

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 PLAY!

- to play and to rest
- to participate freely in cultural life
- to engage in artistic expression and creativity
- to do recreational activities like sport or dance

It is really important that adults make sure children are given equal opportunities in all of these things!

If you want to learn more check out the link below

 [UNCRC Article 31](#)

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