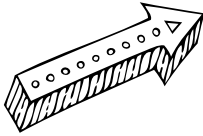


# RIGHTS

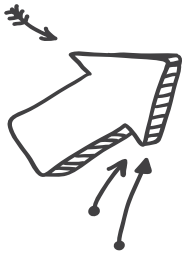
## KNOW YOUR RIGHTS

What are human rights?



Human rights are for everyone, young and old,  
no matter where you come from or live, what you like or believe.  
Human rights are about dignity, equality and respect for everyone.  
Human rights cannot be taken away from you!

## You have the right to FREEDOM OF EXPRESSION!



- you have the right to express your views, freely
- you have the right to have your views heard
- you have the right to have your views taken seriously
- your views are important!

If you want to learn more check out the link below

 [UNCRC Article 12](#)

What can you do to make sure your rights are recognised and protected?

- Know and learn about your rights and talk to friends, family and others
- Get involved in decisions that affect you and speak up about your rights
- Think about who might be able to help you or help others to think more about rights, you could even brainstorm with friends about how to promote human rights!



Commissioner  
Y for Children &  
Young People