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OUTRIGHT

Speak out on children's rights

SUPPORTING CHILDREN AS THEY LEARN ABOUT HEALTH

We think talking about rights, health and wellbeing is something everyone should feel safe to do. These topics can bring up strong emotions sometimes though. As always, if you're concerned about a child you're working with, it's important you follow your organisation's safeguarding policy and procedure.

We advise that you review materials before sharing them with your group and stay sensitive to the ways in which children may be affected by the themes raised.

Please refer to the [Introduction Pack](#) for a list of organisations that offer free 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 consider how the ability to access health systems is linked to a child's right to the best possible health (Article 24), freedom of expression, and to freedom from discrimination.

Preparation:

- Review the CRC articles 2, 3, 6, 12, 13, 23, and 24
- Print and cut out a set of UNCRC icons cards for each small group (single sided)

Facilitator materials and resources:

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

Optional

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

Participant materials:

- Set of matching/memory cards created from the CRC icons and definitions

Tips for those working in Early Years settings:

- Play the rights memory game using numbers and colours for matching
- Watch the [We All Have Rights video](#) by UNICEF on YouTube
- Hide the rights memory cards around the room for articles 2, 3, 6, 12, 13, 23, and 24 and have children search for them, then put them in order by number.

Facilitator introduction

The UN Convention of the Rights of the Child (CRC) is a list of 54 articles that outline the rights that governments in the UK and around the world have agreed all children (all people under 18) should have. The first 42 articles outline the rights children have as '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 fulfil their obligation to make sure that children can enjoy all their rights.

In this year's OutRight we will focus on:



ARTICLE 2:

No discrimination



ARTICLE 3:

Best interests of the child



ARTICLE 6:

Life, survival, and development



ARTICLE 12:

Respect for children's views



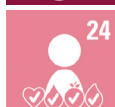
ARTICLE 13:

Sharing thoughts freely



ARTICLE 23:

Children with disabilities



ARTICLE 24:

Health, water, food, environment

PART 1: CHILD RIGHTS MATCHING/MEMORY GAME

1. Use the Activity 1 Presentation to introduce the child rights matching/memory game, explaining it's a game to remind you all what you already know about children's rights, and help you get to know the articles you'll be exploring in OutRight this year.
2. Invite the children to split into small groups. Give each group a set of the matching cards created by printing and cutting out the [CRC icons and definitions](#).
Tip: For early years and pre-reading levels use two sets of the picture only side of the icon cards printed in colour to make it easier to remember and match them. For older children or children more familiar with the CRC, have them match icon cards with the full definition cards. Allow children to use the child-friendly summary of the CRC as a reference. For a shorter game, remove some of the articles, being sure to keep the cards for the key articles 2, 3, 6, 12, 13, 23, and 24 in the game.
3. Ask the children to shuffle the cards and lay them all face down on the table. They should take turns, turning any two cards face up on each go. If the two cards match, the child should read the right out loud to their group then keep those two cards and take another turn. If the cards don't match, they return the cards face down in the same places and the next player takes their turn. The game is finished when all the matches have been made.



PART 2: WHICH RIGHTS LINK TO HEALTH SYSTEMS AND A CHILD'S RIGHT TO HEALTH?

1. After completing the game, ask the children to turn all the pairs face up on the table. Explain that this year's OutRight activities will explore why strong health systems are important for children's rights to be realised.
2. Ask the children to look at the cards, and to pick out which articles they think might link to the topic of building strong health systems and a child's right to the best possible health.
3. Ask each group to share one article that links to health and health systems and explain why they think it's connected. Prompt children to explore articles 2, 3, 6, 12, 13, 23, and 24 if they don't identify them on their own (we'll explore these connections in further detail in Starter Activity 2).

Tip: download more ideas for [games using the CRC icon cards to learn about child rights here](#).