



Children's & Young People's Rights

What Are Rights?

A "right" to something is a claim to an item, activity or place. We all have rights, these are called "human rights", but as a child or teenager you have specific children's rights protected by Australian law. These rights exist so that you can access information, participate in decisions and live in safety.

Knowing Your Rights

Whether you live with your birth family, with your extended family (like an aunty or grandparent), or with a foster family - you have rights. Everywhere you go, you have rights. Your caseworker, your carer and other important people in your life (such as your teachers) will work to protect your rights as a person.

Your caseworker will be able to give you more information on your rights. You can ask for this information whenever you need it and you can always ask for more help to understand your rights.



Your Rights in Care:

- You have the right to have contact with your family and your community.
- You have the right to be treated with respect and to feel safe, and that your personal belongings are also respected and kept safe.
- You have the right to your own beliefs and way of life, to do things you enjoy and to be encouraged in those activities - such as hobbies, sport, music and art.
- You have the right to say what you are thinking and feeling.
- You have the right to make choices about everyday matters and to take part in making important decisions that affect your life.
- You have the right to services that care for your health & wellbeing, such as going to the doctors or seeing a dentist.
- You have the right to an education and to ask for extra help with school, activities or job training if you need it.

You also have:

- You have the right to complain and to tell your caseworker or carer when something is not right, when you are hurt or upset, or when you are unhappy with a decision that has been made.
- You have the right to be told why you are in care and to keep a record of your time in care.
- You have a right to ask for any information that is being kept about you, to read this information and to add to this information.
- You have a right to be supported if you need to go to court.
- You have a right to be involved in planning the kind of support you may need when you leave care.



If you think that the people who care for you are ignoring your rights, you should tell your caseworker. If you're not sure how to explain how you feel, you can ask for time or support to explain what you mean. You can even write or draw your feelings, if you don't think you can say them.

Remember, if you are in danger - call the police on 000!