

Let's  
explore

our  
rights







Big thanks to the children and staff at the Early Learning Centre of Lochardil Primary School, Inverness, for all their help in making this book.

All children have **rights.**



Rights help us to grow up with happiness,  
love and understanding.

We should be able to **grow** and blossom  
and always feel **safe**.

We should know that we have a **voice**  
to tell people how we **feel**  
and they should **listen** to us.

Our rights give us **power** to change things.

Wherever we go, our rights are with us.  
No-one can take them away.

Let's explore our rights...



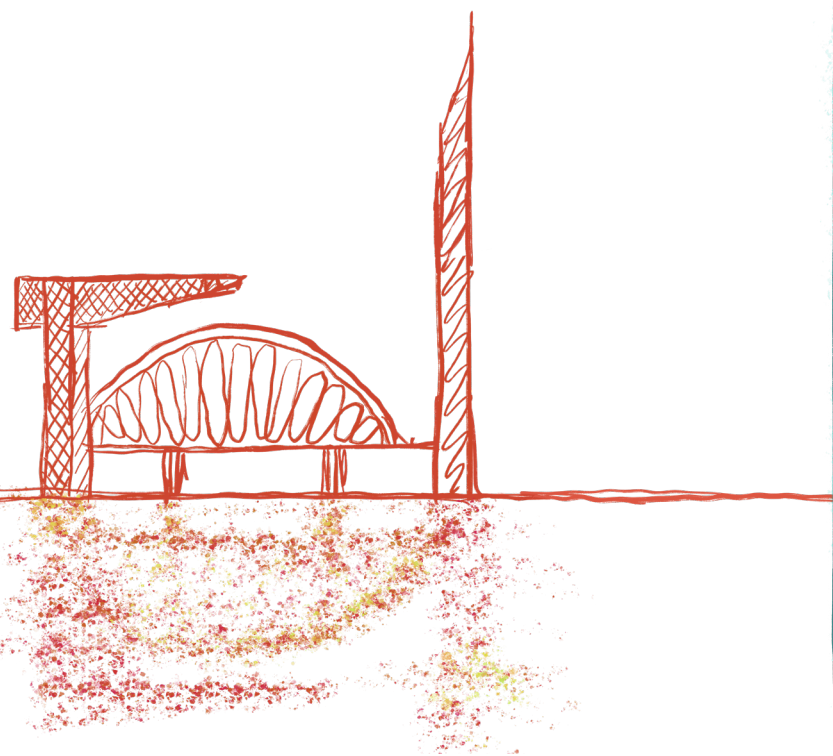
We all have the  
**right** to a  
safe home.

A **warm** house.

People to keep us **safe**.

**Food** to keep us healthy.

**Clothes** to keep us warm and dry.



We all have the  
**right** to learn.

We should be helped to **learn** in different ways.





It's ok to feel sad.



I'll look after you.

We all have the **right**  
to be healthy.



The doctor will  
see you now.

We should have help to keep **healthy**.



We all have the **right**  
to be heard.



We should all be **listened** to.  
What we **think** matters.

We all have the **right** to play.

We should all be helped to have time to

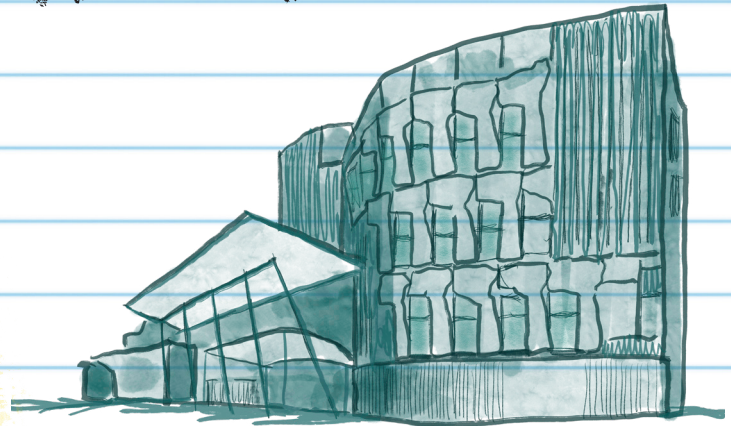
**rest, relax** and **play**.

We should all have

**safe** spaces to do this.



children's **rights** are  
extra special.



The people in charge of  
Scotland must make sure that  
we get **all** our rights.

We have more rights than adults!  
Ours are written down in a special list  
of promises to children, called the UN  
Convention on the Rights of the Child.



There are lots more rights  
for us to find out about.

In Scotland there is a person called the  
**Children and Young People's Commissioner.**

Their job is to make sure that we get our rights from people who are  
in charge. They are a champion for our rights. They help us get  
our voices heard.

The Commissioner  
works for **US.**

We are really  
their boss!



## Information for adults

This book aims to spark first conversations to explore human rights with younger children. Children have the same human rights as adults, but they also have additional rights.

Children's rights are set out in the UN Convention on the Rights of the Child (UNCRC), which has been agreed by almost every country in the world.

Children's rights are for all children.

Each right is equally important and they are all connected. When one right is not respected, it often affects a range of other children's rights.



It's important that the UNCRC is in our law in Scotland so that children can legally challenge when their rights are not respected. But to be able to do that they need to know what their rights are.

Those empowering conversations can begin from the youngest ages.



You can visit our website for more information  
and to get in touch with the Commissioner.

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If you would like the information in this book in another  
format, please contact us.