

**I have rights.**

**I have the right to be treated fairly.**

**I have the right to not be discriminated against for any reason.**

**I have the right to have adults do what is best for me.**

**I have the right to have my best interests considered.**

**I have the right to have my rights protected by the government.**

**I have the right to have my rights protected by my family.**

**I have the right to be alive.**

**I have the right to a name.**

**I have the right to belong to a country.**

**I have the right to an identity, an official record of who I am.**

**I have the right to family.**

**I have the right to live with a family who cares for me.**

**I have the right to spend time with my family.**

**I have the right to my opinion.**

**I have the right for adults to take my opinion seriously.**

**I have the right to freedom of expression.**

**I have the right to choose my own religion and beliefs.**

**I have the right to choose my own friends.**

**I have the right to privacy.**

**I have the right to information.**

**I have the right to be raised by my parents, if possible.**

**I have the right to be safe.**

**I have the right to be protected.**

**I have the right to special care if I have a disability.**

**I have the right to special care if I cannot live with my parents.**

**I have the right to the best health care possible.**

**I have the right to safe water.**

**I have the right to nutritious food.**

**I have the right to live in a clean and safe place.**

**I have the right to help from the government if I am poor or in need.**

**I have the right to have my basic needs met.**

**I have the right to be heard and have my opinion considered.**

**I have the right to clothing.**

**I have the right to an education.**

**I have the right to learn.**

**I have the right to develop my talents and abilities.**

**I have the right to my culture.**

**I have the right to play.**

**I have the right to rest.**

**I have the right to fair working conditions.**

**I have the right to be paid fairly.**

**I have the right to be protected from harmful drugs.**

**I have the right to be free from sexual abuse.**

**I have the right to be protected from kidnapping.**

**I have the right to be protected from exploitation.**

**I have the right to be free from physical abuse.**

**I have the right to be protected from war.**

**I have the right to help if I've been hurt.**

**I have the right to help if I've been treated badly.**

**I have the right to legal help.**

**I have the right to a fair justice system.**

**I have the right to know my rights.**

**I have the right to information that will help me stay well.**