

Know your rights...



A guide for children
and young people





How can I help you?

Participation is the means by which young people realise their rights, where they join with adults to make decisions

This guide is for children and young people. It informs you about your rights and how you can receive support

Our principles of participation

It is an on going process to enable young people to influence their outcomes and values and supports collaboration with children and young people aged 0–19 years of age (or up to 25 if you have a disability, or are a care leaver)

Four Principles

Invest

How we will make sure that:
Everyone working in Sandwell's Children's Trust understands the importance of participation. That you feel valued when working with us to improve the services you receive. That Sandwell Children's Trust are one of the best in the country at participation and that you have fun!

Involve

How we will make sure that you:
Can design, develop and review the services you receive can have your say when making decisions about services that affect you

Influence

How we will make sure that:
The feedback you give us and the things that you tell us make a difference to the services we provide. Your views and experiences are making things better for children and young people in the future. Your views and experiences are improving the way that we work with local and national partners

Inform

How we will make sure that you:
Understand the information that you need to make decisions about your life, know exactly what your rights are

In 1989, Governments across the world promised all children the same rights by adopting the UN Convention on the Rights of the Child

(we call this the UNCRC).

The UNCRC tell you what your rights as a child are, they are listed here:

Article 1

Everyone under 18 has all these rights.

Article 2

You have the right to protection against discrimination. This means that nobody can treat you badly because of your colour, sex or religion, if you speak another language, have a disability, or are rich or poor.

Article 3

All adults should always do what is best for you.

Article 4

You have the right to have your rights made a reality by the government.

Article 5

You have the right to be given guidance by your parents and family.

Article 6

You have the right to life.

Article 7

You have the right to have a name and a nationality.

Article 8

You have the right to an identity.



Article 9

You have the right to live with your parents, unless it is bad for you.

Article 10

If you and your parents are living in separate countries, you have the right to get back together and live in the same place.

Article 11

You should not be kidnapped.

Article 12

You have the right to an opinion and for it to be listened to and taken seriously.

Article 13

You have the right to find out things and say what you think, through making art, speaking and writing, unless it breaks the rights of others.

Article 14

You have the right to think what you like and be whatever religion you want to be, with your parents' guidance.

Article 15

You have the right to be with friends and join or set up clubs, unless this breaks the rights of others.

Article 16

You have the right to a private life. For instance, you can keep a diary that other people are not allowed to see.

Article 17

You have the right to collect information from the media – radios, newspapers, television, etc – from all around the world. You should also be protected from information that could harm you.



Article 18

You have the right to be brought up by your parents, if possible.

Article 19

You have the right to be protected from being hurt or badly treated.

Article 20

You have the right to special protection and help if you can't live with your parents.

Article 21

You have the right to have the best care for you if you are adopted or fostered or living in care.

Article 22

You have the right to special protection and help if you are a refugee. A refugee is someone who has had to leave their country because it is not safe for them to live there.

Article 23

If you are disabled, either mentally or physically, you have the right to special care and education to help you develop and lead a full life.

Article 24

You have a right to the best health possible and to medical care and to information that will help you to stay well.

Article 25

You have the right to have your living arrangements checked regularly if you have to be looked after away from home.

Article 26

You have the right to help from the government if you are poor or in need.



Article 27

You have the right to a good enough standard of living. This means you should have food, clothes and a place to live.

Article 28

You have the right to education.

Article 29

You have the right to education which tries to develop your personality and abilities as much as possible and encourages you to respect other people's rights and values and to respect the environment.

Article 30

If you come from a minority group, because of your race, religion or language, you have the right to enjoy your own culture, practise your own religion, and use your own language.

Article 31

You have the right to play and relax by doing things like sports, music and drama.

Article 32

You have the right to protection from work that is bad for your health or education.

Article 33

You have the right to be protected from dangerous drugs.

Article 34

You have the right to be protected from sexual abuse.



Article 35

No-one is allowed to kidnap you or sell you.

Article 36

You have the right to protection from of any other kind of exploitation.

Article 37

You have the right not to be punished in a cruel or hurtful way.

Article 38

You have a right to protection in times of war. If you are under 15, you should never have to be in an army or take part in a battle.

Article 39

You have the right to help if you have been hurt, neglected, or badly treated.

Article 40

You have the right to help in defending yourself if you are accused of breaking the law.

Article 41

You have the right to any rights in laws in your country or internationally that give you better rights than these.

Article 42

All adults and children should know about this convention. You have a right to learn about your rights and adults should learn about them too.



Useful Contacts

Children in Care Team
0121 569 5922

Leaving Care Team
0121 569 2201

Participation Team
0121 569 5922

Customer Experience Team
(where you can make a complaint or compliment)
0121 569 7867

Virtual School
0121 569 2770

Out of hours number
(useful if you want to talk to somebody in the evening
or at the weekend)
0121 569 2355

The Children's Society
(Advocacy service)
01902 877 563

Childline
(24 hour advice)
0800 111



Sandwell's Participation Team

The Participation Team are here to make sure that children and young people in Sandwell are able to speak up and have their voices heard.

We have regular meetings with people like you, whether you are in care or have left care and are finding your feet as an adult.

Together we work with Sandwell Children's Trust and other partners to make your experience as good as it can be...and we have a lot of fun at the same time.

We are involved in a wide range of activities and events, from big celebration events and parties to programmes of activities where you can learn new skills and meet new friends.

We would love to hear from you. If you want to come along and get involved, speak to your social worker, family support worker or Personal Advisor...or you could get in touch with us at:

Participation_Team@sandwellchildrenstrust.org

@participationsc on Twitter

By calling 0121 569 5922





Social Worker

Your social worker is an employee of Sandwell Children's Trust. Their role is to keep you safe, happy and healthy and help you to do well in school. Your social worker will visit and speak to you during their visit. They will listen to you and work with you towards your plan.

Your social worker will attend your meetings, health checks and any other meetings about you.

Your social worker should listen to your wishes and feelings and agree how these can be best met.

If you are able to have contact with family and friends, your social worker should support this. They will also do any assessments and arrange help that you may need.

Your social worker is the person you should be able to talk to about anything and not feel scared or intimidated by them. Don't forget, they are there to help you.

Independent Reviewing Officer (IRO)



An IRO is an independent person who will oversee your care whilst you are looked after by Sandwell Children's Trust. LAC review meetings are where all people involved in your care will meet up to look at how your needs have been met and if there is anything else they can do to make things better for you.

You will have a LAC review or a Child Protection Conference every six months. You will be asked if you would like to attend the meeting to discuss decisions about your life. You can even chair your meetings if you wish to do so.

They look at how you are doing in education, how your contact is going and whether you are healthy.

The IRO will look at your plan and will make sure everyone is working towards it.

The IRO will visit you and get your views on how things are going before meetings are held. All people involved in your care will be asked to attend the meetings.



Tell us how you're feeling

There are lots of ways that you can let us know if you are happy, sad, annoyed, frustrated or angry...

You can send an email to:

participation_team@sandwellchildrenstrust.org

You can call us on:

0121 569 5922

You can ask your social worker, family support worker or personal advisor for a feedback form. We can also post one to you if you would prefer, just ask the participation team.

If you do make a complaint we will contact you straight away, and somebody from the Children's Trust will make sure that you know what is happening at all times.

