

# My Rights, My Responsibilities



Learning to  
Teach  
Child Rights



Every  
Right  
for  
Every  
Child



Conceptualised and Developed by **CHETNA** November 2008

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**Photographs**

The photographs used in this training manual are from the CHETNA archives and the archives of various institutions and organisations and the world-wide web. Without the resources available on the World Wide Web, it would not have been possible to present an evocative and representative profile of all the children of India. We thank all the known and unknown sources. The liberty to use the photographic resources available on the World Wide Web was taken in the interest of children. As many of the source images were low resolution files, they have been graphically treated to facilitate reproduction.

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## Rights of the Child in Child Friendly Language

1. Every individual under the age of 18 has ALL these rights. You have the right to...
2. Be treated fairly no matter who you are, where you are from, what language you speak, what you believe or where you live.
3. Have adults always do what is best for you.
4. Have all these rights protected by your government.
5. Be given support and advice from your family.
6. Life...the right to be born, and be given everything you need to stay alive.
7. Have a name and a nationality; belong to a country as its rightful citizen.
8. An official identity.
9. Not be separated from your parents unless it is for your own good.
10. Be reunited with your parents if they have to move to another country.
11. Not be taken out of your country illegally.
12. Have your own opinion, which is listened to and taken seriously.
13. Find out information and express what you think through speaking, writing and art, unless this denies other people their rights.
14. Think and believe whatever you want to and practice any religion, with guidance from your parent/s.
15. Be friends and join or set up clubs, unless this denies other people their rights.
16. Your own and that of your family's privacy be respected.
17. Get reliable information from newspapers, books, radio, television and internet, as long as it is not harmful for you.
18. Be brought up by your parents if possible.
19. Be protected from being hurt or badly treated in any way.
20. Special protection and help if you can't live with your parents.
21. The best care possible if you are adopted or in foster care.
22. Special protection and help if you are a refugee.
23. Access to education and any support you may need if you have a disability.
24. The best health and medical care possible, and information to help you stay healthy.
25. Have your living situation checked regularly if you are looked after through foster care, away from your family.
26. Help from the government if you are poor or in need.
27. A basic standard of living: food, clothing, and a safe place to live.
28. An access to quality education.
29. An education that develops your personality and abilities, and encourages you to respect other people, cultures and the environment.
30. Enjoy your own culture, religion and language, even if these are not the same as most people in your country.
31. Rest, play and relaxation.
32. Be protected from work that harms your health or education.
33. Be protected from dangerous drugs and their trade.
34. Be protected from sexual abuse.
35. Not be kidnapped or sold.
36. Be protected from being taken advantage of or exploited in any way.
37. Not be punished in a cruel or hurtful way.
38. Protection and care in times of war. If you are under 15 you should never be forced to join the army.
39. Special help if you have been neglected or badly treated.
40. Be helped and treated fairly if you are accused of breaking the law.
41. Be protected by national or International laws which provide better rights than the ones in this list.
42. ALL children and adults should know and learn about these rights.

Adapted from, Know Your Rights, Poster  
Save the Children, UK , 2006



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