rights and responsibilities

be safe
The right to be safe means I need:
- Protection from harm, including protection from discrimination
- To be treated with respect
- At least 5 adults who love me

My right to be safe gives me the responsibility to:
- Know who I can ask for help
- Follow the rules
- Be aware of my surroundings
- Take care of the things around me
- Help others

be healthy
The right to be healthy means I need to:
- 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

My right to be healthy gives me the responsibility to:
- 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

be heard
My right to be heard means I need to:
- 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

My right to be heard gives me the responsibility to:
- Honour my commitments
- Cooperate with others
- Be honest and respectful
- Apologize when I make a mistake

be yourself
The right to be myself means I need to:
- 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!

My right to be myself gives me the responsibility to:
- 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

Society for Children and Youth of BC
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Change starts here.

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