

MY RIGHTS

Template of child rights

Use the template table of rights below. In the first column add examples of child rights in your own life.

In the second column list the people and organisations that help you have these rights e.g. parents, school teachers, clubs, church, police, etc.

Child Rights	Give examples of this right in your own life or community	The people, groups or organisations who help meet these rights
1. Be with your family or those who best care for you		
2. Get enough food and clean water		
3. Have an adequate standard of living, such as a decent home		
4. Get access to health care and medical services		

Child Rights	Give examples of this right in your own life or community	The people, groups or organisations who help meet these rights
<p>5. Have recreation and time to play</p>		
<p>6. Have free and compulsory education</p>		
<p>7. Protection from neglect, cruelty and exploitation</p>		
<p>8. Speak your own language and practise your own culture and religion</p>		
<p>9. Express your opinions</p>		
<p>10. Participate in your community</p>		