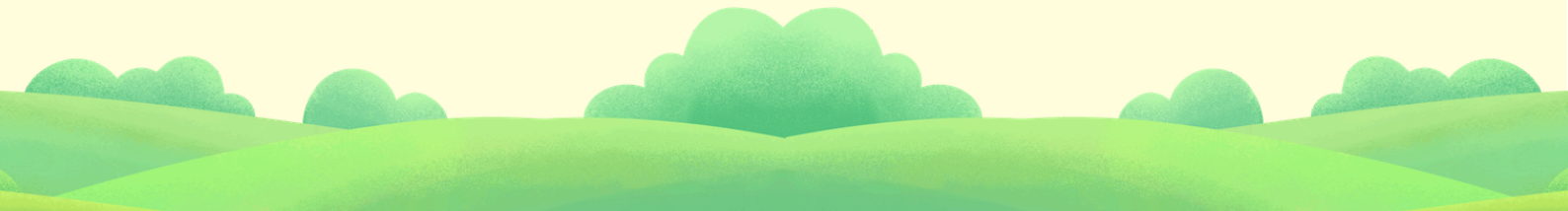


# MY BODY, MY WELLBEING, MY RIGHTS!



For children in Canada



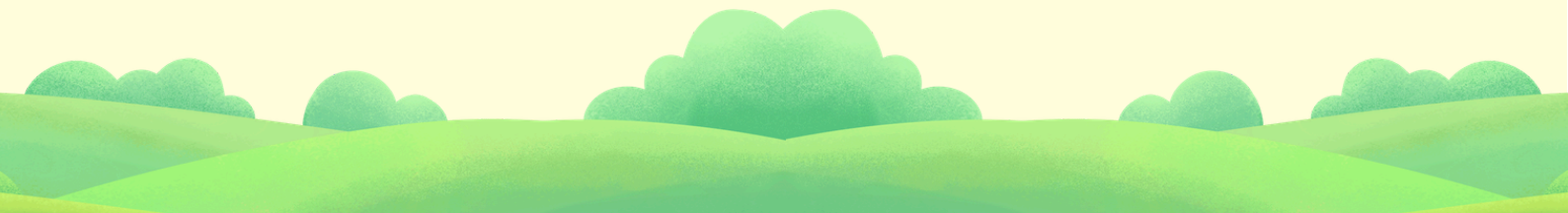
# You Have Rights Right Now

Did you know that just by being a kid, you have a special set of rights? This means that your body belongs to you, your mind belongs to you, and you always have the right to feel safe.

No matter what mistakes you make or what happens, no one is allowed to hurt you. It is the job of the adults around you to listen to you, understand you, and protect you.

But sometimes, when things get hard, loud, or confusing at home, it can be really easy to forget these rights—or feel like they don't apply to you.

In this booklet, we are going to explore what your rights look like at home, and what you can do if you ever feel unsafe.



# Rights that all children enjoy

The Right to a Safe Body

The Right to Personal Space and Boundaries

The Right to Grow and Learn

The Right to be Heard

The Right to Help and Healing



## The Right to a Safe Body



Your body belongs to you.

No one is allowed to hit you, push you, or physically hurt you to teach you a lesson.

Not even the people who love you and take care of you.

## The Right to Personal Space and Boundaries

You are allowed to say "no" to physical touch like hugs or tickles if you don't want them.

And you are allowed to ask for personal space when you need to calm down or be alone.



## The Right to Grow and Learn



Growing up is a big job, and you have the right to develop and reach your full potential.

Everyone makes mistakes while growing up.

You have the right to learn and fix them in a safe way, without being hurt or humiliated.

## The Right to be Heard

Your thoughts and feelings matter right now.

When adults are making decisions that affect you, you have the right to speak up and be taken seriously.



## The Right to Help and Healing



If someone crosses a boundary and hurts your body or your feelings.

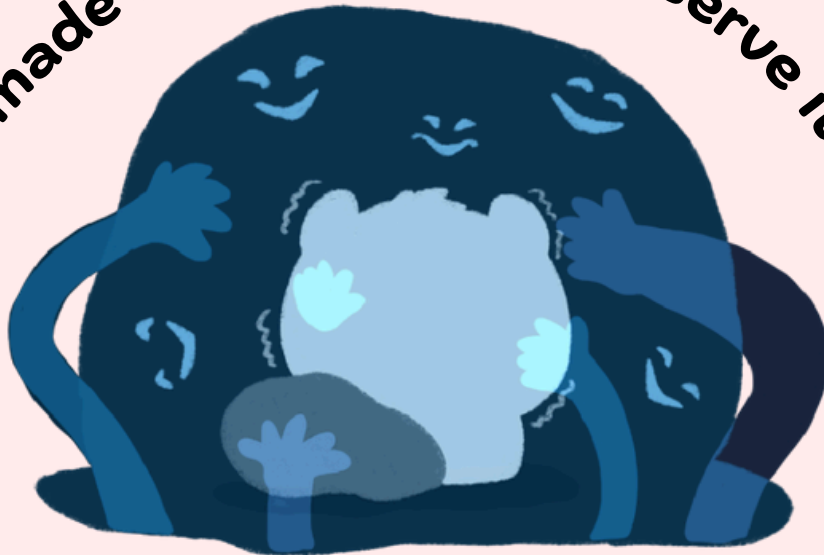
You have the right to get comfort and care from safe adults so you can feel better again.



# **Myths Busters**

**What is true and what is not**

"I made mistakes and I deserve it."



The Truth:

Everyone makes mistakes. That just means you are growing and learning. It does not mean you are a "bad" kid. No matter what mistake you made, you never, ever deserve to be hurt.

# "I'm not old enough to have a say."

## The Truth:

You do not have to wait until you are an adult to have a say! Your words and feelings matter right now. If something hurts you or makes you feel scared, you are always old enough to say "Stop".





**"My parents know best."**

The Truth:

Your parents are adults, and it is their job to guide you and keep you safe. But just like kids, grown-ups are still learning, and they can make mistakes or lose their temper. Even if they make many decisions for the house, they cannot make decisions for your body in a way that hurts you.

**"I'd rather they  
punish me than  
ignore me."**

The Truth:

It's normal that we want someone to care about us. What you deserve is safe attention. A conversation, a hug, or spending time together is the kind of attention you deserve.





**"I'd better not tell."**

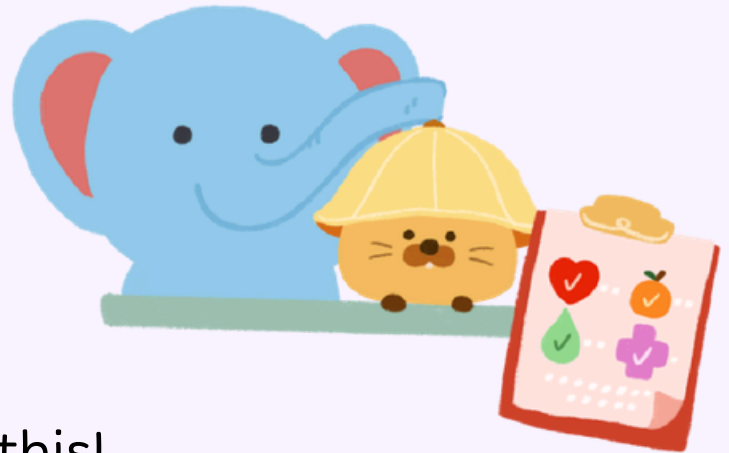
The Truth:

It is completely normal to love your family but still feel scared when they hurt you. You might worry that telling someone will get your parents in big trouble or that the police will come. Asking for help is actually the bravest way to help your whole family learn how to be safe together.

# Trusted Adult

When you are feeling scared or confused about what is happening at home, your body might give you some signs:

- **Tight shoulders**
- **Crunchy eyebrows**
- **Pitter-patter heartbeat**
- **Sweaty hands etc.**



Hang in there - you've got this!

The best thing you can do is talk to a **Trusted Adult**.

## What is a Trusted Adult?

A Trusted Adult is a grown-up who makes you feel safe. They listen to you and they believe you. They are someone who will help you figure out what to do next so you don't have to carry your worry all by yourself.

## Who can be a Trusted Adult? It can be:



- A favorite teacher or a school counsellor
- An aunt, uncle, or older cousin
- Your friend's parent
- A sports coach or a community center leader

# How do I talk to them?

It can feel really scary to start the conversation. You don't have to have all the words perfectly planned out. You can just say or text:

- *"I need to tell you something, but I'm scared. Can you just listen?"*
- *"Something happened at home and I don't know what to do. Can you help me?"*

What if I don't know who to talk to? If you can't think of a Trusted Adult right now, or if you want to practice talking to someone in secret first, you can always reach out to the **Kids Help Phone**.

**Call: 1-800-668-6868**

**Text: CONNECT to 686868**

**Website: <https://kidshelpphone.ca/>**

It is completely free and it is private (you don't have to use your real name), and they will not send the police to your house unless you are in immediate danger. They are just there to listen and help you make a safe plan.



**Kids Rights  
Canada**

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