

If you have a problem and
you need someone who will
listen and help...

**CALL THIS NUMBER
FREEPHONE**

0800

616101

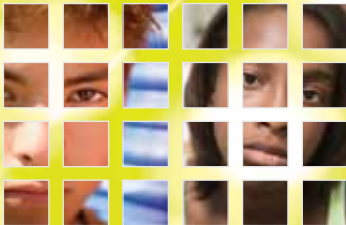
Monday to Friday 8.00am - 8.00pm

Saturday 10.00am - 4.00pm

**An Independent & Confidential
Freephone for Young People
Needing Advice and Representation**

NYAS

**Need something
stopped, started
or changed?**



The UN Convention on the rights of the child gives anyone under the age of 18 certain rights. Here are a few of the ones we thought are important to you.

Whenever a adult has anything to do with you, they should do what is best for you.

You should not be separated from your parents unless it is for your own good. For instance, your parents may be hurting you or not taking good care of you. Also, if your parents decide to live apart, you will have to live with one or the other of them, but you have the right to contact both parents.

Whenever adults make a decision that will affect you in any way, you have the right to give your opinion, and the adults have to take that seriously.

You have the right to a private life. For instance, you can keep a diary that other people are not allowed to see.

No one should hurt you in any way. Adults should make sure that you are protected from abuse, violence and neglect. Even your parents have no right to hurt you.

You have the right to a good enough 'standard of living'. This means that parents have the responsibility to make sure you have food, clothes, a place to live, etc. If parents cannot afford this, the government should help.

If you have been hurt or neglected in any way you have the right to special care and treatment.

You have these (and other rights), whoever you are, whoever your parents are, whatever colour you are, whatever sex or religion you are, whatever language you speak, whether you have a disability, or if you are rich or poor.

If you would like information about these or any of the other rights please contact NYAS for help.

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