



Let everyone know these are **the rights of every child** in health care



- ★ Know that children are special and always do what is best for us.
- ★ Listen to us when we tell you how we are thinking and feeling, when we are upset, when we have problems or worries or when we need to talk to you. We may not be able to use words, so take notice of what we do and how we look because this can tell you what we are thinking and feeling.
- ★ Give us the very best possible care and the comfort we need.
- ★ Let us and our families be who we want to be, whatever our beliefs and customs, so that we feel safe at all times.
- ★ Let our families and others who are important to us be with us, to care for us and love us.
- ★ No matter how big or small we are, tell us what we need to know in a way we can understand.
- ★ Let us have a say in things that are happening to us now and in the future.
- ★ No one has the right to harm us, not doctors or nurses and not even our Mums or Dads. Protect us always from anyone who would harm us or treat us badly.
- ★ Our bodies belong to us. Ask us if you want to share information about us and make sure we stay safe. Give us space and privacy, as well as the chance to be with others.
- ★ Help us grow up to be the best we can. Let us learn, let us play and discover some things for ourselves.
- ★ When you care for us, make sure that everyone is working together to do what is best for us, until we are grown up and can decide things for ourselves.

