

# rights AND responsibilities

## be safe

The **right** to be safe means I need:

- Protection from harm, including protection from discrimination
- To be treated with respect
- At least 5 adults who love me

My right to be safe gives me the **responsibility** to:

- Know who I can ask for help
- Follow the rules
- Be aware of my surroundings
- Take care of the things around me
- Help others

## be healthy

The **right** to be healthy means I need to:

- Play and be active
- Learn and find out things
- Spend time in nature
- Spend time with family and my friends
- Receive the best health care possible, including special help if I need it

My right to be healthy gives me the **responsibility** to:

- Play safely and play fair
- Take care of my body and let it rest
- Use my words when I am upset
- Keep my community, home, and school clean
- Make good choices about what I eat

## be HEARD

My **right** to be heard means I need to:

- Have a say (not my way) in decisions that affect me
- Be listened to, and be taken seriously
- Ask for, and receive help
- Learn about my rights

My right to be heard gives me the **responsibility** to:

- Honour my commitments
- Cooperate with others
- Be honest and respectful
- Apologize when I make a mistake

## be YOURSELF

The **right** to be myself means I need to:

- Have my own thoughts, feelings, and reasonable privacy
- Express my ideas respectfully
- Learn about mine and others' culture, history, and religion
- Be allowed to make mistakes
- Be who I am!

My right to be myself gives me the **responsibility** to:

- Respect the thoughts, feelings, and reasonable privacy of others
- Be welcoming of others, especially those who need extra help
- Try new things
- Learn from my mistakes



SOCIETY FOR  
**children  
and youth**  
OF BC



**United Way**  
Lower Mainland  
Change starts here.

