

All children have rights, no matter who they are.



Your family can guide you, and you can be part of decisions that affect you.

(Articles 5, 10, 12, 15)

You have the right to relax, play and to join in a wide range of leisure activities.

(Articles 31)

You have the right to be safe, loved, and cared for.

(Articles 7–11, 16, 18–22, 25, 32–40)



You can be proud of who you are, your family, and your culture.

(Articles 7–11, 14, 20, 22, 28–30, 37, 39)



You have the right to learn, get information, and go to school.

(Articles 13, 17, 28–30)



You have the right to food, water, clothes, and a safe place to live.

(Articles 24, 26, 27)

You have the right to be healthy and care when you're unwell

(Articles 33, 36, 39)



Some rights belong to every part of your life.

(Articles 6, 22, 23, 25)

Governments and adults should work together to make sure all children enjoy their rights.

(Articles 43–53)

By listening to children and young people, and helping them understand their rights, we can build a brighter future where every child has the chance to thrive.