



Manitoba
Advocate
STAND UP for children & youth

YAAS! PRESENTS...

“NOTHING ABOUT US WITHOUT US”

YOUTH ENGAGEMENT PROGRAM 2019-2020
ANNUAL REPORT COMPANION BOOKLET



AN EXCLUSIVE LOOK AT THE PAST YEAR AT MACY

INCLUDES:

ORIGINAL COMIC BOOK • ORIGINAL YOUTH ARTWORK
LIMITED EDITION TRADING CARDS • PHOTO HIGHLIGHTS
EVENT SUMMARIES • COLOURING PAGES • AND MORE!

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Advocate
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National Child Day MACY Open House
- Trevor Merasty and Michael Breland,
November 2019



YAAS! members Tiara, Jayde, Malik and
Phillip participate in the Youth Agencies
Alliance conference, April 2019

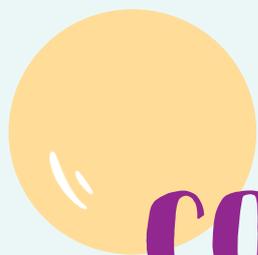


National Child Day MACY Open House, November 2019



MACY Listening Tour - Children of the Earth, February 2020





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YAAS! PROGRAM SUMMARY



The **Manitoba Advocate for Children and Youth (MACY)** has the important job of amplifying the voices of children and youth in Manitoba. This work was happening through our Advocacy and Investigations programs and through our community outreach for a long time, but we wanted to do even more. Our goal was to make sure that all young people in Manitoba could have a say in making programs and services better. We decided that we needed staff whose roles at MACY were dedicated to opening doors for young people and engaging them throughout the province on children's rights issues.

MACY's Youth Engagement program was the missing piece. Two Youth Engagement Coordinators, **Cathy Cook** and **Jon Skrypnyk**, were hired in October 2018, and have been working since then to build the program and promote the rights of children and youth. MACY's Knowledge Keeper **Cheryl Alexander** is another important member of the youth engagement Team, along with Program Manager **Michelle Kowalchuk**.*

Creating a youth advisory table at MACY has long been a goal of the office and once the youth engagement program was created, we were finally able to establish the **Youth Ambassador Advisory Squad**, better known as **YAAS!**

YAAS! is a group of youth and young adults between the ages of 14-24 who meet regularly, work with the youth engagement team to promote children's rights, and provide advice to our office and other systems about how services can be improved for children and youth. YAAS! members bring their experiences, ideas, and opinions about child welfare, adoption, disabilities, education, addiction, mental health, victim supports, and youth justice.

The Youth Engagement team would like to acknowledge the contributions of **Karlee Sapoznik Evans who was the Youth Engagement Program Manager for the first part of 2019-20. Thank you very much, Karlee, for your help and guidance!*

YAAS! Sagkeeng Sundance, June 2019



YAAS! at the Red River Ex, June 2019



YAAS! participants, June 2019



We are also committed to the idea that since we ask YAAS! members to give us their expertise that we need to also be giving back to them in different ways. Offering skill-building and other learning opportunities for YAAS! youth is important to us and one way we keep the relationship balanced. YAAS! has also hosted community events at MACY with the support of our youth engagement coordinators, Knowledge Keeper, and other staff. You can find more information about our YAAS! youth and activities they have organized on [page 24](#).

If you are interested in learning more about YAAS! or getting involved, you can call our office at **204-988-7440** or **1-800-263-7146**, email us at info@manitobaadvocate.ca or message us on social media (you can find us on Facebook, Twitter, and Instagram!).

Our team understands that a small group of youth, while diverse in their opinions and experiences, do not represent the perspectives of all Manitoba youth. Therefore, another important job for our engagement team is to meet with youth throughout the province, listen to their ideas and experiences, and talk with them about their rights as described in the *United Nations Convention on the Rights of the Child (UNCRC)*. You can learn more about the UNCRC on [page 39](#). Our conversations happen in schools, community agencies, or in any facility that works with children or youth. In 2020, we started our first province-wide Listening Tour, where our youth engagement team and other MACY staff began to travel throughout Manitoba to find out what issues are important to youth in different parts of the province.

MACY's Listening Tour was paused in March due to COVID-19 restrictions. We look forward to starting a new leg of the Listening Tour soon!

MEET YAAS!

MACY's Youth Ambassador Advisory Squad (or YAAS!) is a group of youth representatives from across Manitoba lending their voices and lived experiences to drive change for other youth across the province. YAAS! are essential voices at MACY, who help us understand issues from diverse points of view and who help us advocate for change.

YAAS! celebrated their first anniversary as a group this year. Go team! On the following pages, you can meet the YAAS! with their limited-edition trading cards.

Emily Ebear

Age: 21 years old

Home Community:

Winnipeg, MB, Canada

Favourite Food:

Chicken fingers, kiwi

Strengths:

Outspoken, Artistic, Driven.

Causes I Support:

Mental health, the rights of a child, helping the next generation.

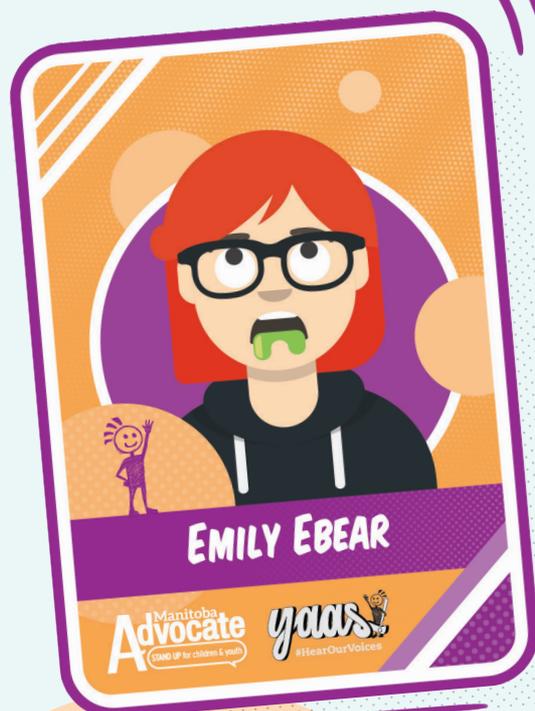
Personal Goals:

To make it easier to find your rights, help make every story a successful one and probably get some more tattoos.

What I like About YAAS!:

"I may not have gone where I intended to go, but I think I have ended up where I needed to be."

– Douglas Adams.





Isaiah Moose

Age: 20 years old

Home Community:
Long Plain First Nation, MB, Canada

Favourite Food:
Ham & pineapple pizza, chicken & veggies

Strengths:
Public speaking, encouraging others to help change their negative ways, respectful and considerate, strong writer.

Causes I Support:
Culture, music, positive parenting education. I support people who want to change their lives for the better.

Personal Goals:
The ability to sing and dance at Pow-Wow, record and make music, get a place of my own and have a job, make my girlfriend happy.

What I like About YAAS!
One thing I like about YAAS! is that there are other people coming forward and together in the group, because I felt alone.

Isabelle Young

Age: 19 years old

Home Community:
Bloodvein First Nation, MB, Canada

Favourite Food:
Berries, pizza

Strengths:
Out-going, open minded, empathetic, optimistic, observant.

Causes I Support:
MMIWG, Orange Shirt Day, Black Lives Matter, Environmental Change.

Personal Goals:
Graduating college or university, buying a vehicle, working out more.

What I like About YAAS!
It's a fun and safe place to learn and thrive with other youth!





Sophia Stang

Age: 19 years old

Home Community:
Mitchell, MB, Canada
via Friesoythe, Germany

Favourite Food:
Potatoes in every way, shape & form,
dark chocolate

Strengths:
Bringing people together,
passion to learn new things.

Causes I Support:
Bringing awareness to the exploitation
of youth.

Personal Goals:
To visit my family in Germany,
Learn to do my own taxes.

What I like About YAAS!
The people, we have such a great group
of youth and I am lucky to have met every
one of them.

Trevor Merasty

Age: 21 years old

Home Community:
Thompson, MB, Canada

Favourite Food:
Chicken, pizza

Strengths:
Understanding others' perspectives,
hardworking, caring and wise.

Causes I Support:
The equality of all, world peace and
a clean environment.

Personal Goals:
To expand my music to help impact
youth and mental health.

What I like About YAAS!
"If you want to change the world,
start with yourself."
- Ghandi



Michael Breland

Age: 22 years old

Home Community:
Fox Lake Cree Nation, MB, Canada

Favourite Food:
Energy drinks

Strengths:
Interpersonal skills

Causes I Support:
Rights of the child

Personal Goals:
Grow on YouTube.

What I like About YAAS!:
It is a home away from home.



Rose Fontaine

Age: 21 years old

Home Community:
Sagkeeng First Nation, MB, Canada

Favourite Food:
Grapes, hot wings

Strengths:
Dedicated

Causes I Support:
Childcare, Bear Clan,
MMIWG & men/boys

Personal Goals:
To have a healthy family.

What I like About YAAS!:
To be able to make change
and advocate for the next
generation of youth.

Natasha (Tasha) Pratt

Age:

17 years old

Home Community:

Lake St. Martin, MB, Canada

Favourite Food:

Watermelon, ice cream

Strengths:

Creative, kind, patient, trustworthy

Causes I Support:

Paws with a Cause, Black Lives Matter, The Sierra Club.

Personal Goals:

To graduate, become a social worker

What I like About YAAS!:

I like that we are all welcome and in a way it is like a family.



Tiara Rai Boudreau

Age:

18 years old

Home Community:

Pine Creek First Nation, MB, Canada

Favourite Food:

Pizza, Caesar salad

Strengths:

Strong like a bull inside and out

Causes I Support:

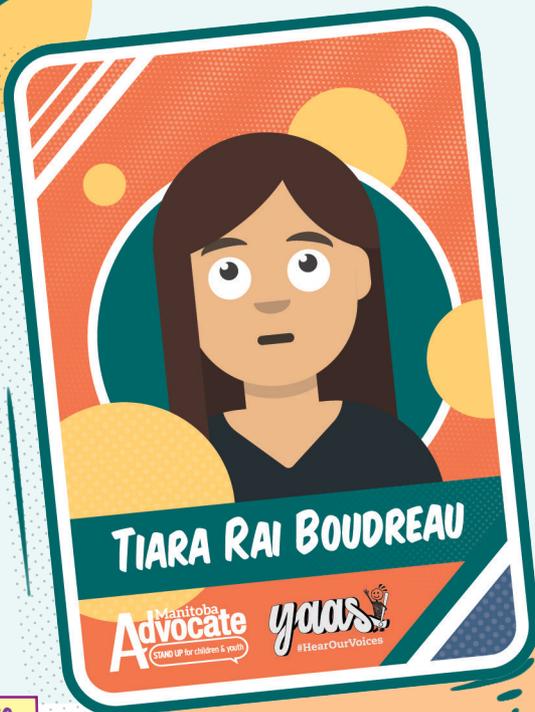
MMIWG, Black Lives Matter, Children's Rights

Personal Goals:

Become a successful welder.

What I like About YAAS!:

The people I have met who are both welcoming and beautiful.



Jayde Patrick

Age:

17 years old

Home Community:

Winnipeg, MB, Canada
via Kingston, ON, Canada

Favourite Food:

Tacos, potatoes

Strengths:

Determined, creative

Causes I Support:

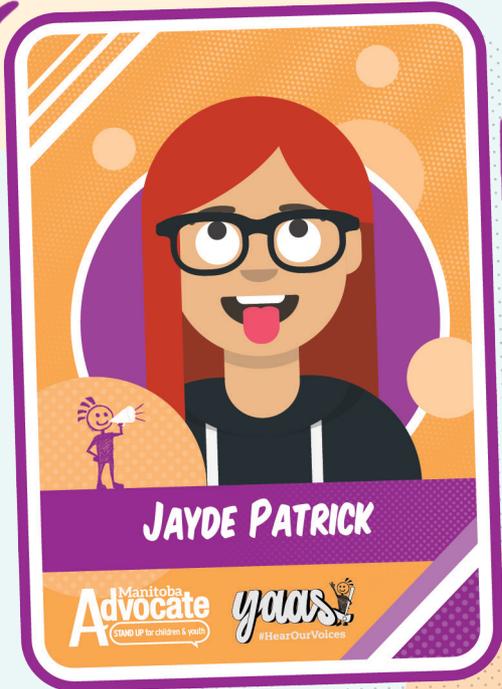
Youth Rights.

Personal Goals:

To graduate, get a job.

What I Like About YAAS!:

I like the people, the food, the activities
and working on meaningful reports.



Wavy Guy (honourary member)

Age: Ageless

Home Community:

Anywhere I go, MB, Canada

Favourite Food:

Kinda scared to get my hands messy!

Strengths:

Friendly, happy, good listener,
gives the best high-fives

Causes I Support:

Children's rights, environmentalism,
random dance moves.

Personal Goals:

To make everyone smile, to figure out
how to cartwheel without hurting my
big blue head.

What I Like About YAAS!:

The amazing youth I get to meet
and that everyone is so friendly!

Are you interested in joining YAAS!?

We're always open to new members between the ages of 14-24!
To learn more about the process, check out our comic book strip on page 18

YOUTH ARTWORK

Thank you to the children and youth who sent us their drawings and poetry to be included in this document! We appreciate and enjoy your creativity so much.

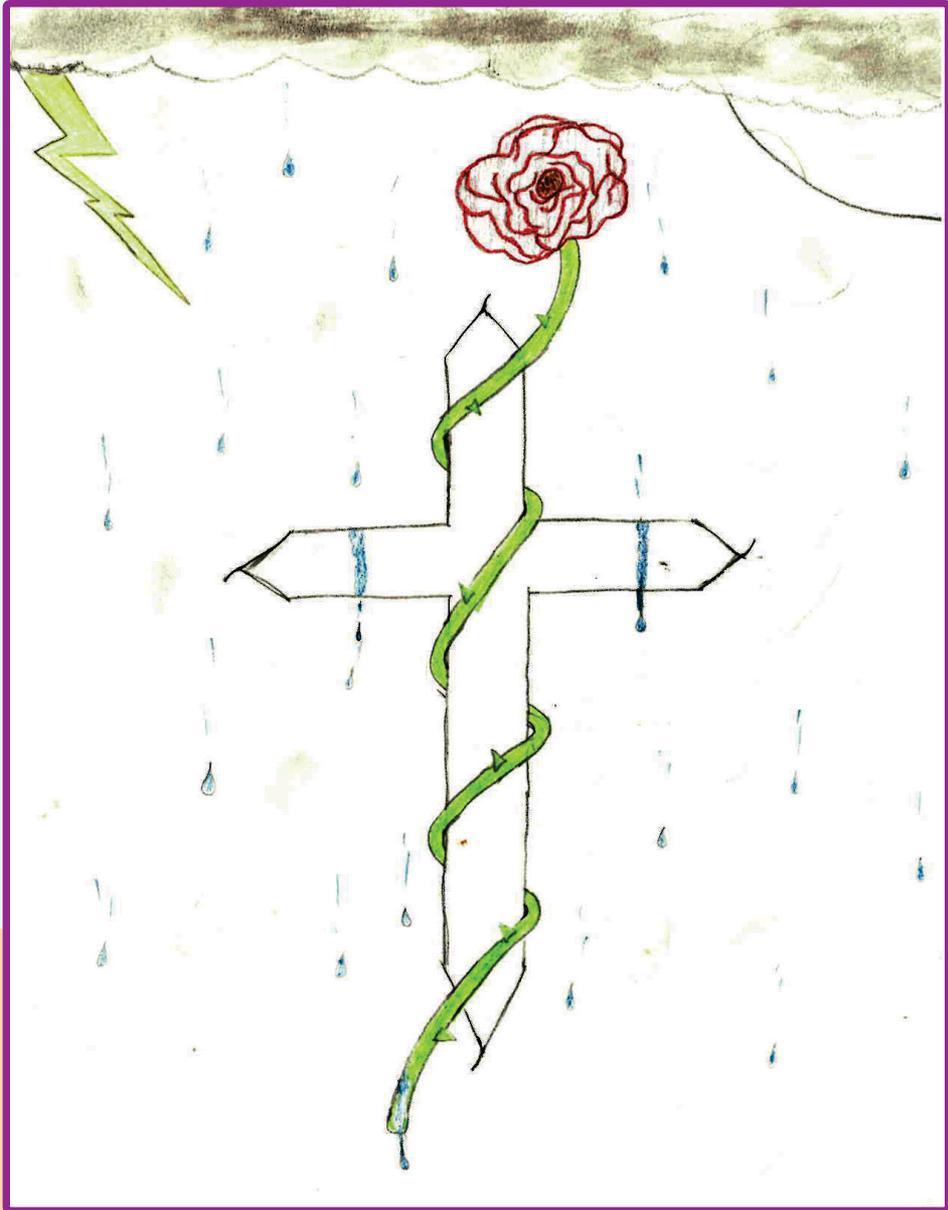


"Can You See Me"
Artwork by *Kaylee Pelletier*



"Catch Me If I Fall"

Artwork by *Kaylee Pelletier*



"Cross"
Artwork by Keeko



"Silenced"

Artwork by *Rose-Maria*

YOUTH ARTWORK – GRAFFITI GALLERY

Artwork by *Intrikit*

I have a right to respect no matter my
gender, race, size, social status or
geographical location



I have a right
to Free
Education

I have a right
to safety and
protection from
violence or being
taken advantage of





I have a right
to learn how to
protect and respect
my peers and all
the creations,
creatures and
beings of
my planet

I have a right
to refuse work
until I feel
properly
educated
to do so



I have a right
to clean food
and water



I have a right to a loving family



VAAS! PRESENTS...

"NOTHING ABOUT US WITHOUT US"

Hey Leah, what's up?

I've been getting the runaround. I need mental health support and between talking to my worker and to the school counsellor, it's been really hard to get it set up.

I think it's finally going to happen, but seriously! I feel like adults need to listen more to kids about what we need from these systems.

Yeah, kids have rights too! Adults don't really want to listen though.

Well they should...

LATER THAT DAY...

Okay, so we have you all set up to go to a therapist starting next week. It's taken a while, but you have been a strong voice for making sure this happens.

Yeah, well... thanks for your help. And for listening. Adults don't always listen to kids about what they need.

COUNSELLOR

That's true... You know, I was thinking about a group I heard about and I wondered if you might be interested.

What kind of group?



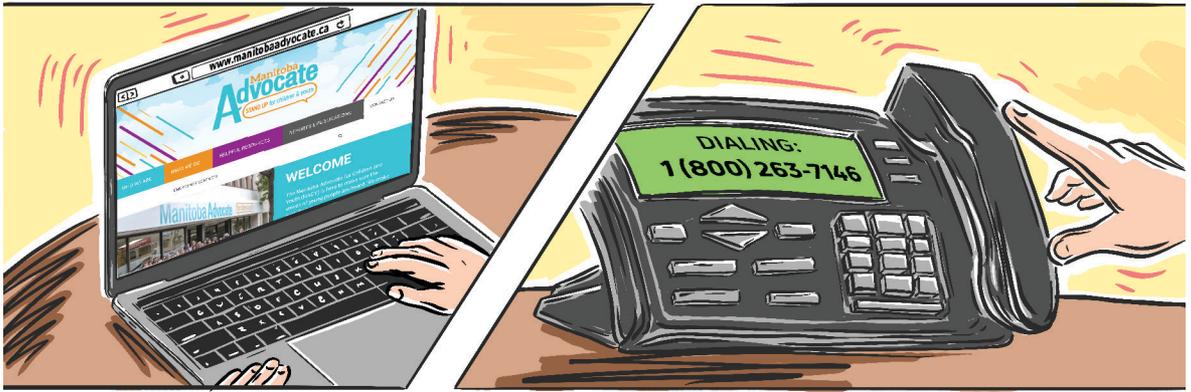
They advocate for kids to amplify their voices, on their own and with help from adults.



They do a lot of work for kids and they host a group of youth who meet regularly called the Youth Ambassador Advisory Squad -or YAAS!

That sounds cool.





THE NEXT DAY...

It's great to meet you! Tell us a little about yourself. How old are you? What made you decide to reach out?

I'm 16 and I have had some experiences with different services and not always good...

JON

CATHY

Well, it is really helpful when we have youth in YAAS! who have some life experiences – good and bad – because your knowledge helps our office advocate for improvements for other young people.

Yes. YAAS! is an opportunity for you to share your story with adults who can make a difference. But we also try to do fun activities, to give you training and build your skills. Plus there is always food!

The next step is to see if you want to attend a meeting to try YAAS! out. How does that sound?

I think I'd really like that.

A FEW DAYS LATER...

Everyone grab some food and let's get started!

Today we have a new person joining us to learn more about YAAS! Welcome Leah!

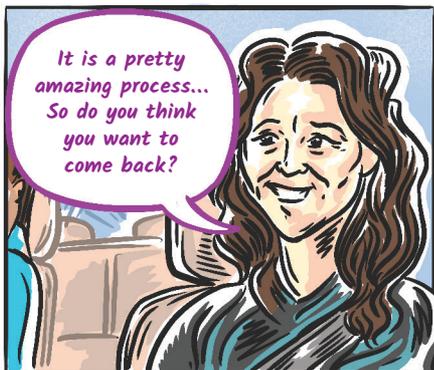
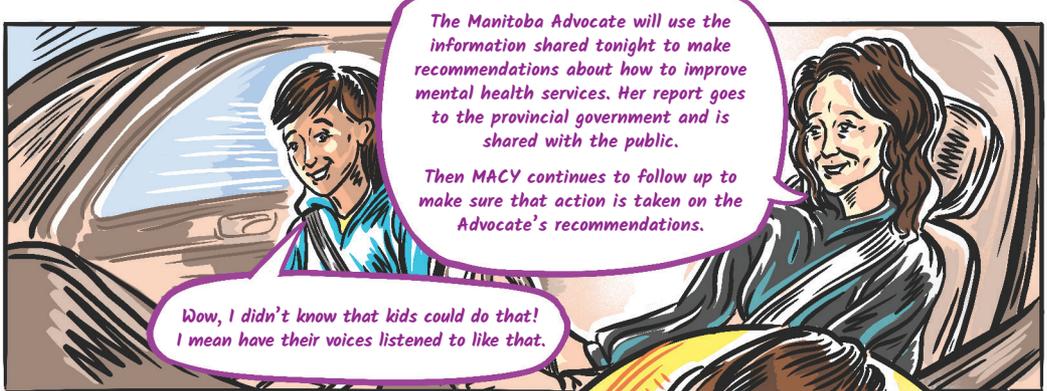
Let's start with a check-in... Everyone will say their name and their high and low moments of the week.

I'm Rose and I'll start with the high. I went to a really good concert...

My low is I was really tired the next day...



A LITTLE WHILE LATER



THE END.

YAAS! PROGRAM HIGHLIGHTS 2019 -2020



MAY 2019

Medicine Picking

YAAS! went into the wilderness with MACY's Knowledge Keeper, Cheryl Alexander, to learn about and pick various traditional medicines. On this day, the youth were picking cedar, which would be used in ceremony at an upcoming Sundance.

JUNE 2019

YAAS! Fun Event at the Red River Exhibition

Quarterly fun events are an important part of YAAS! to acknowledge the hard work and important contributions to MACY. The group chose to take in the Red River Exhibition and come together for an evening of friendship, fair food, and rides.

MAY – JUNE 2019

Sundance Prep and Sundance

In keeping with MACY's commitment to support children's rights to culture and tradition, the youth engagement team participated in the Sagkeeng First Nation Sundance preparation in May and travelled back to the community in June with eight youth for Sundance. Youth ambassadors were able to participate in ceremony, spend time with Elders and helpers, and share and learn on sacred grounds.



JULY – SEPT 2019

Youth Rights Videos

For the **Canadian Council of Child and Youth Advocates (CCCYA)** national conference held in Winnipeg last year, YAAS! was asked to develop videos and statements speaking to various articles in the *United Nations Convention on the Rights of the Child (UNCRC)*. The videos were showcased at the CCCYA conference in fall 2019 and featured rights that each of the youth felt passionate speaking about. All of their videos are available to view on our YouTube channel: tinyurl.com/manitobaadvocate

AUGUST 2019

Neechewam Community Consultation

YAAS! was invited by Neechewam Inc. to participate in a round table discussion to provide a youth perspective on mental health and wellness, crisis intervention and best practice for short- and long-term strategies for youth in need of support. The YAAS! voice was instrumental in the development of Neechewam Inc.'s proposal resulting in funding to support expansion of Strong Heart Crisis Stabilization Unit for youth struggling with mental health and addictions through short- and long-term care. YAAS! continues to participate in a youth advisory capacity with Neechewam Inc. to support this initiative.

SEPTEMBER 2019

YAAS! at the CCCYA

YAAS! In addition to the sharing of their rights-based videos, as noted above, YAAS! were interviewed during a youth panel. The panel was widely favoured by conference delegates as one of the most valuable parts of the entire whole conference). One member of YAAS!, Trevor, prepared two rap/hip-hop songs and was asked to write and performed two rap/hip-hop songs at the conference. It was Trevor's first time performing his music live to an audience.



SEPTEMBER 2019

Participating in a Research Proposal with Dr. Roberta Woodgate (University of Manitoba)

YAAS! was approached by Dr. Roberta Woodgate to help develop a research proposal for culturally appropriate mental health for youth. They were welcomed to a ceremony to mark the beginning of this research at the home of Elder Mary Wilson. YAAS! met with researchers about six times throughout the year to provide their experiential knowledge and advice.



SEPTEMBER 2019

The Manitoba Hydro “Game Changers” with Winnipeg Blue Bombers

The Manitoba Hydro Game Changers Program recognizes and welcomes a group of up to 30 youth to attend a Winnipeg Blue Bombers’ game. In this instance, our YAAS! youth were selected, as they make a positive difference in our province and contribute to improving our communities. YAAS! members received tickets to a home game where they also had a meet-and-greet with two Blue Bombers’ players after the game. We’re not saying it was because YAAS! were cheering in the stands that day, but the Bombers won the game!



OCTOBER 2019

Youth Sweat

YAAS! was invited by MACY’s Knowledge Keeper, Cheryl Alexander, to attend her sweat lodge and take part in a youth sweat. The youth were given teachings, enjoyed a feast, and built connections with each other.

NOVEMBER 2019

MACY’s Annual Children’s Block Party

MACY hosted its annual children’s block party, which takes place prior to the Winnipeg Santa Claus Parade each year. YAAS! was tasked with managing the many games and activity zones that children, youth, and adults were welcomed to take part in. As well, they handed out MACY swag and spoke to children and youth about the UNCR.



NOV 20, 2019

MACY Open House and #YouthTakeover for National Child Day

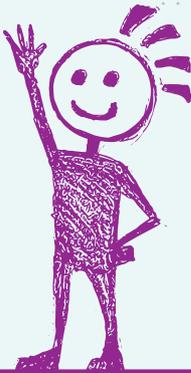
MACY held its open house on Nov. 20, 2019, National Child Day. To mark the event, YAAS! participated in a #YouthTakeover of the office and hosted the MACY Open House. YAAS! Members toured visitors around the MACY office during the *Find Your Rights* bingo activity. YAAS! members Michael and Trevor performed and entertained visitors as well.



NOVEMBER 2019

YAAS! member Michael participates in *Bringing Our Children Home* Conference

YAAS! member Michael attended this national conference in Winnipeg, which was sponsored by the Assembly of Manitoba Chiefs. The main theme of the conference was talking about the changes to child welfare and restoring First Nations jurisdiction over Indigenous children in care of CFS. Michael, who was one of only a small number of youth attendees at the event, listened to the various speakers and sat with members of the Women's Council, listening to stories from their communities. Michael did YAAS! proud when he spoke about the importance and need for more youth engagement at gatherings and conferences that are discussing the future of Indigenous children in care.



DECEMBER 2019

Christmas Feast

YAAS! was given the opportunity to list any and all items they would like to see at a feast in their honour, as part of the holidays. It was a fun event and a big thank you for all of the hard work they do. YAAS! Members feasted on everything from turkey, to pickles, to bannock, and pies to celebrate each other and the work they do.

DECEMBER 2019; JANUARY–FEBRUARY 2020

YAAS! member Sophia participates in Youth Parliament Manitoba (Dec 26, 2019) and Canadian Roots Exchange Program (Jan–Feb, 2020)

YAAS! member Sophia had two awesome experiences last winter. In December, she participated in Youth Parliament Manitoba for the first time. She also participated in the Canadian Roots Exchange Program in January and February. **To learn more about her experience, read Sophia's Summary on the next page.**



MARCH 2020

YAAS! member Tasha attends the "State of the City" Conference

YAAS! was invited to attend the "State of the City" Conference held in Winnipeg. YAAS! member Tasha participated and as part of the event, she attended a youth leadership panel, as well as a lunch, and was given various swag items from the City of Winnipeg and local businesses.

YAAS! member Sophia participates in YOUTH PARLIAMENT MANITOBA (Dec 26, 2019)

& CANADIAN ROOTS EXCHANGE PROGRAM (Jan-Feb, 2020)

Sophia's Summary



I joined the YAAS! team in 2018 and have thoroughly enjoyed my time as a sitting member since. I am able to share my perspective and experiences coming from a small town as well as being an immigrant. My passions include helping people, being outdoors and becoming Twitter famous – it's a tough crowd.

It's the "say yes to everything" attitude towards new experiences that played a huge part with all the new people, places and lessons I was able to learn over the last few months. Before the MACY staff introduced me to the idea of Youth Parliament Manitoba, (YPM) I had no idea that it even existed. Now it's become a personal highlight of 2019. There wasn't anything big or dramatic that happened, but rather the feeling of camaraderie and belonging that made this an experience I'll never forget. It might also have something to do with sleeping on the hallway floors of an old high school, but that's not the point...

We got the opportunity to express what we thought on important issues and learn the different perspectives of other youth. I think what stood out to me the most was that there are so many of us youth that have an educated and valid opinion on issues that no one ever asks for and this was the chance for all of us to really "geek out." I'm so happy I got the opportunity to be a part of that and look forward to the coming sessions.

Shortly after I got back from YPM, I left on another trip, this time to Kamloops, B.C. It was a five-day program with the Canadian Roots Exchange (CRE) and I was thrilled to participate in the Rural Youth Reconciliation Initiative leadership training. We were a group of youth ages 18-25 from every region in Canada and

I was there to represent Manitoba. I learned about many different Indigenous teachings, the differences between various nations, and many songs and stories. Hearing about everyone's experiences with their cultures and the history that comes with it brought up a lot of questions about my own heritage and a homesick feeling for a home that I felt like I lost all connection to. I am so thankful for the insight and self-awareness I was taught by the Elders and CRE staff throughout that trip and the life-long friendships I was able to make.

We all met up again several weeks later in Montreal for "The Gathering," this time to listen to different speakers and participate in workshops led by peers and Elders. My main takeaway from this event was how quickly we're losing Indigenous culture and what we can do to preserve it. Learning from our Elders and Knowledge Keepers is so important, yet so overlooked and missed by today's society. We need to do better as a whole, no matter where we come from to ensure we don't lose even more.

I am able to share my perspective and experiences coming from a small town as well as being an immigrant.

Just when I thought it couldn't get any better, I got to meet Mumilaaq Qaqqaq who is literally my idol and role model. Mumilaaq is the Member of Parliament for Nunavut, elected to the House of Commons in 2019 at 26 years old. She is such an icon in so many ways, I'm still not over it. I absolutely lost my mind when I found out she was going to speak and take questions!!

It's the "say yes to everything" attitude towards new experiences that played a huge part ...

Many thanks to the MACY team that helped me sign up, looked over my applications, gave me rides to and from the airport, helped me process so many new things, and were with me as I took these steps. I'll remember these experiences always.

Miigwetch.



LISTENING TOUR

ENGAGING YOUTH THROUGHOUT MANITOBA

This project started with MACY staff visiting various communities and presenting to Manitoba youth, families and service providers in order to promote awareness of children's rights. MACY also conducted focus groups with Manitoba youth, so that we could hear from the voices of children, youth and young adults.

Engaging youth throughout Manitoba is an important role for the Manitoba Advocate for Children and Youth. In 2019-20, the Youth Engagement Team led the development of the MACY Listening Tour. Our plan was to visit all regions of Manitoba and hear what youth have to say about the issues that are important to them in their communities, learning from their ideas about how to improve services for children, youth, young people and their families.

An important goal of the Listening Tour was also to spread the word about children's rights and how our office can help children and youth get the services they have rights to in Manitoba and the protections young people have been promised under the United Nations Convention on the Rights of the Child (UNCRC).



An audience of youth listens to MACY staff present in Thompson during the Listening Tour, February 2020

Our whole office got involved in roll-out of the project! We mapped out the province, contacted schools and community organizations who work with youth, and made our list of communities to visit between January and June 2020. Our Research Hub and Quality Assurance teams helped us figure out what questions to ask and how we were going to collect all the information. We travelled to several communities and held focus groups with youth to ask questions about challenges they face and brainstormed ideas for solutions with them.

Our Listening Tour travelled to Winnipeg, Thompson, Nelson House, Swan River, Wuskwi Siphk, and two youth custody facilities.



2020 Listening Tour Locations

- 1 – Winnipeg, Youth custody facility, Winnipeg
- 2 – Thompson
- 3 – Nelson House
- 4 – Swan River
- 5 – Wuskwi Siphk
- 6 – Youth custody facility, Portage La Prairie



Listening Tour Keywords Board

In March 2020, we had to pause the in-person part of the remainder of the Listening Tour, due to COVID-19; however, we were able to hear from hundreds of young people in person over a short period of time before then and we hope to return to the tour once we are able to travel again throughout Manitoba. We also conducted an online survey during the pandemic to reach youth and received hundreds of replies.

Stay tuned for an upcoming report on what we learned from Manitoba youth during our Listening Tour!

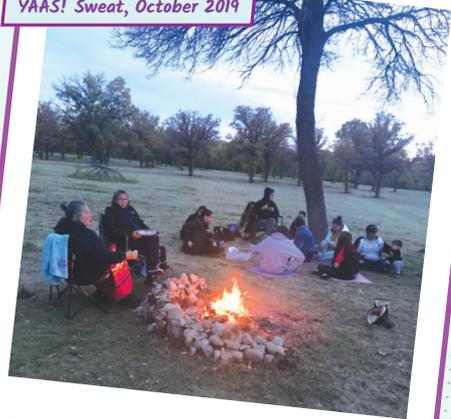


YOUTH ENGAGEMENT PHOTO HIGHLIGHTS



Thompson HOPE North Suicide Prevention
- Trevor Merasty, Séan McCann, Phillip Riel-Labiuk,
April 2019

YAAS! Sweat, October 2019



National Child Day MACY Open House YAAS!
- Tiara Rai Boudreau, November 2019



YAAS! Sweat, October 2019





MACY staff wear their fresh YAAS! hoodies



YAAS! Meeting, May 2019



MACY Block Party with YAAS!, November 2019



YAAS! at Suicide Talk with Jordin Tootoo, February 2020



KNOW YOUR RIGHTS

You can find all of the 42 articles of the *United Nations Convention on the Rights of the Child* on the back page of this booklet.

There are **42 major children and youth rights** that all Canadian children have. However, we often hear that children and youth don't know they have these rights.

Please share this information with your family and friends!

After reading the 42 rights, consider the following questions:

What is your favourite right?

What is a right you didn't realize you had?



Which right do you think adults need to pay more attention to and why?

Were there any rights that you found confusing? Or rights you want to learn more about?

Who else do you want to tell about children's rights?

**“NOTHING ABOUT US
WITHOUT US”**



Manitoba
Advocate
STAND UP for children & youth

yolas!
#HearOurVoices

“NOTHING ABOUT US WITHOUT US”



Manitoba
Advocate
STAND UP for children & youth

yolas!
#HearOurVoices

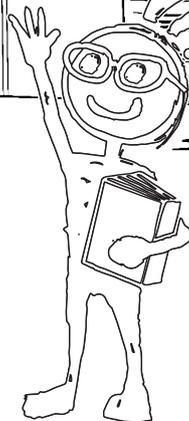


"NOTHING ABOUT US WITHOUT US"



Manitoba
Advocate
STAND UP for children & youth

yolas!
#HearOurVoices



UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD



Everyone under 18 has these rights. Rights are what you should have or be able to do so you will be safe from harm and be able to grow to your full potential. You were born with these rights and no one can take them away.

Adults have the responsibility to protect youth rights and do what is best for you. You can learn about your rights and the rights of others, which will help you make positive choices in your life.

- 1 Everyone under 18 has rights.
- 2 You have the right to protection against discrimination.
- 3 Adults should make good decisions for you, especially for your protection and safety.
- 4 Government is responsible for helping to protect your rights.
- 5 Your family is responsible for teaching you your rights and helping to protect them.
- 6 You have the right to not only live, but thrive!
- 7 You have the right to have a name and nationality.
- 8 You have the right to an identity - an official record of who you are.
- 9 You have the right to have contact with both your parents, unless it's not safe for you.
- 10 If you live in a different country than your parents, you have the right to get back together with them.
- 11 Governments should protect children from being taken out of the country illegally.
- 12 You have the right to express your opinion and to be heard by adults.
- 13 You have the right to learn and share information, as long as it doesn't harm other people.
- 14 You have the right to practise your own religion and beliefs, as long as you don't harm anyone.
- 15 You have the right to voice your opinion and demonstrate peacefully.
- 16 You have the right to privacy.
- 17 You have the right to get information from the media.
- 18 The care of children is a shared responsibility of both parents, and the government should help parents by providing services.
- 19 You have the right to be protected from abuse or neglect, mentally and/or physically.
- 20 If you can't live with your own family, you have the right to be raised respectfully according to your traditions.
- 21 You have the right to care and protection if you are in foster care or adopted.
- 22 Children who come into Canada as refugees should have the same rights as children born here.
- 23 If you live with a disability you have the right to special care, support and to be included in the community.
- 24 You have the right to quality health care, a safe environment, clean water and nutritious food at an affordable price.
- 25 If you live in care, you have the right to have regular contact with your social worker.
- 26 Children of families in need have the right to extra help from the government.
- 27 You have the right to food, clothing and a safe place to live in a caring environment.
- 28 You have the right to the same quality of education that every other Canadian child has, regardless of your school location.
- 29 Your education should help you develop your talents and abilities, and respect your identity, language and values.
- 30 Indigenous children have the right to speak their language and enjoy their culture.
- 31 You have the right to play, rest and enjoy your life.
- 32 You have the right to be protected from work that is dangerous or might harm your health or education.
- 33 It is the government's responsibility to protect you from dangerous and illegal drugs.
- 34 The government should protect children from sexual abuse.* "Don't keep this a secret. Tell a responsible adult so that you can get help.
- 35 The government must protect children from human trafficking.
- 36 Children must be protected from activities that could harm their development.
- 37 Children in the justice system must be treated with dignity and have the right to access their families and culture.
- 38 You cannot be made to fight in a war.
- 39 You have the right to get help if you've been abused, neglected or treated badly.
- 40 You have the right to legal help and fair treatment in the justice system.
- 41 If there are any laws in Canada that protect you better than the UN Rights of the Child, you must be protected under the Canadian laws.
- 42 The government should make the UN Rights of the Child known to caregivers and children.



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This text is not an official version of the UN Convention on the Rights of the Child. You can see the official version at www.unicef.org/crc



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