



# MY RIGHTS AS A CHILD

FOR CHILDREN IN CANADA


A decorative border of various colorful flowers and leaves surrounds the central green text area. The flowers include orange, yellow, purple, and pink blossoms, as well as green leaves and stems.

# What This Book Is About

Once upon a time, many countries came together and wrote rules to protect all children, and Canada was one of them. The rules are called the 'United Nations Conventions on the Rights of the Child' (UNCRC). The rules say that every child has the right to:

- Survival: Be safe and healthy
- Development: Grow up strong in body and mind
- Protection: Be protected from things that could hurt them
- Participation: Be part of their family and community

This book uses pictures and simple words to help you understand these special rights. We want all children (and grown-ups too!) to know about these rights and care about them.

A decorative border surrounds the central text area. It features various stylized plants, including tall grasses, small yellow and orange berries, purple dandelion-like flowers, and yellow star-shaped flowers. At the bottom left, three cute, fluffy animal characters (two brown, one orange) are depicted. The background is a solid light teal color.

For children in Canada

**This book belongs to:**

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## A Message for You:

You are very important to the world. You have a special power and see things adults miss. You know what makes a playground fun, what helps students learn, and how to make other children happy. You are the experts on what it means to be a child.

We are adults and we were once children too. But sometimes we forget what being a child feels like. That's why we need your help to remind us. When we listen to you, we understand better how to make the world fairer, kinder, and safer for everyone.

And this is why this book was made to help you learn about your rights. Rights are designed to make children happier. When you know your rights, you can help adults know how to support you. It's also here to remind you that you can help others too. You can share your ideas, speak up for fairness, and make a difference in your community.

You are not just the future. You are important today. Your voice matters, and the world needs it.

Heidi Chan  
Founder, Kids Rights Canada

# Foreword

If you are reading this book, we welcome you. We want you to know that you are important. You are so important that there are special rules made just for you. These rules are called rights. They tell you what you should expect from your home, school, neighborhood, and country. Adults must make sure everyone follows these rules.

You can make sure the rules are followed too. You can help make sure adults don't break the rules. You can help make sure other children don't break the rules. See? You are important!

A long time ago, countries around the world came together and wrote down these rules. They called them the United Nations Convention on the Rights of the Child. This book was made to help you understand what those rights are.

We wrote this book because we believe in you. When everyone follows these rules, you can be anything and do anything. You already make the world a beautiful place, and we know you can make it even more beautiful.

Mr. Irwin Elman O.C.  
President Defence For Children International-Canada



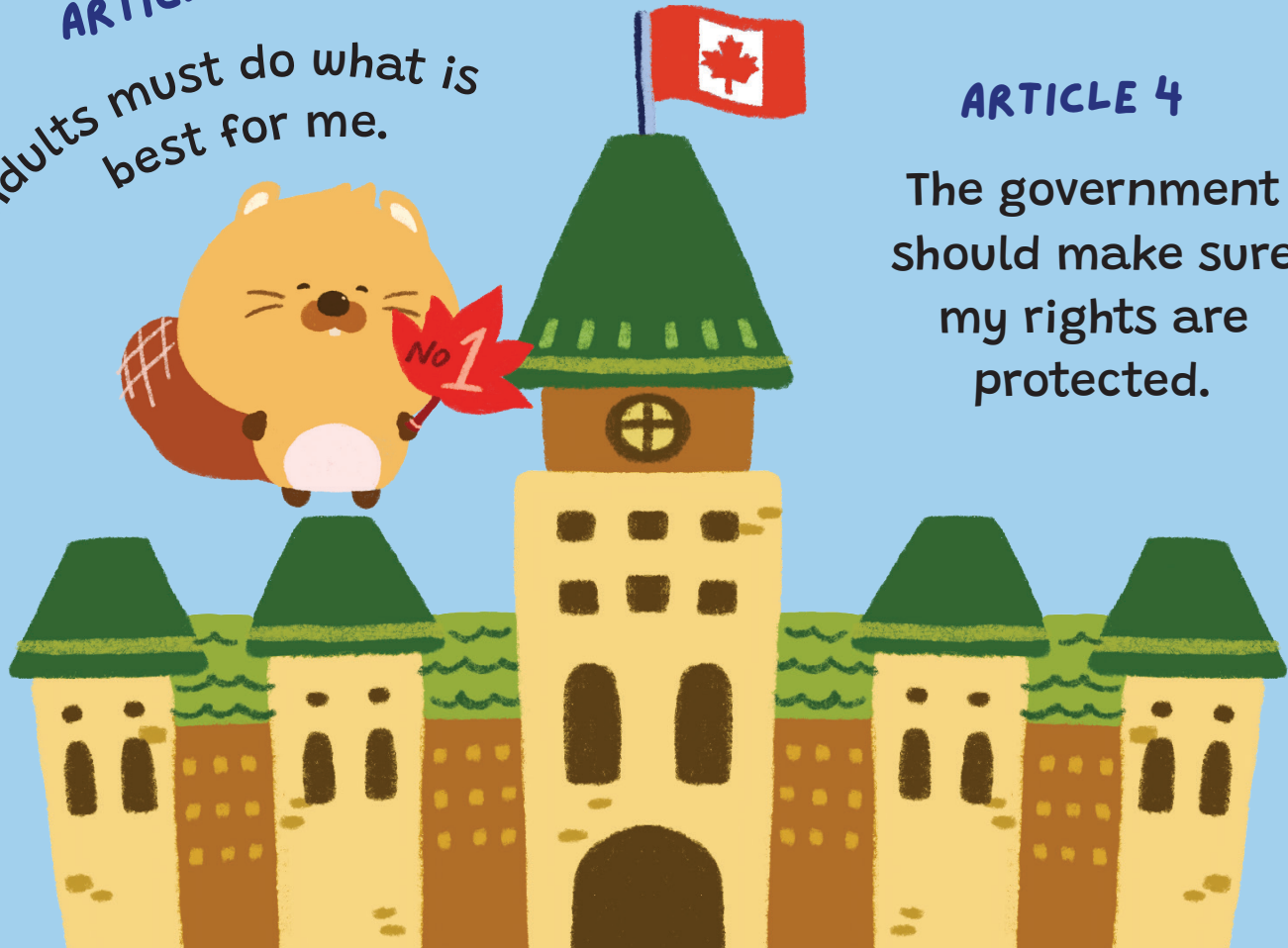
## ARTICLE 2



All children have these rights, no matter who they are, and what their differences are.

### ARTICLE 3

Adults must do what is best for me.



### ARTICLE 4

The government should make sure my rights are protected.

## ARTICLE 5

My family should help me learn and use my rights.





## ARTICLE 6

I have the right  
to live and grow  
in every way.



WHATS IN MY BAG...

## ARTICLE 7

I have the right to a name and belong to a country.



I have the right to an identity,  
like my name, nationality, and family.

## ARTICLE 8



## ARTICLE 9

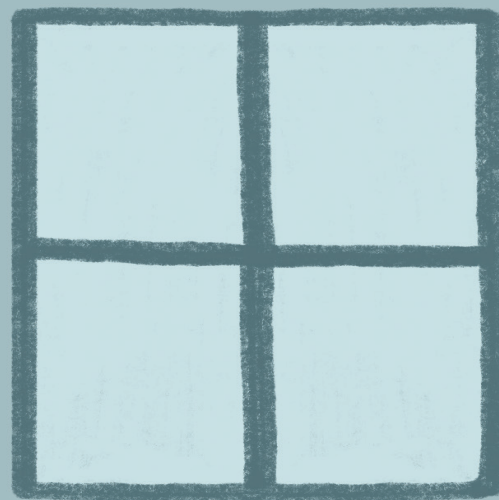
I have the right to live  
with my family if they  
can take good care of  
me and keep me safe.



## ARTICLE 10

I have the right to keep in touch and see  
my parents if they live in another country.





## ARTICLE 11

I have the  
right not to be  
taken or kept  
in another  
country illegally.



## ARTICLE 12

I have the right to express my opinions. Adults should listen and take it seriously.



## ARTICLE 13

I have the right to find out and share information and ideas freely as long as it's respectful and safe.

I have the right to choose my own  
belief and religion, with help from my parents.

ARTICLE 14





I have the right to join groups or clubs, as long as it's peaceful.



I have the right  
to privacy.

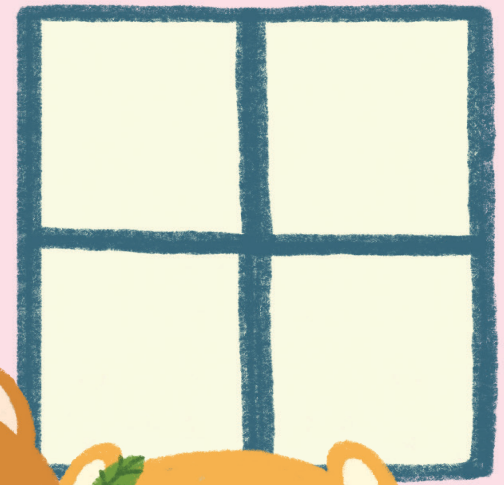
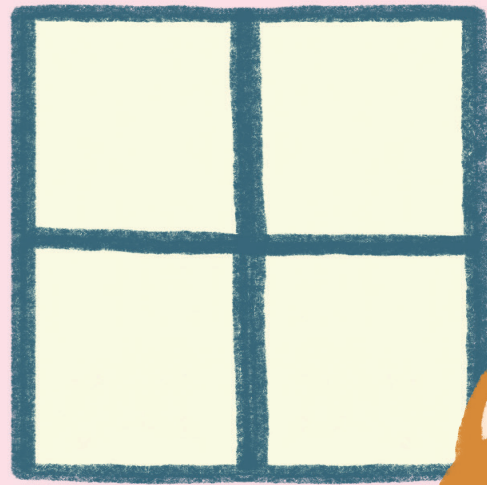
ARTICLE 16

I have the right to get safe and helpful information,  
and be protected from harmful content.

## ARTICLE 17







## ARTICLE 18

I have the right  
to be raised by  
both parents.

## ARTICLE 19

I have the right to be  
protected from being hurt  
or badly treated.



If I cannot live with my own parents,  
I have the right to be cared for in a  
safe and loving place.

## ARTICLE 20



If I am adopted, I have the right to be protected  
and cared for. Adults should make decisions  
based on what is best for me.

## ARTICLE 21



## ARTICLE 22

If I am a refugee, I have  
the right to be protected  
and helped and to  
be with my family.



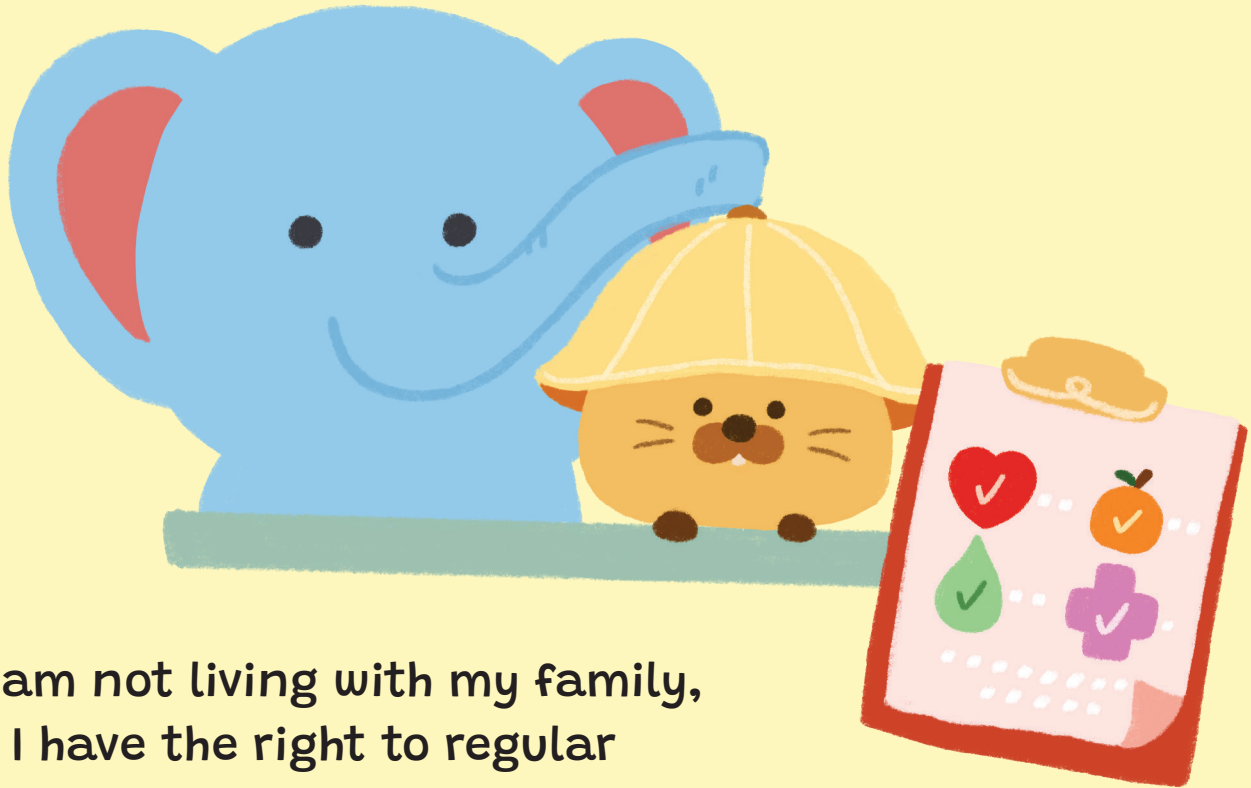
## ARTICLE 23

If I have a disability, I have the right to special care, education, and to be part of the community.

## ARTICLE 24

I have the right to health care and to grow up healthy.





If I am not living with my family,  
I have the right to regular  
check-ups to make sure I'm safe  
and well cared for.

**ARTICLE 25**

## ARTICLE 26

If my family needs it, the government should provide money to bring me up.



## ARTICLE 27

I have the right to food, clothing, and a safe place to live.

## ARTICLE 28



I have the right to  
education.

## ARTICLE 29



Education I receive should help  
me develop my personality,  
talents and abilities.



## ARTICLE 30



I have the right to speak my language,  
enjoy my culture, and follow my religion.



## ARTICLE 31

*I have the right to play and rest.*



I should not be working if it is illegal, dangerous for me, or stops me from going to school.



I should be  
protected from  
dangerous drugs.

ARTICLE 33

I have the right not to be touched in ways that  
make me feel uncomfortable.



ARTICLE 34

I have the right to be protected from being kidnapped, sold, or moved in a harmful way.



**ARTICLE 35**

**ARTICLE 36**



I should not be used by adults in any way that will hurt me.

If I break the law, I should not be treated in  
a cruel way. I also have the right to stay in  
contact with my family.

ARTICLE 37



ARTICLE 40

If I break the law, I have the right to be  
told what I did wrong, get legal help,  
and still be treated as a child.

I have the right to receive help if I am being hurt or treated badly during war.

ARTICLE 38



ARTICLE 39

I have the right to be protected during war, and no one should make me fight or join the military if I am under 15.



If the laws in my country protect me better  
than the UNCRC, those laws should be used.



ARTICLE 41

## ARTICLE 42



Children and adults should know about children's rights.

# My Notes...



## A Note for You

This book is made for you. We hope you keep it close and treasure it as a reminder of how special you are.

You are unique and powerful in your own way. No matter who you are, where you come from, or what you dream about, you deserve to be safe, respected, and loved — always.

Sometimes adults forget what really matters. That is when your kindness can show the way. Your ideas and your heart can make the world a better place for everyone.

Remember! The future is yours. You are also a big part of today. Keep asking questions, keep speaking up, and keep believing in yourself. That's because the world needs your light.

Charlotte Kwok  
Co-founder, Kids Rights Canada

# Disclaimer and Credits

© 2025 Kids Rights Canada  
All rights reserved.

This book was made to help children learn about their rights — the things every child needs to grow up safe, healthy, and happy.

It is based on the United Nations Convention on the Rights of the Child (UNCRC), a special agreement that countries around the world have promised to follow.

This is a simplified version of the UNCRC. That means we've used easier words and friendly examples so that everyone, especially children, can understand what these rights mean.

It is not the official UN version, but it shares the same important ideas about caring for and respecting every child.

If you want to read the full UN text, you can find it here:  
<https://www.unicef.org/child-rights-convention>

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