

My Rights

What is the Charter of rights for kids in care?

Info for children 0-12



Everyone has rights. Rights are things that help us be safe and happy.

A Charter is a list that tells us what our rights are.

The ACT's *Charter of rights for kids in care* is for children, like you, who for reasons that are not their fault, don't live with their parents. Instead they live with other family or friends, a foster family or with other children in residential care.

The *Charter of rights for kids in care* lets you know the people looking after you have to do the best they can to care for you and make sure your rights are respected.

WHAT ARE MY RIGHTS AND WHAT DO THEY MEAN?

There are **10 rights** in the *Charter of rights for kids in care*. We spoke to lots of children in care about what these rights mean to them. We have used their ideas and words to help explain what your rights are and what they mean in your life.



The right to be safe and looked after

This means you feel safe and cared for and get things like food, have a safe home to live in and can be part of a family with caring adults. It means being looked after and not worrying about being safe or getting hurt. It also means you can ask for help and have people you can talk to that care about you.



The right to be respected

This means you feel respected by those who care for you and work with you. Being respected means being listened to, being taken seriously, and being accepted for who you are.



The right to be treated fairly

This means you have the same chances or options to do the same things as everyone else, without feeling like you are left out.



What do you think? Is there anything your friends do that you would like to do too?



The right to have fun, play and be healthy

You should always have lots of chances to have fun, spend time with your friends and try new things. You should also have healthy food, do exercise and be able to see a doctor or nurse when you need.



What do you think? Have you told your carer your favourite food and games?



What do you think? Who is someone you might want to talk to if you feel sad?





The right to be heard

This means you get to have a say when decisions about you and your life need to be made (like where you live and who you would like to see). It means what you say matters and people like your case manager and carer will listen and ask you what you want to happen.

What do you think? It can be hard to talk about things important to you. One thing that can help is writing it down before talking to someone. Is there anything you want to talk about?



The right to privacy and have your own things

This means you can have your own things and they will be looked after. You can have space that you can call your own. It also means information about you and your family isn't shared with people who don't need to know.

What do you think? What is your favourite thing you own? How do you like to take care of it?



The right to ask questions about what is happening to you

This means you feel comfortable and safe asking people about things that are happening to you, and you know who to go to when you want to ask questions.

What do you think? Is there anything about being in care you are confused about? Who do you think can help?



The right to have contact with the people you care about and know about your family and cultural history

This means you get to know and spend time with the people you care about. This includes family, like your parents if it safe for you, your brothers and sisters, cousins, aunties, uncles and grandparents. It also includes friends you had before coming into care and friends you've made while in care, as well as other people important to you. It also means you feel proud about your culture, and people help you to learn more about it and join in activities that celebrate your culture.

What do you think? Who would you like to stay in touch with and what kind of things would you like to do with them?



The right to go to school

This means you get to learn lots of new things, maybe with other children or at home with your carer, and you have support if you need help to understand things.

What do you think? Is there anything you need help with at school or with your education?



The right to talk to people about things you don't like or don't understand

This means if you don't like something or are worried about something, you have people to help you feel safe and comfortable to talk. It means you can speak to your carer, case manager, or someone else and they will listen and help you.

WHAT ABOUT OTHER PEOPLE?

Just like you, **everybody** has rights that should be respected. This means you also need to **respect the rights of other people** in your life, like those who care for you, your case manager and other children.

WHERE CAN I FIND OUT MORE?

If you want to know more about the *Charter of rights for kids in care*, you can always ask your family, carer and case manager. You can also talk to your case manager's supervisor. For more information about who you can talk to please go to www.communityservices.act.gov.au

