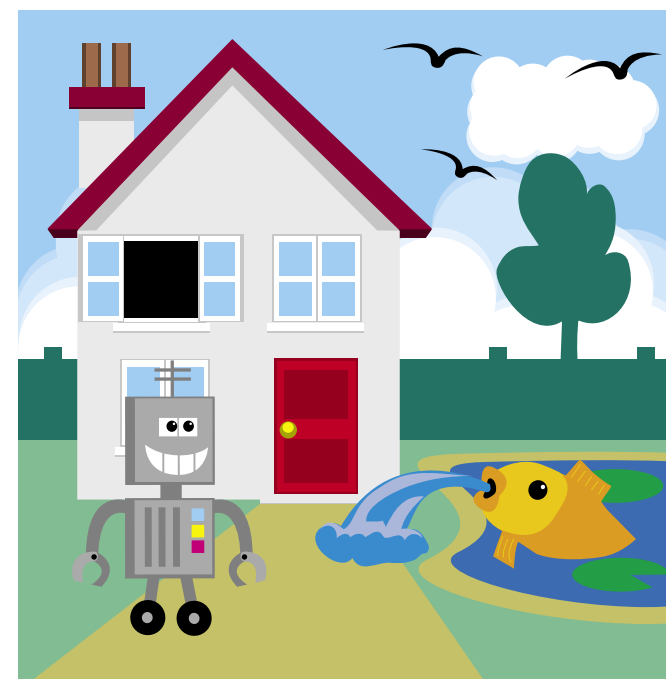
- Governments must do everything to protect children from being taken away or sold.

not for sale

*Young people in the UK can work part-time from the age of 13, and full-time from 16 years.

Activity

Can you spot the five differences?
Put a house sticker on each difference.



Activity

Put three stickers here that are items of clothing.

Section 4: Be involved!

Article 12

- Every child has the right to express his or her views freely - about everything that affects him or her.
- The child's views must always be taken seriously.
- The child has the right to be heard in all decision-making processes, including in court hearings. The child can get help to put across his or her views if he or she needs it.

TAKE CHILDREN SERIOUSLY



SHOP-O-RAMA

Article 23

- Every disabled child is an equal member of the community and has the right to be part of everything.

TAKE CHILDREN SERIOUSLY



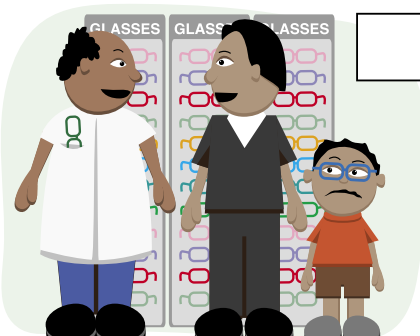
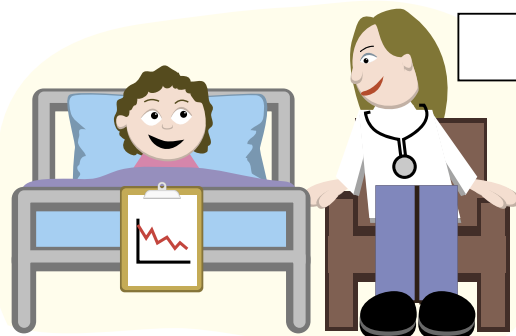
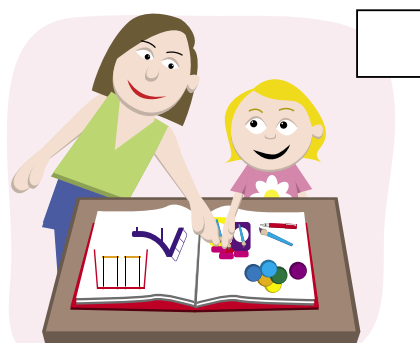
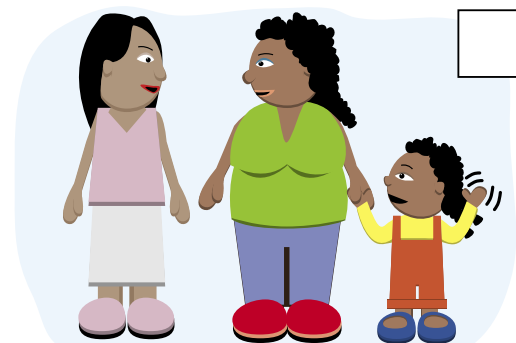
+ HOSPITAL +

TAKE CHILDREN SERIOUSLY

Activity

Taken Seriously?

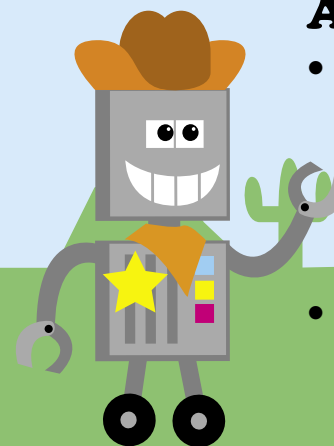
Tick the boxes where children are being taken seriously and cross the boxes where children are being ignored.



Section 5: Be happy!

Article 31

- Every child has the right to rest and play and to do things they enjoy.
- Governments must help children to get involved in the arts (music, film, dance etc).



Activity

Can you solve the maze?

Kara loves playing with her friends in the woodland near her house. She especially likes visiting the two goats that live there. See if you can help Kara get to the goats, without bumping into a car. The zebra crossings will help you.



Section 6: Be free!



Article 13

- Every child has the right to express themselves and every child has the right to all kinds of information and ideas, so long as these do not harm the child or others.

Article 14

- Every child has the right to freedom of thought, conscience and religion.
- Governments must respect the right of parents to give advice to children about this right. The more a child knows and understands, the less advice parents need to give.

Article 15

- Every child has the right to meet people and to be outside in a group.

Article 16

- The law must protect every child's right to privacy.

Important:

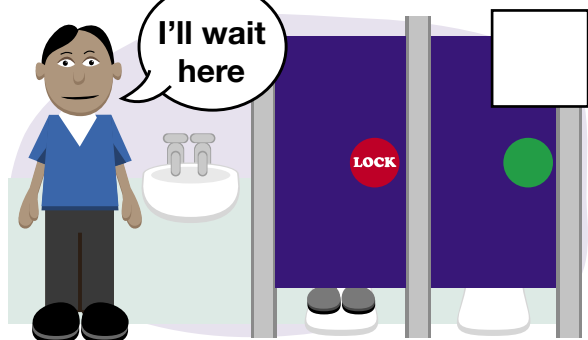
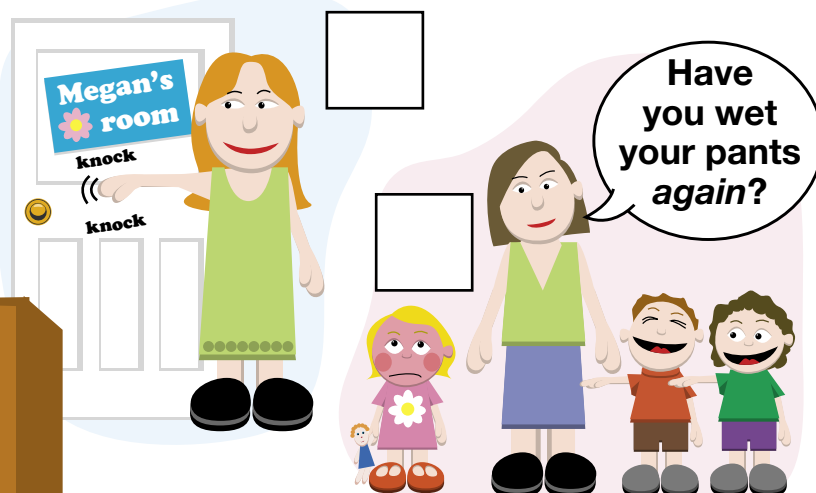
Everyone must respect the human rights of others. Parliament can pass laws that interfere with some human rights, but only if this is absolutely necessary and fair.

A child can go to court if he or she thinks his or her human rights are being interfered with unfairly – **but only if these rights are in the European Convention on Human Rights.**

The Convention on the Rights of the Child can be used to support a case, but it cannot be used on its own to start one. Contact us for more information - 020 7278 8222.

Activity

Tick where the child's privacy is being respected; and cross where it isn't.



Section 7: Be informed!

Children's rights

A - C

Article 17

- Governments must make sure that children get lots of different information.
- Governments must encourage the media (television, radio, newspapers) to give information to children.
- Governments must protect children from harmful information.

Local news

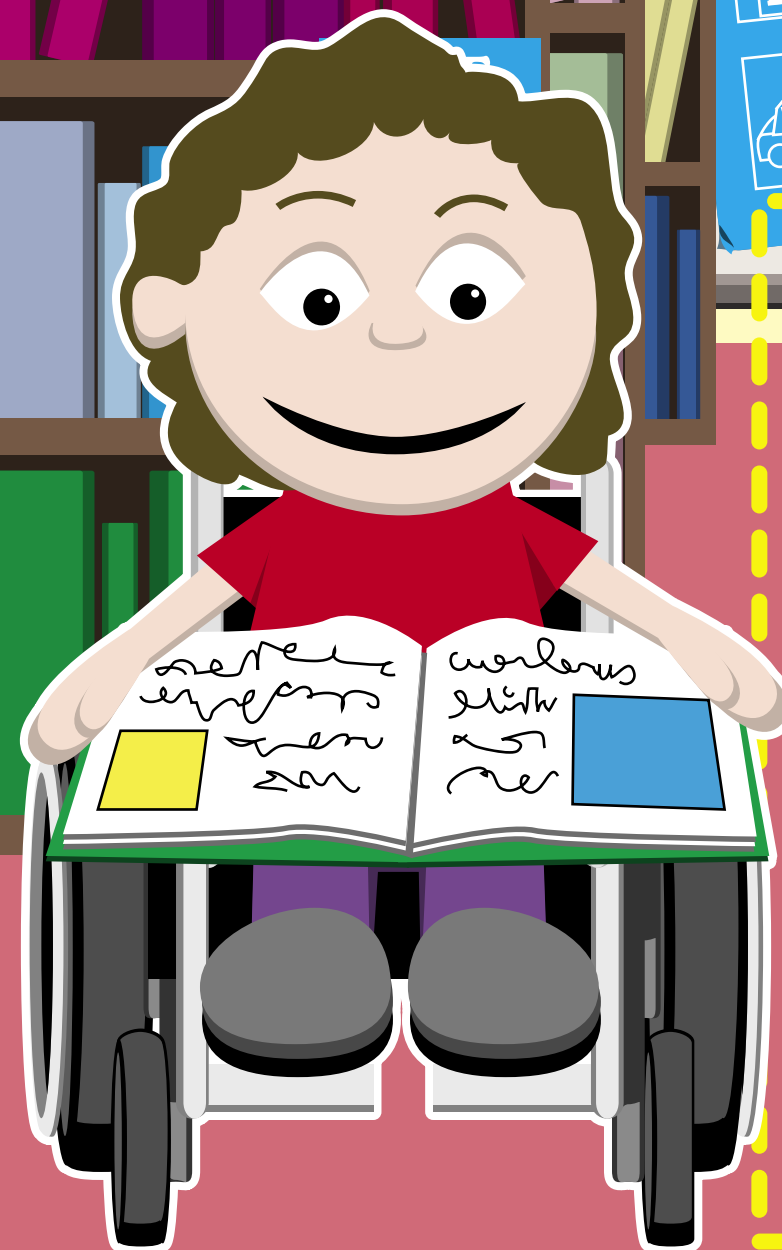
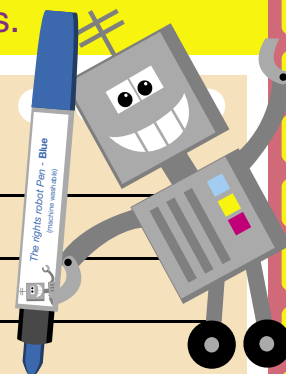


Article 42

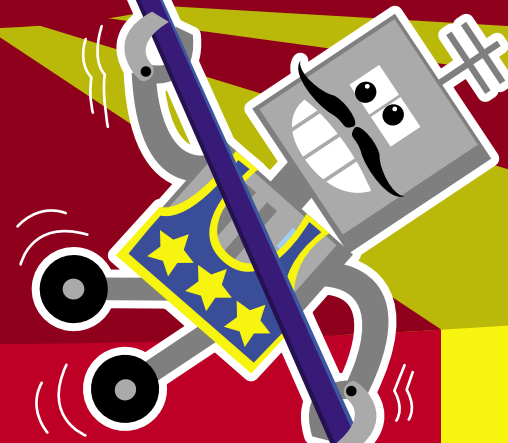
- Governments must make sure everyone is told about children's rights.

Activity

Make a list of the people YOU are going to tell about children's rights.



Section 8: Be extra protected!



Article 11

- Governments must work together to stop children being taken illegally to another country.

Article 20

- Children who are separated from their parents have the right to special protection and help.

Article 21

- The child must be the top priority in adoption.
- Governments can support adoption between countries.
- Children who are adopted by people in another country must have the same protections as children adopted by people in their own country.

Article 22

- Governments must protect and help children who are refugees, or who are trying to be accepted as refugees.

Article 25

- Children who are in care or live away from home for health reasons have the right to have their care checked regularly – to make sure everything is going well.

Article 37

- Governments must do everything to protect children from torture or other cruel, inhuman or degrading treatment or punishment. There can never be any excuse for breaking this right.

Article 38

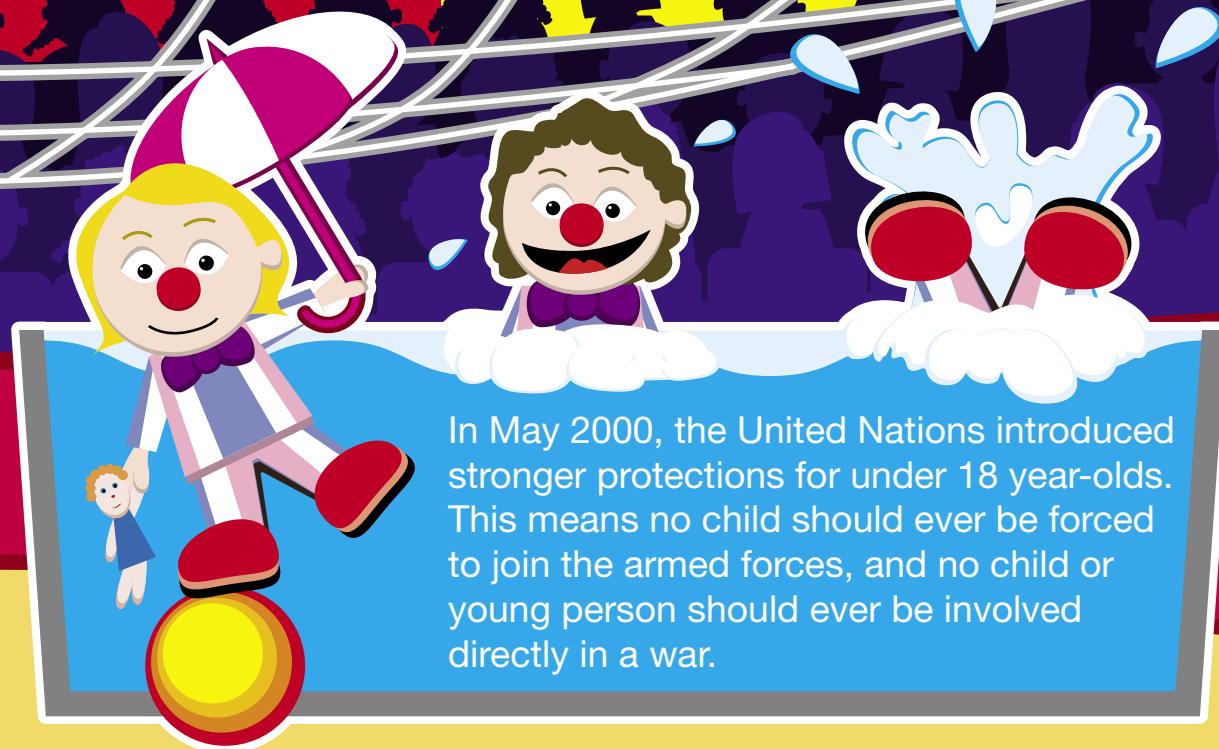
- Governments agree to follow international human rights law in times of war.
- Governments must do everything to stop children under 15 from being involved directly in a war.
- Governments must do everything to protect and care for children who are affected by war.

Article 39

- Governments must give good support to children who have been abused or harmed in any way.
- This support must encourage children's health, self-respect and dignity.

★ Activity ★

Put three stickers here that are forms of protection.



In May 2000, the United Nations introduced stronger protections for under 18 year-olds. This means no child should ever be forced to join the armed forces, and no child or young person should ever be involved directly in a war.

Article 40

Children in trouble with the law:

- must be treated with respect, and in a way that helps them respect the human rights of others
- must be treated as innocent until found guilty
- must be quickly given information about why they have been arrested and charged with a crime
- must be given a lawyer
- cannot be forced to speak in a court
- have the right to an interpreter if they do not understand the country's main language
- must always have their privacy protected (this means their names should not be put in newspapers)
- wherever possible, should not have to go to court
- wherever possible, should not be sent to prison.

Governments must:

- set up a separate criminal justice system for children
- encourage a minimum age of criminal responsibility (the age at which a child has to go to court and can even be sent to prison).

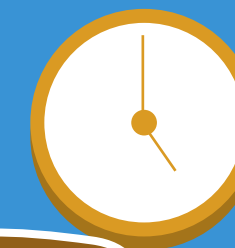
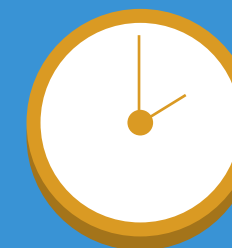
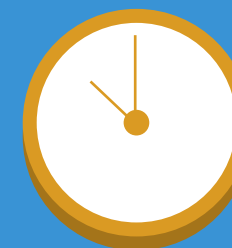
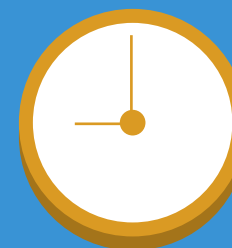
Activity

Word search

Find the following words:
SAFE, DIGNITY, HELP, RESPECT,
PRIVACY, UNDERSTAND,
SECURE, PROTECT, LISTEN

S	E	C	U	R	E
Y	A	Z	N	E	Q
C	N	F	D	S	E
A	O	D	E	P	T
V	T	I	R	E	A
I	C	G	S	C	H
R	E	N	T	T	S
P	T	I	A	O	L
J	O	T	N	W	Y
X	R	Y	D	K	P
E	P	L	I	U	H
U	R	C	I	G	E
N	E	T	S	I	L
X	K	R	G	V	P

and finally...



Article 2

- All the rights in this Convention belong to all children.

Article 1

- A child is a person under 18 years.

Article 4

- Governments must do everything possible to put into practice all the rights in this Convention.
- The richer the country, the more it must do to protect children's rights.



Articles 41 to 54

say how adults and governments must work together to put into practice all the rights in this Convention.

No children
allowed
in here



54 articles – 40 major rights
For the world's 2.2 billion
children and young people.

Section 9: Make it happen

We hope you have enjoyed learning about your human rights.

Now you know all about the Convention on the Rights of the Child, here are five things you can do:

1. Show this activity book to your friends and your family - that way they will also get to learn about the Convention on the Rights of the Child!

2. If you think someone is going against your rights, try to tell them. If you need some advice or help, look at the next section. There are plenty of people that might be able to help you.

3. Treat everyone you know with respect, because they have human rights too. That includes people who are smaller and younger than you - yes, babies too!

4. If you want to get involved in trying to make our country better for children, please get in touch - we are waiting to hear from you! Our contact details are on the back cover.

5. Always remember you are important and everyone should treat you well. Your views count and you should always feel respected.

Section 10: Rights action

Adults please tell children about all these organisations working for their rights!

■ This means you can get involved in the organisation's work for children's rights.

● This means the organisation can put you in touch with someone who can help you sort out a children's rights problem.

▲ This means the organisation can, in some cases, help you sort out a children's rights problem.

Advisory Centre for Education ● ▲

Free telephone advice on many subjects like exclusion from school, bullying, special educational needs and school admission appeals.

Advisory Centre for Education (ACE),
1c Aberdeen Studios, 22 Highbury Grove,
London N5 2DQ

General advice line (Mon-Fri 2-5pm):

0808 800 5793

Exclusion information line (24hr answer phone):

020 7704 9822

Web: www.ace-ed.org.uk

A National Voice ■

A young person led organisation existing to make positive changes to the care system in England. Provides a platform for the voices of young people in and leaving care.

A National Voice, Central Hall, Oldham Street,
Manchester M1 1JQ

Tel: **0161 237 5577**

Email: info@anationalvoice.org

Web: www.anationalvoice.org

Children's Legal Centre ■ ● ▲

Lawyers can give advice on all issues relating to children.

The Children's Legal Centre, University of Essex,
Wivenhoe Park, Colchester, Essex CO4 3SQ

Tel: **01206 873 873**

E-mail: clc@essex.ac.uk

Web: www.childrenslegalcentre.com

If you have an education problem, the Children's Legal Centre's education legal advice line operates between 9.30am and 5.00pm weekdays.

Tel: **0845 456 6811**

Email: nel@essex.ac.uk

Children's Rights Alliance for England ■ ● ▲

Working for the Convention on the Rights of the Child to be put into practice across England.

CRAE, 94 White Lion Street, London N1 9PF

Tel: **020 7278 8222**

Email: info@crae.org.uk

Web: www.crae.org.uk

Children's Rights Officers and Advocates ●

Children's rights officers and advocates for children and young people in contact with social services.

CROA, Suite 5J, North Mill, Bridgefoot, Belper,
Derbyshire DE56 1YD

Tel: **01773 820 100**

Email: info@croa.org.uk

Web: www.croa.org.uk

English Secondary Students' Association ■

ESSA is an organisation that represents secondary students in England. It aims to support students in expressing their views about education in their schools. At a regional and national level, it provides training and a network of support with other secondary school students.

ESSA, 3rd Floor, Downstream Building,
1 London Bridge, London SE1 9BG

Tel: **0207 022 1911** or **0207 022 1910**

Email: info@studentvoice.co.uk

Web: www.studentvoice.co.uk

Howard League for Penal Reform ■ ● ▲

Campaigns for an end to the use of prison for children and improved treatment of children in the penal system.

Legal advice line for children and young people in custody - call free **0808 801 0308**

The Howard League for Penal Reform,
1 Ardleigh Road, London N1 4HS

Tel: **020 7249 7373**

Email: info@howardleague.org

Web: www.howardleague.org

Liberty ■ ● ▲

Gives information and advice on all matters of human rights law.

If you have an urgent query, call the **LIBERTY ADVICE LINE** on **0845 123 2307** during the following hours: Monday and Thursday: 6.30 pm to 8.30pm and Wednesday: 12.30pm to 2.30pm.

LIBERTY, 21 Tabard Street, London SE1 4LA

Tel: **020 7403 3888**

Web: www.liberty-human-rights.org.uk

www.yourrights.org.uk

NSPCC (National Society for the Prevention of Cruelty to Children) ■ ● ▲

The UK's leading charity specialising in child protection and the prevention of cruelty to children. The NSPCC's core values are based on the UN Convention on the Rights of the Child. ChildLine has joined with the NSPCC to help more children and young people.

General contact details: NSPCC, Weston House, 42 Curtain Road, London, EC2A 3NH

Tel: **020 7825 2500**

Web: www.nspcc.org.uk/kidszone

If you need help, you can contact the NSPCC Child Protection Helpline on **0808 800 5000**, or contact the free textphone service for people who are deaf or whose hearing is impaired on **0800 056 0566**. You can also email help@nspcc.org.uk or look on the website at www.nspcc.org.uk/helpline.

You can also contact ChildLine on **0800 1111**. Both helplines are free and open 24-hours a day. Whichever helpline you choose you will get expert advice from a trained adviser.

National Youth Advocacy Service ■ ● ▲

Offers advice, information and support to children and young people on their rights about any matter that affect them.

Offers legal advice for children and young people on family, care, education and immigration.

Young people can call free **0800 616 101** or send a text message to **0777 333 4555** or send an email to help@nyas.net

National Youth Advocacy Service,
99-105 Argyle Street, Birkenhead,
Wirral CH41 6AD

Tel: **0151 649 8700**

Email: info@nyas.net

Web: www.nyas.net

Office of the Children's Commissioner ■ ●

The independent voice for all children and young people in England.

Office of the Children's Commissioner,
1 London Bridge, Tooley Street, London, SE1 2PF

Tel: **0844 800 9113**

Email: support@childrenscommissioner.org

Web: www.childrenscommissioner.org

Refugee Council ● ▲

Offers support and advice to unaccompanied refugee children.

The Refugee Council Panel of Advisers for Unaccompanied Refugee Children,
240-250 Ferndale Road, London SW9 8BB

Advice line: **020 7346 1134**

(open from 9.30am to 5.30pm weekdays)

Web: www.refugeecouncil.org.uk

Save the Children ■ ● ▲

Children's rights development agency primarily focused on education, poverty, refugee and asylum issues.

Save the Children UK, England programme office,
1 Eastgate, Leeds LS2 7LY

Tel: **0113 242 4844**

E-mail: supportercare@savethechildren.org.uk

Web: www.savethechildren.org.uk

UK Youth Parliament ■

Aims to give young people (aged 11 to 18) a voice in national and local issues.

UK Youth Parliament,
8 Wakley Street, London EC1V 7QE

Tel: **020 7843 6310**

E-mail: mail@ukyouthparliament.org.uk

Web: www.ukyouthparliament.org.uk

UNICEF Youth Voice ■

Young people taking action for children's rights in this country and across the world.

Youth team, UNICEF UK, Freepost, Africa House,
64 - 78 Kingsway London WC2B 6BR

Tel: **0870 606 3377**

Email: youthvoice@unicef.org.uk

Web: www.unicef.org.uk/youthvoice

Voice ■ ● ▲

Offers advice and support to children and young people in care and in custody and to young asylum-seekers.

Head office, London & South East, Unit 4, Pride Court, 80 - 82 White Lion Street, London N1 9PF

Tel: **020 7833 5792**

Email: info@voiceyp.org

Web: www.vcc-uk.org

Activity

Do you know your address?

House number:

Road:

Town:

Postcode:

Phone number:

Glossary

Adoption - this is where a child becomes a full member of a new family.

Armed forces - groups of people that use force to protect or invade a country - the army, navy and air force.

Degrading - making people feel like they don't matter.

Family - a group of people that live together or are related to one another.

Harmful work - doing things for money that harm you - like carrying heavy boxes or using dangerous machinery.

Hurt sexually - this is where someone touches a child's body in a way they don't like or want, or where someone makes a child touch their body or look at things they don't want to.

In care - being looked after by a local council because things haven't worked out well at home.

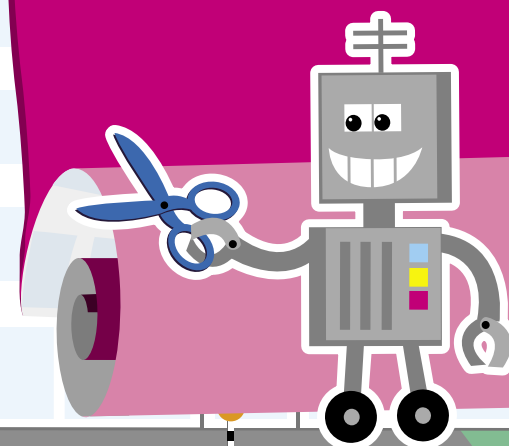
International human rights law - rules agreed by countries all over the world.

Lawyer - someone that tries to help people sort out difficult problems. They often work in a court. Human rights lawyers try to protect people's human rights.

Mistreatment - being badly treated.

Refugees - people who have to leave their own country because of war or bad treatment.

Torture - causing really bad pain to punish someone or to make a person say or do something they don't want to.



Children's Rights Alliance for England

The Children's Rights Alliance for England is a group of over 380 organisations in England that work together to get the Convention on the Rights of the Child put into practice everywhere.

We check Government action on children's human rights. Every year we publish a 'State of children's rights in England' report. We send reports to the United Nations, the Council of Europe and other important bodies concerned with human rights.

We circulate information and speak out for children's human rights in newspapers and on the television and radio. We run children's human rights events for children and young people, including in schools.

We work with Government and Parliamentarians to try to encourage them to make laws and policies that are in line with children's human rights. We try to stop laws and policies that go against children's human rights.

We are always looking for people who care about children's human rights to join in our work and campaigns. If you are under 18 years, or part of a group run by children, it is free to join the Children's Rights Alliance for England. We're waiting to hear from you!

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In summary:

Article 1 - A child is a person aged 17 or under.

Article 2 - All the rights in this Convention belong to all children.

Article 3 - Children must always be a top priority.

Article 4 - Governments must do all they can to protect children's rights.

Article 5 - Parents can give children advice and help about their rights.

Article 6 - Every child has the right to be alive and to be the best person they can be.

Article 7 - Every child has the right to a name and nationality and to be cared for by both parents.

Article 8 - Governments must protect the child's right to a name, nationality and family life.

Article 9 - Every child has the right to keep in regular contact with both parents so long as this is the best thing for the child.

Article 10 - Decisions about a child living in a different country should be made quickly and fairly.

Article 11 - Governments must work together to stop children being taken illegally to another country.

Article 12 - Every child has the right to express their views and these views must be taken seriously.

Article 13 - Every child has the right to express themselves and to receive all kinds of information and ideas.

Article 14 - Every child has the right to have their own beliefs and religion.

Article 15 - Every child has the right to meet people and to be outside in a group.

Article 16 - The law must protect every child's right to privacy.

Article 17 - Governments must make sure children gets lots of different information. They should protect children from harmful information.

Article 18 - Governments must support parents. Parents must always try to do what is best for children.

Article 19 - Every child must be protected from all forms of violence, abuse neglect and mistreatment.

Article 20 - Children who do not live with their parents have the right to extra protection.

Article 21 - The child must be the top priority in adoption.

Article 22 - Children who are refugees, or trying to be refugees, have the right to extra protection.

Article 23 - Disabled children have the right to be part of everything.

Article 24 - Every child has the right to the best possible health.

Article 25 - Children who are in care or who live away from home for health reasons should have their care checked regularly.

Article 26 - Governments must support every child's right to have enough money.

Article 27 - Children have the right to get everything they need to develop fully.

Article 28 - Every child has the right to education.

Article 29 - Education is about children developing fully as people.

Article 30 - Children must never be stopped from enjoying their own culture, religion or language.

Article 31 - Every child has the right to rest, play and to do things they enjoy.

Article 32 - Children must be protected from harmful work.

Article 33 - Governments must do everything to protect children from illegal drugs.

Article 34 - Governments must protect children from being hurt sexually.

Article 35 - Governments must do everything to protect children from being taken away or sold.

Article 36 - Governments must protect children from all other harm.

Article 37 - Every child has the right to protection from torture and very bad treatment.

Article 38 - Children must be protected from wars and from joining the armed forces.

Article 39 - Governments must give good support to children who have been abused or harmed.

Article 40 - Children who are in trouble with the law have many additional rights, including the right to privacy, the right to a lawyer and, wherever possible, the right not to go to court or be sent to prison.

Article 42 - Governments must inform everybody about all the rights in this Convention.

Article 41 and 43 to 54 - say how children's rights should be monitored and enforced.

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