



SONAS DOMESTIC VIOLENCE CHARITY

Children's Charter

Children and Young People have Rights:

1. I have the right to feel good about myself.
2. I have the right to live in a place where I am safe and cared for.
3. I have the right to get the help I want or need.
4. I have the right to understand and have a say in the decisions that affect me.

1. I have the right to feel good about myself.

This means:

- Being treated like any other child, with respect and equality.
- Knowing about my culture.
- Being able to play and have fun.

2. I have the right to live in a place where I feel safe and cared for.

This means:

- Living in a place where I won't feel scared or hurt.
- Having someone to talk to.
- Eating good food, sleeping well and keeping clean.
- Having my own "space" or a place where I can have some time on my own if I want.
- Knowing who to go if I have a problem or I am worry about something.

3. I have the right to get the help I want or need.

This means:

- Going to a school that is suitable for me.
- Visiting the doctor or dentist if I need to.
- Being able to talk to a children's support worker regularly.
- I can ask someone for help.

4. I have the right to understand and have a say in the decisions that affect me.

This means:

- I can express my opinion about things that will affect me.
- I am included in what is decided about my life.
- I am heard and allowed to say what I am thinking and feeling.