



YOUR RIGHT TO BE SAFE



Did you know that you and **all children under 18 years old in Aotearoa New Zealand have rights** under the United Nations Convention on the Rights of the Child?!



For short, we call this the **Children's Convention!**



A very important right that you and **all children have is the right to be safe** from being hurt or badly treated by the people looking after you, and people in your community.

If you or someone you know is hurt or being treated badly, **you have the right to be listened to, and to be helped.**



If you are worried about yourself or a friend being hurt or treated badly, or if something or someone is making you feel unsafe, scared, or worried, **it's always okay to speak up.**

Talk to a grown-up you trust. This might be a parent, a teacher or kaiako, someone in your family like your grandparents, a friend's parent, someone from your marae or church, or your doctor, nurse or counsellor.



Remember that you should be safe at all times.

Trusted adults want to help and can help keep you safe from harm.

If you'd rather talk to someone outside your family, whānau or community, you can visit this website to find some helplines, with people who are trained to listen to you and help, via online webchat, txt or phone call: <https://www.dearchildren.co.nz/help-resources#resources-for-children>



More information about the Children's Convention and Children's Rights

The Children's Convention is an agreement between almost every country in the world, including New Zealand. It is about children's rights.

Children's rights are about all children being treated fairly and having good lives.

Our government has agreed to do all that it can to make sure your rights are respected, and that you and your whānau know about your rights. All adults and organisations in your life should work together for children, like you, to make sure your rights are made real.

One of your rights is to be safe, and you have lots of other rights too – they are all really important, because as a child, you are important!

You can find out more about your rights and the Children's Convention here:

<https://www.manamokopuna.org.nz/publications/resources/united-nations-convention-on-the-rights-of-the-child/>

You have a Children's Commissioner

The Children's Commissioner is a person who is working for your rights every day. Your Children's Commissioner is Jane Searle. She lives in Kirikiriroa, Hamilton, but meets children and young people around all around the country, and works for all children in New Zealand.

The Children's Commissioner has a team of people who are working with her focusing on the rights of children every day – Mana Mokopuna. Jane and the Mana Mokopuna team champion your right to be safe every day.

Find out more about your Children's Commissioner here:

<https://www.manamokopuna.org.nz/about/people/jane-searle/>

What the United Nations' expert group on children's rights says about keeping children safe

To help make sure all children in New Zealand stay safe, the United Nations' expert group on children's rights has asked our Government to:

- Collect better information about children who experience violence, including domestic abuse, bullying, and sexual harm. This will help create plans and improve services to prevent and stop violence, particularly against mokopuna Māori, Pasifika and Rainbow mokopuna, and mokopuna whaikaha
- Make sure that mokopuna and whānau know how to get help if they are feeling unsafe or experiencing violence
- Make it easy for children who have been hurt to get help, like through counselling, to heal and feel safe again and to experience justice
- Work closely with community groups and pay for programmes that help families and communities prevent and deal with child abuse and violence.

They also made recommendations about ending child marriage and urged the government to protect the rights of intersex children.

You can find child and youth-friendly information and read more about what the United Nations' expert group said in English and te reo Māori, here:

<https://www.manamokopuna.org.nz/publications/reports/doing-whats-right-for-mokopuna/>