

# CHILDRENS RIGHTS

YOU HAVE THE RIGHT TO;

1. Be safe
2. Feel loved and love
3. Tell someone if you need help
4. Have somewhere to live
5. Have enough food to eat
6. Go to school
7. Be respected and heard
8. Make Mistakes
9. Have your own opinion
10. Ask questions
11. Change your mind
12. Say no to things that hurt you

## WHO CAN I CALL FOR HELP;

HELPFUL NUMBERS;

Childline : 1800666666

Text to talk 50101

Gardai: 999 Or 112

[www.reachout.com](http://www.reachout.com)-on line Youth Mental Health

My safety people are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_