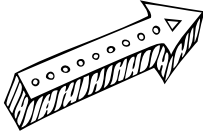


RIGHTS

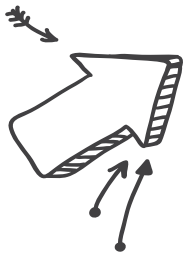
KNOW YOUR RIGHTS

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 GOOD HEALTH!



- to have safe water to drink and nutritious food to eat
- to live in a clean and safe environment
- to get medical care if you are sick or injured
- to be given information about health and nutrition

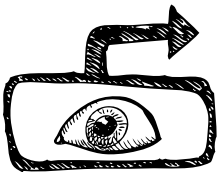
We also want adults to know how important it is that they help to keep you healthy, that they also get information about health, nutrition, hygiene and how to help keep you safe from accidents.

If you want to learn more check out the link below

 [UNCRC Article 24](#)

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