

- To develop to their fullness
- Protection from being hurt and mistreated, in body or mind.
- To play and rest
- To be free from sexual abuse
- To protection from any kind of exploitation (being taken advantage of)
- To best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well
- No one is allowed to punish a child in a cruel or harmful way
- To help in case where a child is hurt, neglected or badly treated
- To know their rights! Adults should know about these rights and help children learn about them, too
- To be protected from work that harms them, and is bad for their health and education. Where a child works, they have the right to be safe and paid fairly
- To protection from work that is harmful to them, and is bad for their health and education. Where a child works, they have the right to be safe and paid fairly









