

# Right to be heard

CHILD RIGHTS #12



You have the right to be listened to and taken seriously



The Children's Commissioner for England, Dame Rachel de Souza, listens to children and young people's views and speaks up for you.

The Children's Commissioner makes sure that Government and policy-makers take your views and interests into account when making decisions that affect you.

You have lots of other rights as well as your right to be heard including freedom of thought and religion, protection of privacy, access to food, clothing and a safe home. You can find out about all of your rights via this link <https://www.unicef.org/media/56661/file>

Your views and opinions should be respected and taken into consideration in relation to what happens to you at home, at school, and in your community.

# What children have told us



It's important for you to be heard and taken seriously:

**"...I also think that young people should have a voice on what is going on locally, in their own country, or globally as it is their future and they want to make the world a better place whether it is about global warming or economic problems. We need a voice."**

- Girl, 14

You deserve a voice and are happier when your opinion is considered:

**"I feel very strongly that all young people deserve a voice. This could range from opinions on school to suggestions about how the country is run and what to do about the serious issue of climate change. I feel that the more we have a voice the happier we'll be as a community..."**

- Girl, 13



You sometimes feel adults opinions are prioritised:

**"We feel like we don't have a voice or if we do have a voice it can be easily discounted or discredited because however much logic and information we provide the adults view is put as a priority."**

- Girl, 13



Having your opinions heard can help you achieve:

**"I know it sounds a bit silly, but I think this would really help children in England – and around the world – to achieve what they want to do when they grow up. I have a voice as a child, thank you for listening."**

- Girl, 11



All quotes from The Big Ask, the largest ever survey of children, with over half a million responses!

## There are a range of people you can turn to for support

- Your family • Your friends • Professionals e.g. your GP and staff at your school
- Charities e.g.
  - Childline (childline.org) Calls are free, 24 hours a day: 0800 1111
  - Shout (giveusashout.org) Text 'SHOUT' to 85258 for advice.

