SUPPORTING THE RIGHTS OF CHILDREN MEANS THINKING ABOUT THE WHOLE CHILD

**Emotional**
- **ENCOURAGE ME.** Help me accept others for who they are and to celebrate their differences.
- **Ask me what I think when your choices affect me.** Sometimes I need special help. Sometimes my family does too.
- **I need at least 5 people in my life who are crazy about me. Are you one of these people?** My feelings are real and matter.
- **Help me to think for myself.** When you read with me it grows my mind for life. TV and video games can never give me the same language and social skills that you can.
- **Help others make decisions that are in my best interest.** When my family is involved with my learning and education, it makes me a better learner.

**Social**
- **Let me play. It’s how I build social skills like sharing and problem solving.** Sometimes I like to play with dump trucks and sometimes I like to play with dolls, both are OK!
- **Please treat me with dignity and respect. I understand these ideas and care about fairness and equality.**
- **I need AT LEAST two hours of moving my body every day. Help me find times and places to run, jump, and go crazy! It’s good for my body and brain.**
- **My body and mind need rest. Help me notice when I am ready for quiet time.** Spending time in nature is good for me. It heals me and makes me more creative.

**Intellectual**
- **We can teach each other new things.**

**Physical**

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SOCIETY FOR children and youth OF BC

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United Way
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Change starts here.