



# Your Rights, are always with you

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This storytelling and crafts handbook was created so that we could introduce children-beneficiaries of METAdrasi to the world of children's rights as stated in the Convention on the Rights of the Child.

It is aimed at older children and based on the idea that rights are a group of heroes that accompany the child since birth and never leave their side. These heroes may be made of paper, but they have enormous power because the paper they are made of carries the will and signature of all the adults on the planet who together decided to take action to protect the children.

This document aspires to be a tool and cause for discussion and action with children. Therefore, the rights listed here are a summary of the articles of the convention, and are not analyzed or described in all the terms presented at the Convention.



*The RIGHTS  
that will never leave your side!*

*For Emily and Michalis,  
Amir and Joyce  
all the world's adults,  
made a great choice.*






Every child  
from the moment they're born,  
has a group of guardians  
wherever they turn


The group's made of friends  
and protectors alike  
Created only for children,  
they have an odd name  
They're called... "rights"!





*You also have them!  
and they guard you with pride  
always and forever  
your rights are by your side!*





They stay with you,  
no matter what you do,  
when you are playing,  
running and dreaming too!  
Whether you have family,  
friends or it's just you...

They go wherever you go  
when you laugh, sing or whistle  
when you're angry or you're sad  
when you snore, sneeze or sniffle...





If you have freckles  
or if you have curls  
if you play football,  
on your phone or with dolls  
if you speak Swahili  
Spanish or Urdu,  
They're always there  
– that's what friends do!







Wherever you travel  
They come along too.  
You don't even have to fit them  
in your suitcase or shoe.

When you shout, they shout too  
when you play, they play with you  
when you speak, they listen  
and wherever you run, they will run too.



But if you think they do  
simply the same as you  
then you know about them  
only half of what is true!

When you sleep  
they are awake!  
When you get scared,  
they are not afraid!







If you are unsure,  
they know what to do.  
They listen to your needs  
and your needs are seen to!

They hold up bright signs  
for the world to see  
so someone can help  
and bring you to safety!





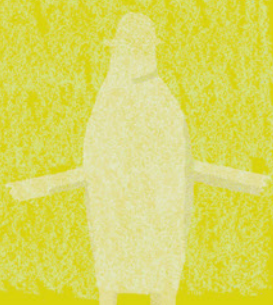
And what do they look like?  
You may want to know,  
They are all made of paper  
every single hero!





And so you might wonder  
if they're just paper and writing  
All their great power...  
Where is it hiding?

It is on the paper itself!  
which is not just any old sheet  
The paper is stronger  
Than a whole naval fleet!



Have a look yourself!  
They are crafted with care  
Every word, every phrase  
by adults everywhere!



When all the world's people  
Come together as one  
They can do everything,  
and then some!

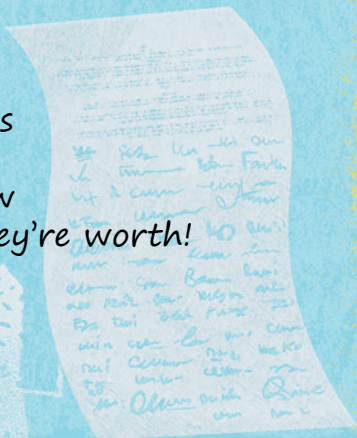




For the sake of all children  
All adults came together  
they raised their voices  
to protect children forever



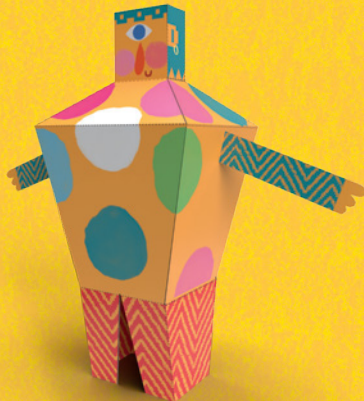
The force of these heroes  
Is known around Earth  
They are part of the law  
Now you know what they're worth!



## *Meet the almighty paper heroes called... Your rights!*

First and foremost, you have the right... to have rights! Whatever your ethnicity, color, gender, language or religion. Whatever your social or economic status. Whatever your... your favorite color or the food you eat, your silliest grimace, how you laugh, how you walk or sleep. No matter what you want to be when you grow up, no matter what you believe, no matter what games you like to play... you have the same rights as every single other child, with no exception!

*Article 2 leaves no room for misinterpretation!  
When it comes to children's rights,  
there is no discrimination!*







It is your right... to be put first! All adults who have to make decisions for you or for any child, whether it is the government, an organisation or a court of law, should think of your welfare first and put your protection and care first and foremost.

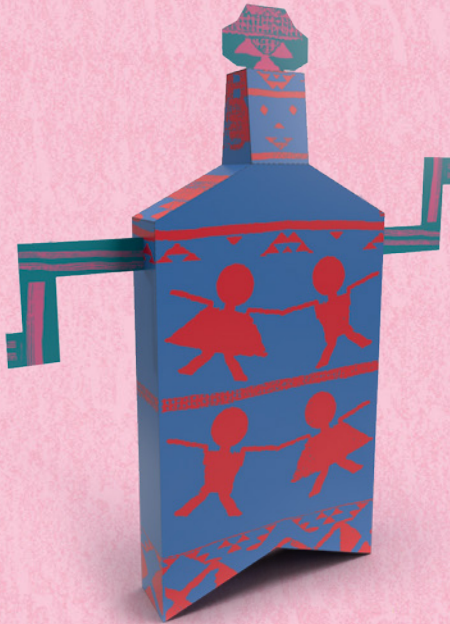
*In all decisions that affect you  
the logic is this,  
“the child comes first”  
That’s what Article 3 insists!*

You have the right... to life! Every child has the right to live and develop in the best possible way!

*To feel, to learn, to enjoy,  
to run and to play  
Every child has the right to LIVE their life,  
That is what Article 6 exclaims.*







It's your right... to have your own identity! To have your own name, to have your own country, your own origin and your own relationship with your own people. No one has the right to take away the things that make you... you!

*The right to BE YOU is great,  
it is defended in Articles 7 and 8.*

It is your right...to live with your family and not be separated from them (unless it is for your own safety). And whenever you and your family are apart, in different places or countries, everyone should do everything in their power as soon as possible to get you back together and everything in their power to ensure that you can see each other while you are apart.

*Every child should live with their family,  
If you are separated, Articles 9 and 10  
will help you unite again rapidly!*







It is your right ... to speak your mind about any decision that affects you. Adults must listen to you carefully and pay attention. And it is still your right to seek, learn and impart information and ideas and share your thoughts verbally, in writing or through any form of art, as long as you do not offend or harm others.

You have the right to speak your mind about anything that concerns you, to be heard and considered.

You have the right to express yourself and to share your thoughts with complete freedom.

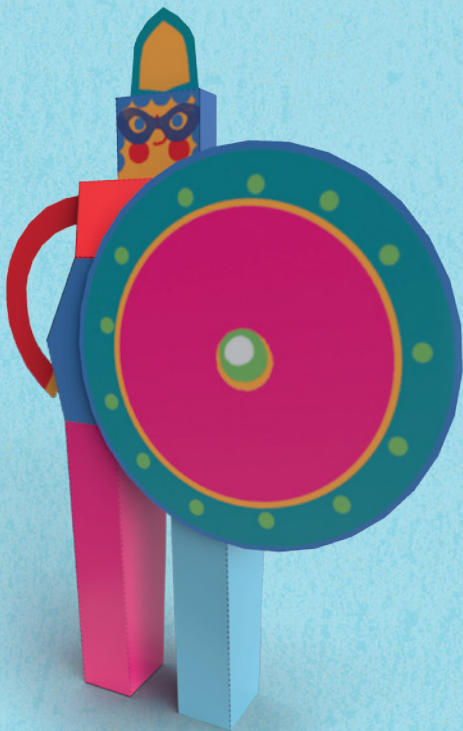
*It is clear what Articles 12 and 13 are about,  
you have complete freedom to express yourself  
and share your thoughts without doubt!*

It's your right... to think freely and choose your beliefs. It is your right to believe or not believe in a religion and to practice your religion as long as it does not prevent other people from exercising their rights.

*Article 14 does clearly show,  
You can believe what you want  
and think what you know!*







It's your right... to be protected from all forms of violence, neglect, exploitation and all forms of abuse.

*No one's allowed to cause children harm or pain,  
That's what Article 19 does proclaim!*

It is your right... to receive special care and protection if you are a refugee. If you were forced to leave your country, alone or with your parents, because you were in danger. And of course, you have all the other rights of the Convention!

*If to your country, you had to say goodbye  
On Article 22, you can surely rely-!*







It is your right... to receive high-quality education, which the State must help you complete. It is your right to go to a school that will help you develop your talents and skills in a climate of mutual respect.

*Article 28 has only 1 rule:  
the guarantee to go to school!*

It is your right... if you belong to an ethnic, linguistic, or religious minority, to share your culture, to speak your language and to practice your religion.

*Your customs, your language, are yours forever,  
according to Article 30,  
you may use them wherever!*







You have the right... to rest, to have free time, to play,  
to have fun and to have hobbies that interest you

*Hobbies, free time and playing for fun,  
this is your right with Article 31!*

It's your right... to be protected from economic exploitation  
and any dangerous job that might risk your education,  
your health or your development.

*Work is for adults,  
and older kids too  
school is for all children.  
That's Article 32!*








It's your right... to be protected in every way from sexual violence and exploitation, such as coercion into sexual activity, prostitution and pornography.

*Your body belongs only to you,  
Article 34 proves this is true!*



Just a second... one more thing! Article 42 states that you as well as adults should know your rights and that is also YOUR RIGHT! One more right! Well, probably not just one, but many more! Because your rights are not just the ones listed here. Go to <https://www.ohchr.org/en/instruments-mechanisms/instruments/convention-rights-child> and <https://www.synigoros.gr/paidi/downloads/sp.pdf> to know all your rights, as stated in the Convention on the Rights of the Child.

*You believe, you feel that one of your Rights has been violated?*

If you want to report to METAdrasi, any incident of violation of your rights you can call (+30) 2141008700 - ext. 302 / (+30) 6908091459 or send a message to [cpreport@metadrasi.org](mailto:cpreport@metadrasi.org) or visit

<https://metadrasi.org/en/selection-en/>