

5) Don't rights come with responsibilities?

As human beings we all have rights and with those rights come responsibilities. When it comes to children's rights, the United Nations Convention on the Rights of the child outlines the following responsibilities:

- **For children:** the responsibility to respect the rights of others.
- **For parents:** to respect and provide for the rights of their children.
- **For governments:** to support families and to respect and provide for the rights of children through laws, policies and special programs

Here's a helpful chart to help you have conversations with your child about their rights and responsibilities.

<p>be safe</p> <p>The right to be safe means I need to:</p> <ul style="list-style-type: none"> • Protection from harm, including protection from discrimination • To be treated with respect • At least 5 adults who love me 	<p>My right to be safe gives me the responsibility to:</p> <ul style="list-style-type: none"> • Know who I can ask for help • Follow the rules • Be aware of my surroundings • Take care of the things around me • Help others
<p>be healthy</p> <p>The right to be healthy means I need to:</p> <ul style="list-style-type: none"> • Play and be active • Learn and find out things • Spend time in nature • Spend time with family and my friends • Receive the best health care possible, including special help if I need it 	<p>My right to be healthy gives me the responsibility to:</p> <ul style="list-style-type: none"> • Play safely and play fair • Take care of my body and let it rest • Use my words when I am upset • Keep my community, home, and school clean • Make good choices about what I eat
<p>be heard</p> <p>My right to be heard means I need to:</p> <ul style="list-style-type: none"> • Have a say (not my way) in decisions that affect me • Be listened to, and be taken seriously • Ask for, and receive help • Learn about my rights 	<p>My right to be heard gives me the responsibility to:</p> <ul style="list-style-type: none"> • Honour my commitments • Cooperate with others • Be honest and respectful • Apologize when I make a mistake
<p>be yourself</p> <p>The right to be myself means I need to:</p> <ul style="list-style-type: none"> • Have my own thoughts, feelings, and reasonable privacy • Express my ideas respectfully • Learn about mine and others' culture, history, and religion • Be allowed to make mistakes • Be who I am! 	<p>My right to be myself gives me the responsibility to:</p> <ul style="list-style-type: none"> • Respect the thoughts, feelings, and reasonable privacy of others • Be welcoming of others, especially those who need extra help • Try new things • Learn from my mistakes

If you would like a poster of your child's rights and responsibilities, please email us at info@scyofbc.org.