

# My Rights = Your Rights

1. I have the right to be protected from abuse and harm; and I should show care for others and not bully other children.
2. I have the right to good health care; and I can keep myself healthy by taking care of myself when I am old enough.
3. I have the right to be cared for and respected; and I must respect others and show care for them.
4. I have the right to healthy and enough food; and I should try to eat healthy food and not waste food.



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

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

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

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



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

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

11. I have the right to good quality education and I have to learn, do my homework, read and take part in the classroom.



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