

# Respecting & Promoting Children's Rights

How our work supports the United Nations  
Convention on the Rights of the Child



# Information for Children & Young People

The United Nations Convention on the Rights of the Child says what rights all young people under the ages of 18 have.




It covers every area of a child's life. Each right is described in an 'article'. There are 54 articles. The rights in the UNCRC cannot be taken away, they cannot be separated from each other and they all depend on each other. In Scotland, the rights in the UNCRC are part of the law.




You can learn more at the website of the Children & Young People's Commissioner Scotland: [Child Rights | The Rights of Children and Young People - CYPCS](#)

We have listed some of these rights below, along with examples of how our work at Salvesen Mindroom Centre supports them.



Article Number	What it says	How we support it
<p><b>Article 2</b></p> 	<p><b>All children have these rights</b></p> <p>All children have the rights set out in the UNCRC, and individual children and young people shouldn't be discriminated against when these rights are realised.</p>	<p>If you are a young person in Scotland under the age of 25 then we will give you support and advice if you want it.</p>
<p><b>Article 3</b></p> 	<p><b>Adults must do what's best for me</b></p> <p>Article 3 says that the best interests of children and young people should be thought about at all levels of society.</p>	<p>If you think that the adults who care for you are treating you unfairly, or not making good decisions about your life, then we can help you to talk about this.</p>
<p><b>Article 12</b></p> 	<p><b>I have the right to be listened to and taken seriously</b></p> <p>Article 12 says children and young people have the human right to have opinions and for these opinions to be heard and taken seriously.</p>	<p>We can help you to think about what you want to say to the adults in your life if you are finding this difficult. If you cannot speak for yourself then we can sometimes speak for you.</p>
<p><b>Article 15</b></p> 	<p><b>I have the right to meet with friends and to join groups</b></p> <p>Article 15 of the UNCRC makes it clear that – like all people in the world – children and young people have the human right to freedom of association.</p>	<p>If you are having problems with a group that you belong to, or want to join, then we can help the adults who run the group to understand your needs better and make sure that you can take part as fully as possible.</p>

Article Number	What it says	How we support it
<p><b>Article 23</b></p> 	<p><b>If I have a disability, I have the right to special care and education</b></p> <p>All children and young people have the right to be safe and happy. When a child or young person has a disability, people should make sure it does not get in the way of this.</p>	<p>If you have additional support needs because of your neurodivergence then we can help your teachers to make sure that things at school are organised in a way that helps you to learn, join with things and do your best.</p>
<p><b>Article 24</b></p> 	<p><b>I have the right to good quality health care, to clean water and good food</b></p> <p>Article 24 of the UNCRC says that children and young people's health should be as good as possible.</p>	<p>Sometimes young people who are neurodivergent find that it affects their mental health, or their wellbeing. We can help the adults in your life to understand what you need to improve this.</p>
<p><b>Articles 28 &amp; 29</b></p> 	<p><b>I have the right to an education which develops my personality, respect for others' rights and the environment</b></p> <p>Article 28 of the UNCRC says that all children and young people have the right to education no matter who they are.</p> <p>Article 29 of the UNCRC says that a child or young person's education should help their mind, body and talents be the best they can.</p>	<p>This is very similar to Article 23. If you are finding school challenging, then we can help your teachers to make sure that things at school are organised in a way that helps you.</p>

Article Number	What it says	How we support it
<p><b>Article 31</b></p> 	<p><b>I have a right to relax and play</b></p> <p>Article 31 of the UNCRC says that children and young people have the right to have fun in the way they want to.</p>	<p>If the adults who organise fun things that you want to join in with don't know how to involve you then we can help them to understand what you need.</p>
<p><b>Article 32</b></p> 	<p><b>I should not be made to do dangerous work</b></p> <p>Article 32 of the UNCRC says that children and young people shouldn't be able to work until they reach a certain age.</p>	<p>If you are near the end of your school career and starting to think about getting a job we can help the people who organise your work placements understand what you need. We can also help you to think about the transition from school and what you might want in the future.</p>
<p><b>Article 42</b></p> 	<p><b>Everyone should know about the UNCRC</b></p> <p>Article 42 of the UNCRC says that all children, young people and adults should know about the Convention.</p>	<p>We tell people about the UNCRC when we are giving them advice and support and when we run training events for professionals.</p>



Salvesen Mindroom Centre

*support • inform • empower*