

Child Rights My Rights = Your Rights

Children are also citizens. They, too, have rights called child rights.

Every child is born with child rights, and no one can take them away.

Rights cannot exist without responsibilities and duties.

Individuals below 18 are considered children/minors/juveniles, while those between 13 to 19 are teenagers, and those between 15 to 24 or 34 are youth.



I have the right to a good quality education that lets me learn, do my homework, read books, and participate in class.

I have the right to play, have fun, do sports and relax.
I should include everybody in my activities and games.

I have the right to be cared for and protected, and
I must respect others and show care for them.

I have the right to try new things and make mistakes, and
I should learn from my mistakes and not repeat them.

I have the right to eat healthy and enough
food, and I should ensure not to waste food.

I have the right to freedom of religion and thought, and I
must respect the religions and thoughts of other people.

I have the right to good health care, and I can keep myself
healthy by taking care of myself when I am old enough.

I have the right to a clean and safe environment and
should find ways to keep my surroundings clean and safe.

I have the right to special care and support when I need it,
and I should use every chance to be the best person I can be.

I have the right to be protected from abuse and harm,
and I should show care for others and not bully others.

I have the right to be taken seriously and share views and
ideas. I must also listen to others and respect their opinions.

