



OUTRIGHT

Speak out on children's rights

SUPPORTING CHILDREN AS THEY LEARN ABOUT MENTAL HEALTH

We think talking about thoughts, feelings, mental health and wellbeing is something everyone should feel safe to do.

It's possible that through this work, a child you're working with might say or do something that gives you cause for concern. In that scenario it's important you follow your organisation's safeguarding policy and procedure.

We advise that you always review materials before sharing them with your group. Please be sensitive to the possibility that the stories, videos and photographs may be upsetting for children who are directly or indirectly affected by the topics raised.

Please refer to the [Introduction Pack](#) for a list of organisations that offer free mental health support for children that may be useful.

ACTIVITY 1: KNOW YOUR RIGHTS

AIM: Children explore the UN Convention on the Rights of the Child (CRC) and begin to think about how mental wellbeing is linked to a child's right to health, to freedom of expression, to views and no discrimination and to education that helps them fully develop.

Preparation:

- Review the key rights and fill in the blank activity answers.
- Prepare access to the child-friendly summary of the CRC (print for face-to-face delivery, or prepare for virtual delivery and remote instruction).

Facilitator materials and resources:

- [Child-friendly summary of the CRC](#)
- Activity 1 Presentation

Optional

- Your school or organisation can buy copies of [UNICEF UK's Pocket Book of Rights](#)

Participant materials:

- Piece of paper
- Pen or pencil to record answers
- Poster board and colouring pens for optional activity

Tips for those working in Early Years settings:

- Sing and dance to the [We've all got rights video and song](#)
- Show the [Rights with Ruby and Jack video](#)

Facilitator Introduction

The UN Convention on the Rights of the Child (CRC) is a list of 54 Articles that outline the rights that the government in the UK and governments around the world have agreed that all children (all young people under the age of 18) should have. The first 42 Articles outline the rights that are for all children, the 'right-holders – no matter their ethnicity, gender, religion, language, abilities or any other status'. Articles 43-54 outline how adults and governments must work together as 'duty-bearers' to fulfill their obligation to make sure that children can enjoy all their rights.



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In this year's OutRight we will focus on:

- ARTICLE 2: No discrimination**
- ARTICLE 3: Best interests of the child**
- ARTICLE 12: Respect for children's views**
- ARTICLE 13: Sharing thoughts freely**
- ARTICLE 24: Health, water, food, environment**
- ARTICLE 29: Right to education**

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unicef
UNITED KINGDOM

FOR EVERY CHILD

Part 1: Fill in the Right

1. Introduce the 'Fill in the Right' activity, explaining to the children that we are going to play a game to remind us of what we already know about children's rights and to help us become familiar with the five rights we will be learning about this year.
2. Using the Activity 1 Presentation, present the 'Do you know your rights?' questions one by one. Give children one minute to read and record their fill-in-the-blank answer for each question. More, or less, time may be given depending on how much time you have available, reading skills and the group's existing level of knowledge of the CRC. Allow children unfamiliar with child rights to use the [child friendly summary of the CRC](#) or the [Pocket Book of Rights](#) as a reference for completing the activity.
3. Review the answers with the group using the answer slides. Ask the children to keep track of how many answers they got right.

In-person interactive option: As an interactive option for face-to-face facilitation, ask children to sit in small groups of three or four. Give each group a copy of the [child-friendly summary of the CRC](#) or the [Pocket Book of Rights](#) to use as a reference. As each of the fill-in-the-right sentences is presented give the children time to look through their summary and decide on the answer as a group. Children can also participate in facilitation by taking turns reading the questions from the screen.



Part 2: Linking key rights to mental health and wellbeing

1. Present a copy of the [child-friendly summary of the CRC](#) or the [Pocket Book of Rights](#) to the group.
2. Using the Activity 1 Presentation, draw children's attention to Articles 2, 3, 12, 13, 24 and 29. Ask children to take turns reading each of the highlighted Articles out loud.
3. Ask children to think about how the topic of mental health and wellbeing might connect to each of the six key rights (Articles 2, 3, 12, 13, 24 and 29) that we will highlight for OutRight this year.

Additional activity:

Ask children to create a poster illustrating one of the key Articles and what they think this right means to them and to children around the world. Use the posters to decorate the activity room to remind children of the key rights throughout the OutRight campaign.