

Children are citizens

Listen to us. Involve us. Help us to help you.

SOUTH AFRICAN **ChildGauge** 2010/2011

What are children's rights to participate?

Children's rights to participate are protected by international and South African law, and include the right to:

- dignity and respect
- equality and non-discrimination
- access to appropriate information
- freedom of thought, conscience and religion
- freedom of expression
- be heard and taken seriously
- privacy
- freedom to make political choices
- assembly, protest, picket and petition.

What is needed to make these rights a reality?

Adults need to:

- make us feel welcome
- relax when helping us
- be calm – not aggressive
- explain what is going on
- assist us and guide us
- give information that we can understand
- listen to us
- give us a chance to express ourselves
- let us tell our side of the story
- take action – it's pointless listening and then doing nothing
- respect our point of view.

Children need to:

- listen to adults
- ask questions
- be open
- share information
- let adults know and keep them informed
- respect adults' point of view.

What are the benefits?

When children and adults work together we can:

- grow closer relationships and co-operate better
- take a stand when our rights are violated
- change our education system for better
- build a caring society – a better South Africa
- keep children inspired, motivated, involved.

Where do children have a say?

Homes: There must be respect between parents and children.

Communities: Children need to be made to feel welcome to speak, not feel shut down.

Schools: Teachers, parents, learners and community members must work hand in hand.

Clinics and hospitals: Ask before touching me.

Courts and police stations: Let us tell our side of the story.

Government: Youth getting involved in something – that can change the world!

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welcome
care
motivate

listen
make time

understand
love
respect