

Keeping children and young people safe

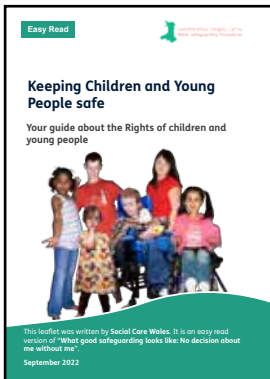
Your guide about the Rights of children and young people



This leaflet was written by Social Care Wales. It is an easy read version of “What good safeguarding looks like: No decision about me without me”.

November 2022

Introduction



This leaflet is about the Rights of children and young people.



Rights are the things you are allowed to do. Rights tell us how we should be treated. For example, you have the right to be treated with respect.

Other people have rights too. For example, you must treat other people with respect.



We want everyone in Wales to know about the Rights of children and young people to **safeguard** them.



We want organisations to make **safeguarding** plans and policies.



Safeguarding means keeping people safe from:

- **abuse**
- harm.



Abuse is when someone hurts you or treats you badly.

For example:

physically hurting someone

speaking to someone in a cruel way

hurting someone sexually

taking someone's money

there are lots of different types of **abuse**.



We want to make a positive difference to care and support in Wales for children and young people.



This document is for people who use care and support services.



This leaflet was made into easy read by **Easy Read Wales** using **Photosymbols**. To tell us what you think about this easy read version, [click here](#).

My Rights as a child or young person

I have the Right to:



- Be treated fairly.



- Know that the adults who care for me always try to do what is best for me.



- Live to grow up and live a full life.



- to lead a full and independent life. If I have additional needs to get the care and support I need.



- Good food and drink.



- See a doctor or nurse if I am ill or injured.



- Go to school to learn and for my **well-being**.

Well-being means being able to grow up happily and successfully, and being well-looked after.



- Be encouraged to be the best I can be.



- Relax and play.



- Be kept safe from being hurt or badly treated by other people.



- Be kept safe from sexual **abuse**.



- Be kept safe from things that could harm me.



- Live in a home that helps me to be happy, healthy and comfortable.



- Get help to understand what 'keeping safe' means.



- Say what I think and feel, if someone is worried that I am at risk.



- To tell someone or get support to talk to someone if I am worried about something.



- Get help and support to report **abuse**, harm or **neglect**.

Neglect is when someone does not look after you properly.



- Get help if I have been **abused**.



- Be part of any decisions about me and my life.



- Be listened to and taken seriously.



- Get the information I need in a way that I can understand.



- Know about things that are happening in my life.



- Know that decisions are made for my good. And this is explained to me.



- Have people who can speak to me in Welsh if I want to.



- Have people who can speak to me in the language of my choice.

My Rights as an unpaid carer and parent

These are the rights of unpaid carers and parents. If you are under 18, all the Rights of the child written above also apply to you.

I have the Right to:



- Get good information in a way I can understand.



- Know how and where to get help and support if I need it.



- Know what to do if I am worried about my child or the person I care for.



- Know how to report **abuse**, harm or **neglect**.



- Understand that I might not always know everything that may cause harm to my child or the person I care for.



- Know that when people make decisions about my child or the person I care for, they are to keep them safe.



- I have the right to challenge if decisions are made about my child or the person I care for that I do not agree with.