



# I Know My Rights

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Level 4



Rights for you, rights for me,  
Rights are there for everybody,

Rights lift up and rights defend,  
Rights are like your best friend.

Rights stop things from going wrong,  
Our rights make us very strong!

Rights are the need of the hour,  
Your very own secret super power!



Every girl like me deserves  
The chance to breathe in this world.

**I HAVE THE RIGHT TO  
BE BORN.**

Kho-kho, cricket, kabaddi,  
Swinging, sliding, hide-and-peek.  
**I HAVE THE RIGHT TO PLAY.**

Meeting friends, new and old,  
On the streets and in our homes.  
**I HAVE THE RIGHT TO MEET  
AND MAKE FRIENDS.**







You might not see me in a crowd,  
But you'll hear my voice – it's extra loud!  
**I HAVE THE RIGHT TO HAVE MY  
OPINIONS RESPECTED.**



Around me is a big strong bubble.  
Step too close, you'll be in trouble.  
**I HAVE THE RIGHT TO NOT BE  
SEXUALLY AND PHYSICALLY  
ABUSED.**



I know that I have got the choice  
To change the world with my voice  
**I HAVE THE RIGHT TO  
SELF EXPRESSION.**





I don't want to cook and clean,  
Help fix cars or serve tea.  
**I HAVE THE RIGHT TO NOT  
BE SENT TO WORK.**



I won't hide or stay indoors.  
I have the right to learn and soar.  
**I HAVE THE RIGHT TO  
SPECIAL CARE, SUPPORT  
AND EDUCATION.**



What, why, where and how?  
My questions need an answer now!

I HAVE THE RIGHT TO  
INFORMATION.

I HAVE THE RIGHT TO  
KNOW MY RIGHTS.





## UN Convention on the Rights of the Child in Child Friendly Language

<https://static.unicef.org/rightsite/files/uncrcchildfriendlylanguage.pdf>

- 1 Everyone under 18 has these rights.
- 2 All children have these rights, no matter who they are, where they live, what their parents do, what language they speak, what their religion is, whether they are a boy or girl, what their culture is, whether they have a disability, whether they are rich or poor. No child should be treated unfairly on any basis.
- 3 All adults should do what is best for you.
- 4 The government has a responsibility to make sure your rights are protected.
- 5 Your family has the responsibility to help you learn to exercise your rights, and to ensure that your rights are protected.
- 6 You have the right to be alive.
- 7 You have the right to a name, and this should be officially recognised by the government.



**8** You have the right to a nationality (to belong to a country).

**9** You have the right to an identity – an official record of who you are.

**10** You have the right to live with your parent(s), unless it is bad for you. You have the right to live with a family who cares for you.

**11** If you live in a different country than your parents do, you have the right to be together in the same place.

**12** You have the right to be protected from kidnapping.

**13** You have the right to give your opinion, and for adults to listen and take it seriously.

**14** You have the right to find out things and share what you think with others, unless it harms or offends other people.





**15** You have the right to choose your own religion and beliefs.

**16** You have the right to choose your own friends and join or set up groups, as long as it isn't harmful to others.

**17** You have the right to privacy.

**18** You have the right to get information that is important to your well-being.

**19** You have the right to be raised by your parent(s) if possible.

**20** You have the right to be protected from being hurt and mistreated, in body or mind.

**21** You have the right to special care and help if you cannot live with your parents.

**22** You have the right to care and protection if you are adopted or in foster care.

**23** You have the right to special protection and help if you are a refugee.

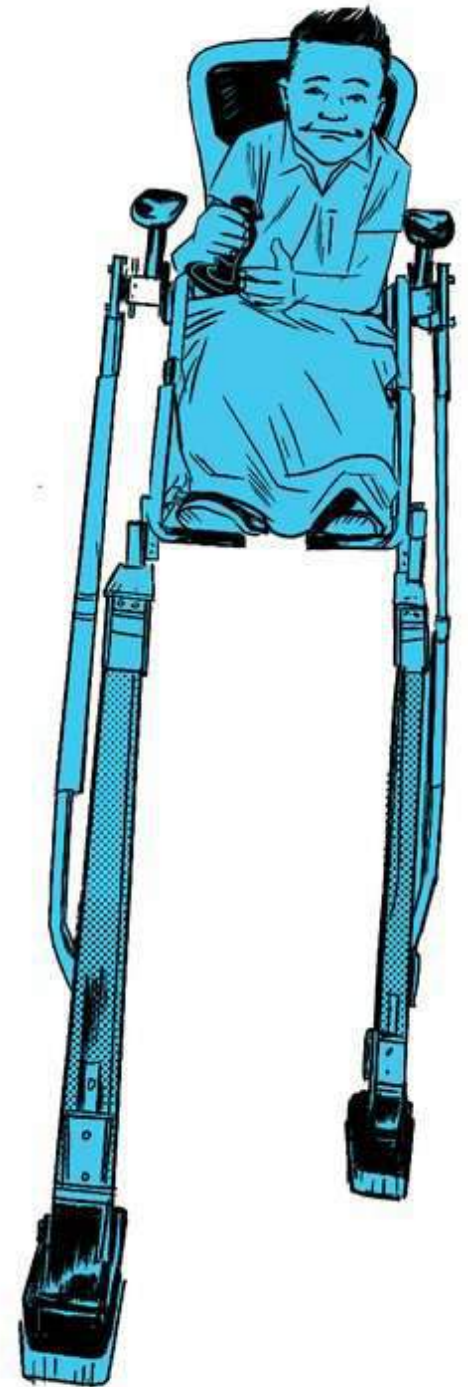
**24** You have the right to special education and care if you have a disability, so that you can live a full life.

**25** You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.

**26** If you live in care or in other situations away from home, you have the right to have these living arrangements looked at regularly to see if they are the most appropriate.

**27** You have the right to help from the government if you are poor or in need.

**28** You have the right to food, clothing, a safe place to live and to have your basic needs met.





**29** You have the right to a good quality education. You should be encouraged to go to school to the highest level you can.

**30** Your education should help you use and develop your talents and abilities. It should help you learn to live peacefully, protect the environment and respect other people.

**31** You have the right to practice your own culture, language and religion - or any you choose.

**32** You have the right to play and rest.

**33** You have the right to protection from work that harms you, and is bad for your health and education. If you work, you have the right to be safe and paid fairly.

**34** You have the right to protection from harmful drugs and from the drug trade.

**35** You have the right to be free from sexual abuse.





**36** You have the right to protection from any kind of exploitation.

**37** You have the right to not be punished by anyone in a cruel or harmful way.

**38** You have the right to protection and freedom from war. Children under fifteen cannot be forced to go into the army or take part in war.

**39** You have the right to help if you've been hurt, neglected or badly treated.

**40** You have the right to legal help and fair treatment in the justice system that respects your rights.

**41** If the laws of your country provide better protection of your rights than the articles in this Convention, those laws should apply.

**42** You have the right to know your rights!

The United Nations Convention on the Rights of the Child says that every child must have all these rights.

If you feel that you or someone you know is/are being denied their rights, then speak to an adult about it.

You can call Childline on 1098 and talk to someone there.

To know more about child rights, visit [www.unicef.org/crc/](http://www.unicef.org/crc/)

Note - 1098 is a phonenumber available in India where this book was first published, there are childline numbers in almost every country, visit <https://www.childhelplineinternational.org/> to find a local contact number, or reach out to us via <https://www.freekidsbooks.org>, we will connect you with help.



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# I Know My Rights

(English)

The United Nations Convention on the Rights of the Child lists out the basic rights that children have. It doesn't matter where you come from, what colour your skin is, whether you practice a religion or not, what language you speak, whether you are a boy or a girl or haven't decided yet – you have the right to these rights! This poster books lists out some of the rights of the child.

This is a Level 4 book for children who can read fluently and with confidence.



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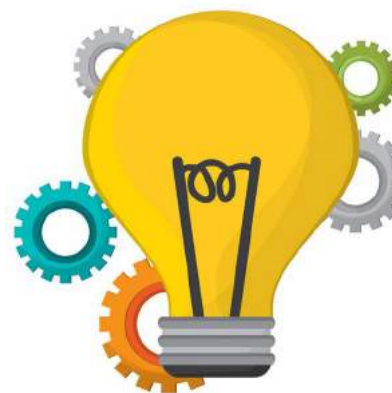


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