



# YOU HAVE RIGHTS!

The *United Nations Convention on the Rights of the Child* is a list of all the things that you need to reach your full potential and to live your best life. All children around the world have the special rights listed in the Convention, and almost all governments have made a promise to do everything they can to respect, protect, and fulfill them to make sure that children can enjoy them.



## Article 1

You have the special rights listed here until you are 18.

## Article 2

You have these rights, no matter who you are, what you look like, where you live, what you think or say, what abilities you have, or any other reason.

## Article 3

Whenever adults make decisions or do things that affect you, they must always think about what is best for you.

## Article 7

You have the right to a name and to belong to a country. You also have the right to know and to be cared for by your parents.

## Article 4

The government must do everything it can to make sure you can enjoy all your rights.

## Article 5

Your family has rights and responsibilities to guide your development and help you know about your rights.

## Article 6

You have the right to be alive. The government must make sure that you can survive and develop in the best possible way.

## Article 8

You have the right to your own identity and it should never be taken away from you.

## Article 9

You have the right to see and live with your parent(s), unless it is unsafe for you.

## Article 10

If you live in a different country than your parents, you have the right to see them or get back together with them.

## Article 11

You have the right not to be taken out of the country illegally.

## Article 12

You have the right to share your opinions freely. Adults should listen and take you seriously.

## Article 13

You have the right to learn about stuff and share your thoughts and feelings in any way, unless it harms other people.

## Article 14

You have the right to choose your own thoughts, beliefs, and religion – with your parents' guidance – as long as other people aren't harmed.

## Article 15

You have the right to choose your own friends and to join or set up groups, as long as this doesn't harm other people.

## Article 16

You have the right to privacy. Any interference with this right must be reasonable and lawful.

## Article 17

You have the right to get information from many different places and in a way that you can understand. You also have the right to be protected from information that could harm you.

## Article 18

You have the right to be raised by both parents, if possible, and the government must help them by providing support and services.

## Article 19

You have the right to be protected from harm and poor treatment.

## Article 20

If you can't live with your family, you have the right to be well looked after by people who respect your culture, language, and other aspects of your life.

## Article 21

If you're adopted or in foster care, you have the right to protection and the best care possible.

## Article 22

If you're forced to leave your country because you're not safe there, you have the right to help and special protection (refugee status), as well as the same rights as children born in Canada.

## Article 23

If you live with a disability, you have the right to special care, education, and treatment so that you can enjoy the best possible life.

## Article 24

You have the right to the best possible physical and mental health. The government must do everything it can to provide good quality health care, clean water, nutritious food, a clean environment, and information to help you stay safe and healthy.

## Article 25

If you live away from home, you have the right to regular check ins to make sure you are being well cared for and are still in the best place.

## Article 26

If your family doesn't have everything they need, you have the right to get extra money and help from the government.

## Article 27

You have the right to have your basic needs met, which means having access to essential things like nutritious food, clothing, and a safe place to live.

## Article 28

You have the right to access a good education.

## Article 29

You have the right to an education that helps you reach your full potential. It should develop your personality and respect for others, the environment, and your own and other cultures.

## Article 30

You have the right to speak your own language and to follow your family's way of life. If you belong to an Indigenous or other minority group, this right has special protection.

## Article 34

You have the right to be protected from sexual abuse and exploitation (being taken advantage of).

## Article 31

You have the right to rest, play, and enjoy your life by doing things like sports, music, art, and other fun activities.

## Article 32

You have the right to be protected from work that could harm you, your health, or your education. If you are old enough to work, you have the right to safety and fair pay.

## Article 33

You have the right to be protected from drug-related harms.

## Article 35

You have the right to be protected from being taken or sold (human trafficking).

## Article 36

You have the right to be protected from things that could harm your well-being and development.

## Article 37

You have the right to be protected from treatment and punishment that is cruel or hurtful, even if you're in the justice system.

## Article 38

You have the right to protection and freedom from war. If you're under 15, you can't be forced to join an army or take part in war.

## Article 39

You have the right to special help if you've been harmed in any way.

## Article 40

You have the right to fair treatment and legal help in the justice system.

## Article 41

The rights set here are a minimum. If there are laws that offer you better protection where you live, those come first.

## Article 42

You have the right to know your rights. Adults should know and help you learn about them too.

## Articles 43-54

These articles explain how adults, governments, and other organizations should work to make sure all children enjoy their rights.



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