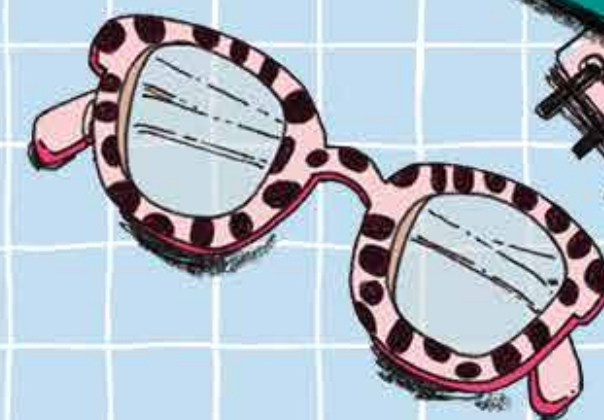


**Do I have rights?
I do have rights!**

Panos Christodoulou - Stella Stergiou



CONTENTS



Child

04

Identity

08

Family

10

Freedom
of speech

20

Health

22

City of
Rights

26

Home

12

Home

14

Play

18

Heroes

32

Convention

36

Glossary

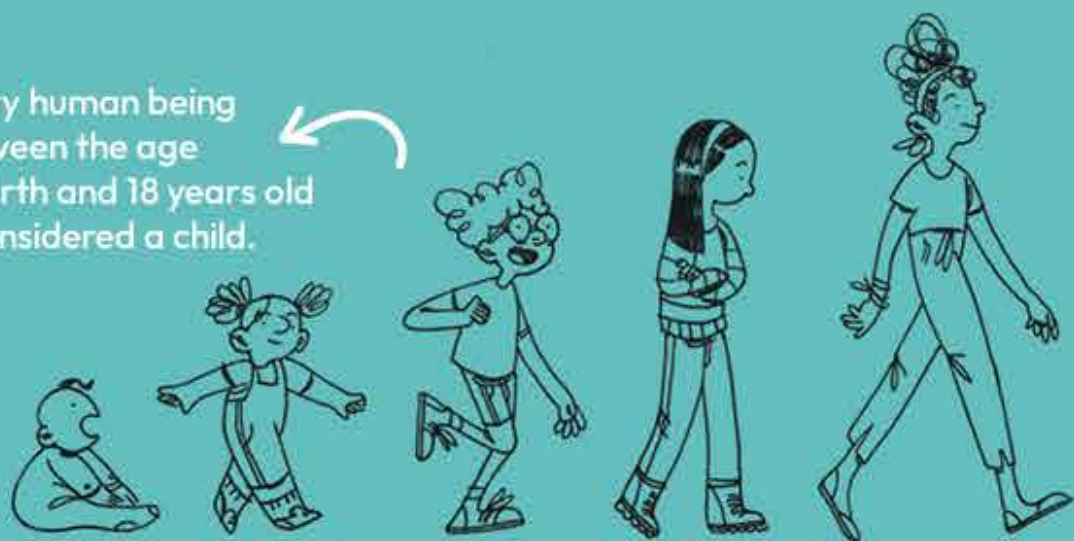
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A child



Hi! My name is Max. I am 8 years old.
This is my birth picture. But, even though I've grown older,
I AM STILL A CHILD!

Every human being
between the age
of birth and 18 years old
is considered a child.



In my country there are 1,5 million children.
The world's population is 7.8 billions and 1.9 billions are children.
AND WE ALL HAVE RIGHTS!

OMG! We are so
many! Do you think
there are children in
other galaxies too?

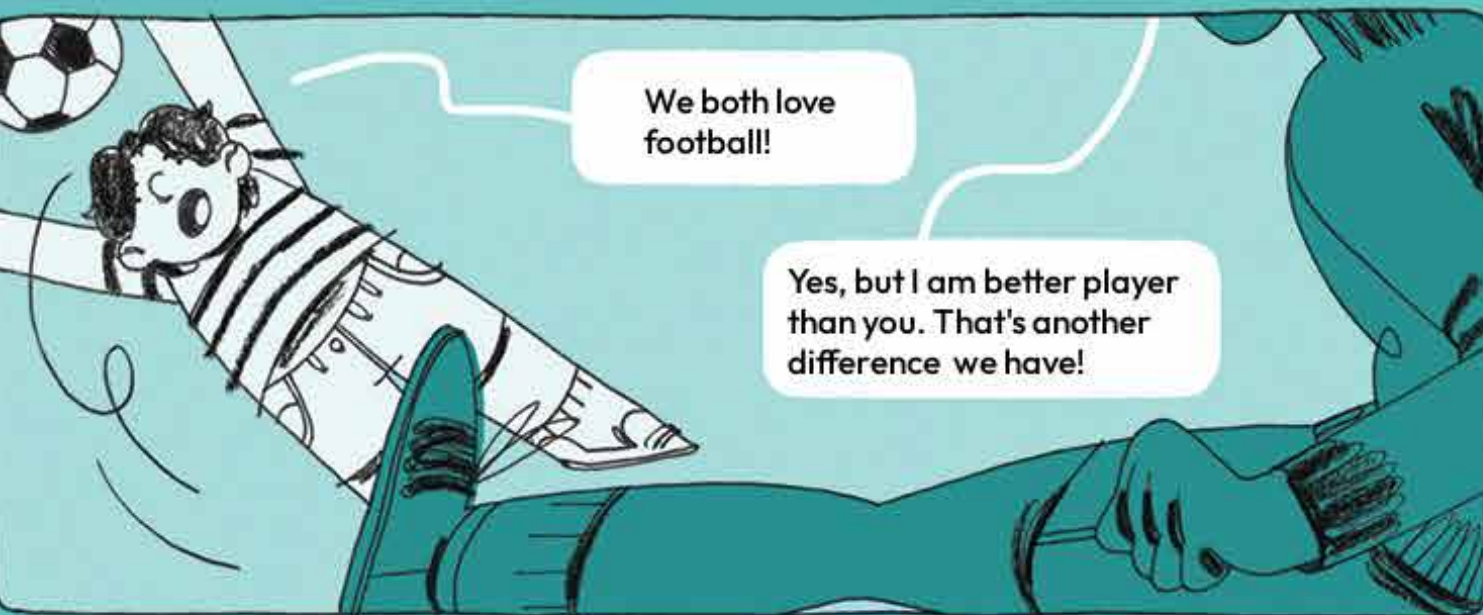




Kate, do you think there are children in other galaxies?



Stop exaggerating things! I also said that we are different: I am a boy and you are a girl, I am 8 and you are 13. But we do have similarities as well.



We both love football!

Yes, but I am better player than you. That's another difference we have!



I don't know. Maybe.

If they exist, do you think that they are different from us?

Of course they will be different. Look at us! We are siblings and we are completely different.

Oh, sorry... I forgot... This is my sister, Kate...

Who are you talking to?

... my sister who thinks that we are different.

Oh yes! Completely different!

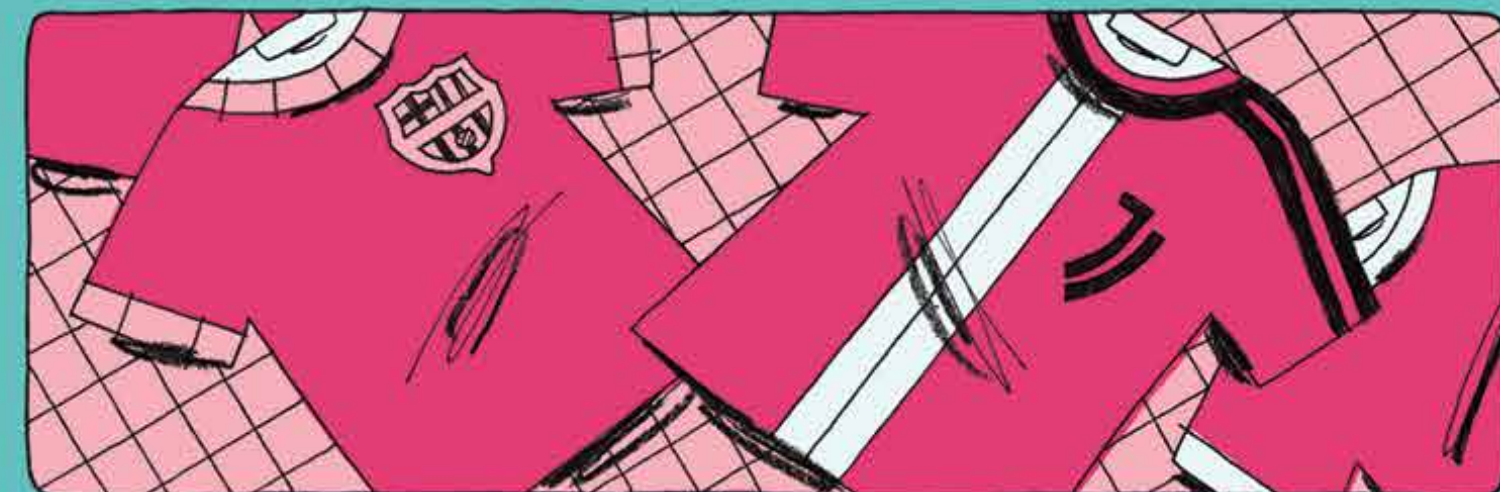


Ok! I'll tell you something we have in common. We both love pink color...

That's nonsense!



Don't be silly! Pink is just a color. Not a girl or a baby color. After all, two of the best football teams have pink playing uniforms: Juventus and Barcelona.



That's true. Barcelona is our favorite football team, That's another thing we have in common.

Ok. But that's all we have in common. Nothing else.

You are exaggerating again. However, no one is identical with another, not even twins. Everyone is unique.

Max doesn't admit that he likes pink. He is afraid that other boys will mock him because they think that pink is for girls.

It's not that. It's just that pink is... for babies.

THE RIGHT TO IDENTITY

And what that means? Well, all the elements and characteristics that define who we are. Some of these characteristics are written on our ID card or passport.

HELLAS

GR PASSPORT

Tύπος/Type P Χώρα/Country ELL/GRC Αρ. Διαβατηρίου/Passport No. AP8003695

1. Επώνυμο/Surname ΜΑΚΡΗΣ ΜΑΚΡΗΣ

2. Όνομα/Name ΜΑΞ ΜΑΧ

3. Ιθαγένεια/Nationality ΕΛΛΗΝΙΚΗ/HELLENIC

4. Φύλο/Sex Μ

5. Ημ. γέννησης/Date of birth 29 Mar 2014

Name is the word or set of words by which a person or thing is known, addressed, or referred to.

Nationality is the status of belonging to a particular nation.

Sex refers to a person's physical characteristics at birth, and gender encompasses a person's identities, expressions, and societal roles.

This is my passport. Every child has the right of identity from the moment of birth.

Alanis Liseth Perez Quintero

My name is Alanis. I'm from Panama, from the Kuna tribe. I am a girl. .

My name is Bennu. I am a girl. I am a refugee from Myanmar.

My name is Giannis. I was born and raised in Greece by Nigerian parents. Can you guess my nationality?

My name is Niko. I am a boy with two nationalities: Greek like my parents and American because I was born in U.S.A.

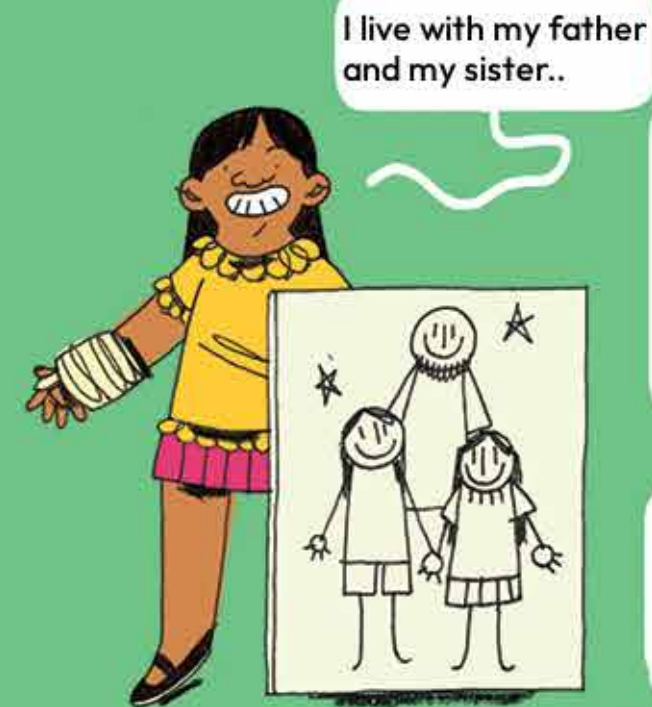
My name is Chang. I am from China. I was raised as a girl but I feel myself as a boy.

My name is Akahata. I a boy from New Zealand. I come from the Maori tribe.

My name is Alanis. I'm from Panama, from the Kuna tribe. I am a girl. .

THE RIGHT TO HAVE A FAMILY

Family has a crucial role in our life. It's the first team that we belong and in this team we learn how to relate to others, how to bond and which are our rights and responsibilities. Family protects us meets our basic needs. That's why every child has the rights to be part of a family.



I met my parents when I was 5. They say that I may not have their eyes or smile but I surely have their heart!



My parents have kids with their previous partners as well. I have a big family.



I live with my mother and my sister.



I was separated from my family during difficult times in my country. I want to be with them again.



I live with grandpa, grandma and my sister.



THE RIGHT TO HAVE HOME

Home is not just a place where we live protected from the external weather conditions, but also our shelter. It's our personal space, where we can isolate, relax and have some "me time".

Is container
a home?

Is tent
a home?

Is jail
a home?

THE RIGHT TO EDUCATION

Apart from home and family, we have other basic needs we need to meet. One of the is **EDUCATION**. Every child should have access to a school that offers equal opportunities to all students. The knowledge and skills that we acquire at school, give our lives more perspective. It has been proven that education affects positively even our health and also gives us a chance to actively participate in decisions that will affect our lives in the future.



Which of these objects can be found in a school?



In my school, when students face a problem, they discuss about the possible solutions and then they vote. The majority vote should get the approval of the students council.



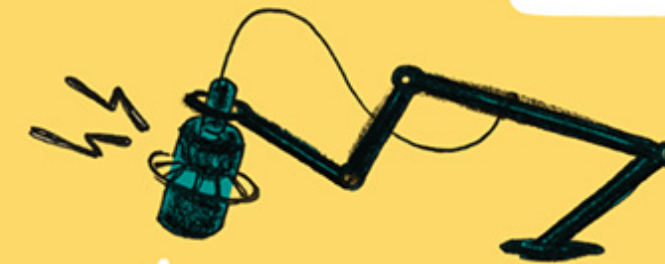
The students in my school are not always in a classroom. They often go to parks and forest for outdoor lessons. Sometimes they just stare at the clouds and their teacher says that this also a lesson you have to learn.



In my school there is only one classroom for all grades. Actually that's not a problem because children learn how to cooperate and help each other.



In our school you can hear music everywhere! Children study music, dance and drama. It's an art school!



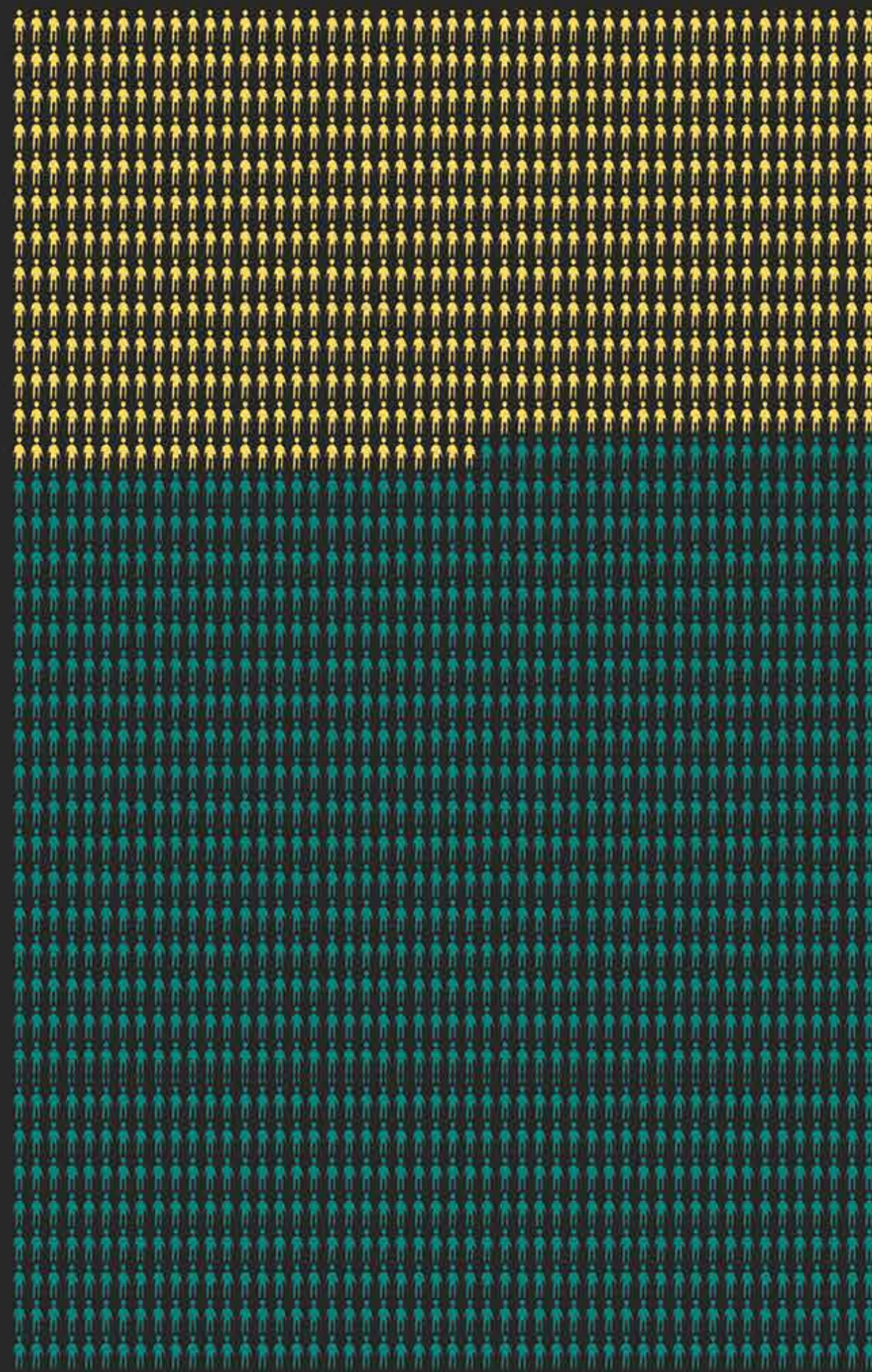
My school is a member of the European School Radio Community. The students of each class have their own radio show where they can express themselves freely. We are ON AIR!



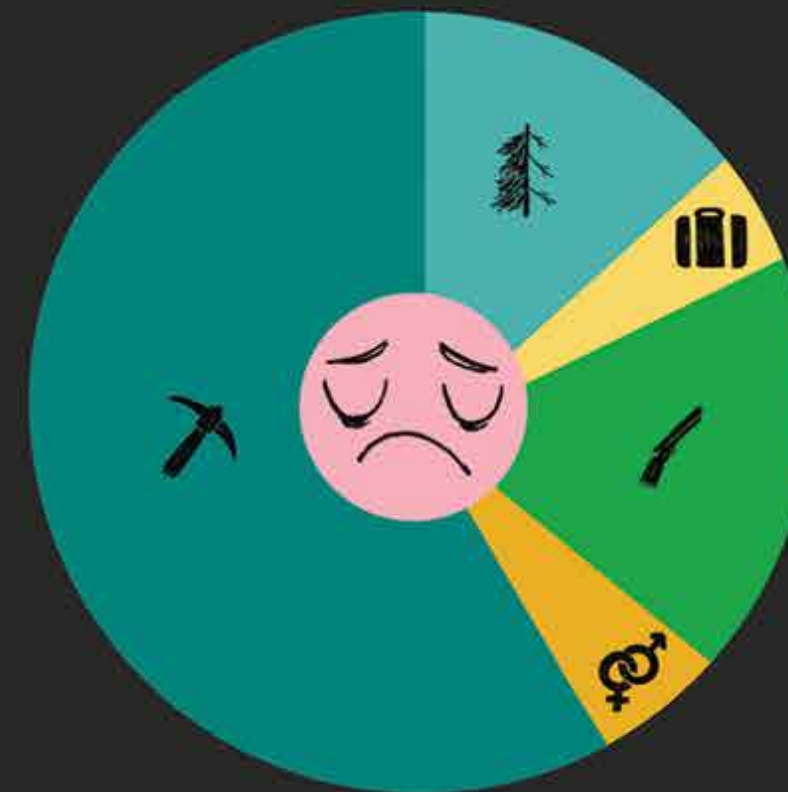
I usually stand on the rack, next to the vegetable garden. Students were me for their gardening class. They yield vegetables and fruits and then they cook them for their meal.



Some may say that a container classroom is not nice. But look at me! Teachers and students have painted the walls and crafted bookcases from scrap wood!



About **260** million children are out of school. The total includes **59** million children of primary school age, **62** millions of lower secondary school age and **138** millions of upper secondary age. **17** million children and youth don't have basic reading, writing and mathematical skills. That means **1 in 4** children.



- 160** million children don't go to school because they work.
- 48.5** million children don't go to school due to war conflicts.
- 37** million children don't go to school due to climate change.
- 12** million girls don't go to school due to marriage or pregnancy.
- 3** million children don't go to school because they are refugees.

617 million children don't have basic reading and math skills.

260 million children don't attend school.

132 millions that don't attend school are girls



THE RIGHT TO PLAY



Playing should be our only obligation! Playing includes imagination, creativity, freedom, collaboration, excitement, joy and discovery but also disappointment and rules. All these are crucial for our development and that's why playing is a **RIGHT** that should not be neglected.



ASTARTA



4000 BC: ancestor to chess (Babylonia)



3000 BC.: ancestor to backgammon (Sumeria) and stone balls (Egypt)



1000 BC: paperkites (China) and stone yo-yo (Greece)



1824 : The first rubber ball (in ancient times there were balls made from animal intestines)

1820: Johann Maelzel invents the first speaking doll.



1800: first paly ground



969 : first card game (Asia)



200 AD: skating shoes (Scandinavia)



1840 AD: first massed produced doll

1860: first bicycle



1902 : first teddy bear.



1936: first Monopoly

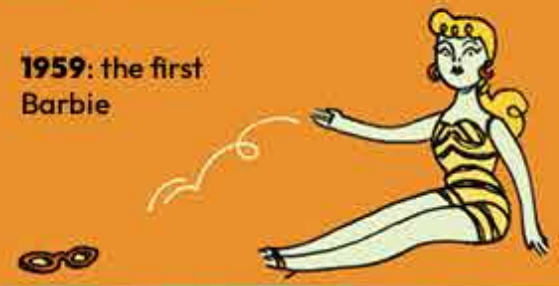


1940: Edward U. Condon invents a computer that plays against a human a game called Nim. Computer wins 90 out of 100 games.



1967: Brown Bpx, the first gaming console is being launched to the market

1959: the first Barbie



1958: the first skateboard sold in market. many years before, children used to make their own skate boards with wood planks and wheels.



1956: Play Doh is being launched as a tapestry detergent at first and then as a toy.



1949: first LEGO



1989: the first Game Boy



1999: Dreamcast, a new gaming console is launched to the market which will lead the way to online gaming.



2009: Games like Angry Birds and Candy Crush become apps for cell phones.

FINISH





THE RIGHT OF FREEDOM OF EXPRESSION

Everyone has the right to freedom of expression. This right shall include freedom to hold opinions and to receive and impart information and ideas without interference by public authority and regardless of frontiers.

I found it at the garbage. We should keep it in our house.

We should stop the demolition of the animal shelter #save_animals

Is that freedom of expression?

How many times should I tell you that I don't want you to buy me a dog! Pets are not toys!

Let's write a song for the animal rights.

Livestreaming from our demonstration.

I am writing a letter to the City mayor that we should protect the animal shelter.

Protect animals

RIGHT TO HEALTH

We often hear about the right to health but do we actually know what that means? We thought that an interview with a pediatrician could be a good idea.

1

What does the right to health care means?

The right to health means that we should all have access to health services and medicine, when and where we need them without suffering financial hardship. We should also have access to preventive health care in order to maintain our physical and mental health...

2

Where can I find a pediatrician? Can I choose him/her?

Pediatricians are usually found in doctor's offices and hospitals. In private clinics and hospitals you can choose the doctor who will examine you and then pay for his services. In public hospitals you don't usually choose the doctor, but there is always someone that will help you, any day and time you need him.

All public hospitals belong to the National Health System (NHS), which is necessary to exist so that everyone can find a doctor, even if he cannot afford it.

3

What does food allergy mean?

The word allergy comes from the Greek words "allo ergo" which means different task. So, when we suffer from food allergies our body reacts in a different way. For example: if I am allergic to peanuts and I try to eat peanuts, my body will start to react as if an enemy has just invaded. Sometimes this reaction is mild but in some cases it may endanger even one's life. Allergies, usually, get milder as we get older. But in any case, doctors know how to treat them.

5

Is there a doctor that can help me with my fears?

Mental health is equally important to physical health. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities. Our feelings and the way we cope with everyday things are also part of our mental health. And it's absolutely normal to have feeling and thoughts such as fear or sadness. But when they become a burden in our life and we feel overwhelmed we should ask for help. Psychologists and psychotherapists can give us advice on how we can accept our feelings and cope with them in order to be functional and live our lives with joy.

4

Why do my parents limit my screen time? Is it really harmful for my health?

Excessive screen time has been shown to have negative effects on children and adolescents. It's been linked to psychological problems, such as higher rates of depression and anxiety, as well as health issues like poor sleep and higher rates of obesity. It can also cause eye discomfort and fatigue, dry eye, blurry vision, and headaches. Children are more vulnerable than adults. However, we should all set limits in screen time.

6

Why do I get vaccines? Can they harm me? I am so confused with everything I read on internet.

Vaccines are the safest way to train our body stamina against possible attacks from microbes and viruses. I will try to give you two examples:

There is a very dangerous microbe called tetanus. If this microbe enters our body through a wound or scar, it starts immediately to multiply and produce a toxin- something like a poison -that causes spasms. Sometimes it can be so severe that can cause even death. With the vaccine, we put a tiny quantity of th this toxin in our body that cannot harm us but can cause a reaction in our stamina and starts producing antibodies against tetanus. Antibodies are something like tiny soldiers of our body specialized to attack tetanus.

The second example is the vaccine that we created against Covid virus during the pandemic. With this vaccine we give our body data to produce only a part of the virus, a protein that the virus use to enter our cells. When we produce such antibodies we protect our body from the virus attack. It is as if we lock the virus out of our cells.

Before a vaccine is given to people, scientists have worked hard to ensure that this is safe. There are many tests that should be done and very strict controls in order to be sure that noone will be harmed from the vaccine. During the pandemic we managed to save time because we had so many people that volunteered to get the vaccine in trials and we had the chance to see all the side effects really soon. Most side effects are really mild and last only a few days after the vaccination. Doctors know how to treat them in case that's needed.



It would be fantastic if we could produce vaccines that could protect us from other dangers as well! Just a tiny bite and all our rights would be immediately respected.

KIDNASTOP

The vaccine that ensures that every child he will live safely with his family and will never be kidnapped from anyone.

NARCOSTOP

Protects children from drug use and trafficking!



antiTRAFFICKING

The vaccine that guarantees children's from any kind of exploitation and abuse. No child begging, working or forced in illegal acts.

VIOLPROTECT

Prevents all forms of violence against children.

But since it is rather unlikely (at least for the time being) that such vaccines will be invented, we must inform adults about children's rights and demand that they respect them. But, before that. we should learn what our rights are, how to claim them, how to protect them.

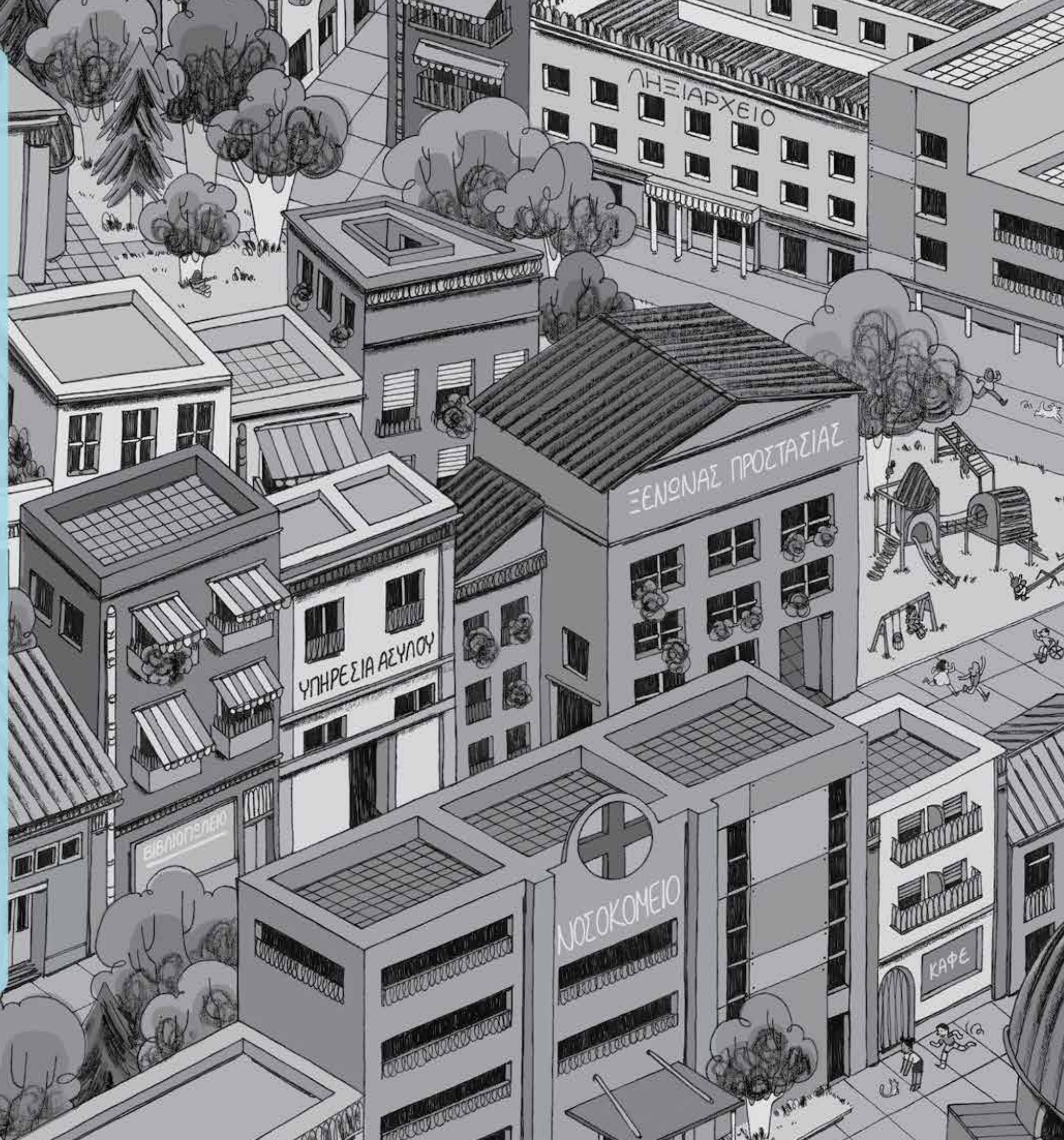
WELCOME TO THE CITY OF RIGHTS

This is the city where all children's rights are hidden. If you are a little observant and you have already understood all your rights, then you can easily discover their hiding places.

Read carefully the list of buildings and city points marked with numbers, think what happens in these spaces and combine them with one or more rights.

If you have unknown words, consult the Glossary.

READY TO PLAY? GOOD LUCK!





1. Maternity
2. Registry Office
3. Playground
4. Library
5. Museum
6. School
7. Hospital
8. Orthodox Church
9. Mosque
10. Catholic Church
11. Square
12. Park
13. Protection Hostel
14. Asylum Service
15. Advocate of the child
16. City Hall
17. Network for Children's Rights
18. Police
19. Court
20. Synagogue



2

ΛΗΕΙΑΡΧΕΙΟ

ΜΑΙΕΥΤΗΡΙΟ

1

17

19

ΔΙΚΑΣΤΗΡΙΑ

14

ΞΕΝΟΝΑΣ ΠΡΟΣΤΑΣΙΑΣ

13

ΥΠΗΡΕΣΙΑ ΑΕΥΛΟΥ

3

18

15

ΣΥΝΗΓΟΡΟΣ ΤΟΥ ΠΑΙΔΙΟΥ

ΑΣΤΥΝΟΜ

16

ΔΗΜΟΣ

ΝΟΣΟΚΟΜΕΙΟ

ΚΑΦΕ

9

HEROES OF RIGHTS

When we know our rights, we know how to claim them too. This is what these children did and that's why they are our heroes. Who do you think will be the next one?

Sophie Cruz



Sophie Cruz is a Mexican girl. She lives with her parents and sister in U.S.A. Both she and her sister have the American nationality but their parents don't. When she was 5 years old she wrote a letter to the Pope asking for his help because she was afraid that she would be separated from her undocumented immigrant parents.

*My friends and I love each other and the color of our skin is not important.

*Mis Amiguitos y yo nos amamos
Sin importar el color de nuestra piel.



Coy Mathis



Coy Mathis was born in USA labeled as male. At the age of 18 months old she started expressing herself as a girl. When she turned 4 and after the guidance of psychologists, her parents agreed to let Coy live her life with the gender that she identified herself. As a girl.

She went to elementary school of Colorado as a girl but after the reactions of other parents she was forced to use either the boy's toilet or the school nurse toilet.

Coy's parents removed her from school and filed a Complaint with the Colorado Civil Rights Division on Coy's behalf in February 2013 with the help of the TLDEF. The CCRD ruled that year in favor of Coy, one of the first decisions in the country ever holding that transgender students must be allowed to use bathrooms that match who they are.

Muzoon Almellehan



Muzoon Almellehan was forced to leave Syria at the age of 14 years old due to war conflicts. She moved to a refugee camp in Jordan where she went tent to tent trying to convince parents of other girls to send them to school instead of marrying them.

Marley Dias



Marley Dias, at the age of ten, she complained to her mother that all of her mandatory readings were books about white boys and dogs. So, she started the #100BlackGirlBooks book drive to bring more attention to literature featuring black female protagonists, with the goal to collect 1,000 books to donate for black girls to other schools.

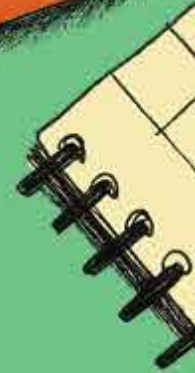
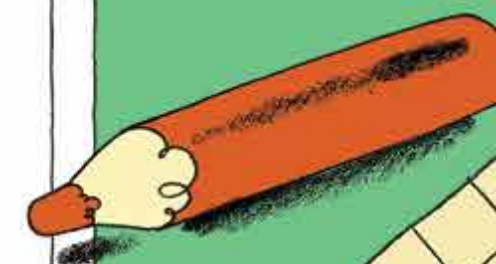
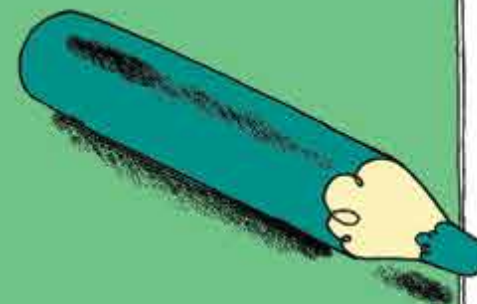


Iqbal Masih



Iqbal Masih (1982-1995) was 4 years old when he was given by his parents as a pledge to a carpet merchant, in exchange for 600 rupees (12 euros). Till the age of 10 he worked 12 hours a day, chained so as not to escape. After all, he managed to escape and became an advocate of children's rights around the world. Thanks to him, thousands of children were saved from forced labor.

BE THE NEXT HERO



THE CONVENTION ON THE RIGHTS OF CHILDREN

Child friendly version

1. Definition of a child

A child is any person from the time of birth till the age of 18.

2. No discrimination

All children have the same rights and should be treated fairly regarding of their race, gender, skin color, language, religion, disabilities or what they think, how rich or poor they are, how they look or any other reason.

3. Best interests of the child

When adults make decisions, they should think about how their decisions will affect children and what is best for children. Governments should make sure children are protected and looked after by their parents, or by other people when this is needed.

4. Government's measures

Governments must do all they can to make sure that every child in their countries can enjoy all the rights in this Convention.

5. Family's role

Parents should guide their children so that, as they grow up, they develop their skills and learn to use their rights in the best way.

6. The right to be alive

Every child has the right to be alive and develop in the best possible way.

7. Name and nationality

Every child has the right to be registered when it's born and has an official name, nationality (belong to a country).

8. Identity

Children have the right to their own identity, nationality and family relations.

9. Keeping families together

Children should live with both their parents, unless their parents are separated, or they are not able to look after them properly or must be separated from them for children's best. When a child is separated from its parents, it has the right to stay in contact with them unless this might harm the child.

10. Family reunification

If a child lives in a different country than their parents, governments must let the child and parents travel so that they can stay in contact and be together.

11. Protection from kidnapping

Governments must stop children being taken out of the country when this is against the law

12. Respect for children's views

Children have the right to express their opinions freely on issues that affect them. Adults should listen and take children seriously taking into consideration their age and maturity.

13. Freedom of thought - religion

Children have the right to search for, learn and share information and ideas. They also have the right to express themselves freely by talking, drawing, writing or in any other way unless it harms other people.



14. Freedom of thought and religion

Children have the right to express their thoughts freely and choose to have a religion or not.

15. Freedom of joining groups

Children have the right to meet and cooperate with others and demonstrate, as long as this does not harm other people.

16. Privacy

No one has the right to intrude in a child's private life, family, home or communications. Child's reputation (or good name) should be also protected from any attack.

17. Access to information

Children have the right to get information from the Internet, radio, television, newspapers, books and other sources. Governments should encourage the media to share information from lots of different sources and make sure that the information children get is not harmful.

18. Responsibility of parents and parenting support

Parents and guardians are the main people responsible for bringing up a child. Governments should help them by creating child care offices and services.

19. Neglect, exploitation, violence

Governments must protect children from any form of violence, abuse (physical, psychological, mental or sexual) and neglect by anyone who looks after them.

20. Children without families

Every child who cannot be looked after by their own family has the right to adoption or foster care.



21. Children who are adopted

Government should take measures so that the adoption of a child that takes place within the country or in a foreign country to be legitimate and for the best of the child.

22. Refugee children

Children who leave their home country (because it was not safe for them to stay there) and move to another country as refugees (alone or with their parents) should get help and protection and have the same rights as children born in that country.

23. Children with disabilities

Every child with a physical or mental disability has the right to a joyful life, to live independently, to get special medical treatment and to participate actively in education and social life.

24. Health and medical care

Children have the right to get prevention health care and proper medical treatment, when they get sick.

25. Review of a child's placement

Every child who has been placed somewhere away from home – for their care, protection or health – should have their situation checked regularly to see if everything is going well and if this is still the best place for the child to be.

26. Social care

Government should provide all children with social care, support and medical insurance.

27. Living status

Children have the right to basic living standards which include food, clothing and a safe place to live so they can develop in the best possible way. The government should help families and children who cannot afford this.

28. Education

Every child has the right to go to school without any discrimination. Children should be encouraged to go to school to the highest level possible. Discipline in schools should respect children's rights and never use violence.

29. Aims of education

Children's education should help them fully develop their personalities, talents and abilities. It should teach them to understand their own rights, and to respect other people's rights, cultures and differences. It should help them to live peacefully and protect the environment.

30. Minority culture, language and religion

Children have the right to use their own language, culture and religion – even if these are not shared by most people in the country where they live.

31. Rest, play, culture, arts

Every child has the right to rest, relax, play and to take part in cultural and creative activities.

32. Protection from harmful work

Children have the right to be protected from doing work that endangers or affects their education, health or development. Government should set strict age limits for children that work and should provide safe working environment and fair wages for them.

33. Protection from harmful drugs

Governments must protect children from taking, making, carrying or selling harmful drugs.

34. Protection from sexual abuse

The government should protect children from sexual exploitation (being taken advantage of) and sexual abuse, including by people forcing children to have sex for money, or making sexual pictures or films of them.

35. Prevention of sale and trafficking

Governments must make sure that children are not kidnapped or sold, or taken to other countries or places to be exploited (taken advantage of).

36. Protection from exploitation

Children have the right to be protected from all other kinds of exploitation (being taken advantage of), even if these are not specifically mentioned in this Convention.

37. Children in detention

Children who are accused of breaking the law should not be killed, tortured, treated cruelly, put in prison forever, or put in prison with adults. Prison should always be the last choice and only for the shortest possible time. Children in prison should have legal help and be able to stay in contact with their family.

38. Protection in war

Children have the right to be protected during war. No child under 15 can join the army or take part in war.

39. Recovery and reintegration

Children have the right to get help if they have been hurt, neglected, treated badly or affected by war, so they can get back their health and dignity.

40. Children who break the law

Children accused of breaking the law have the right to legal help and fair treatment. Legal help should be given in their native language in order to have the chance to defend themselves properly.

41. Best law for children applies

If the laws of a country protect children's rights better than this Convention, then those laws should be used.

42. Everyone must know children's rights

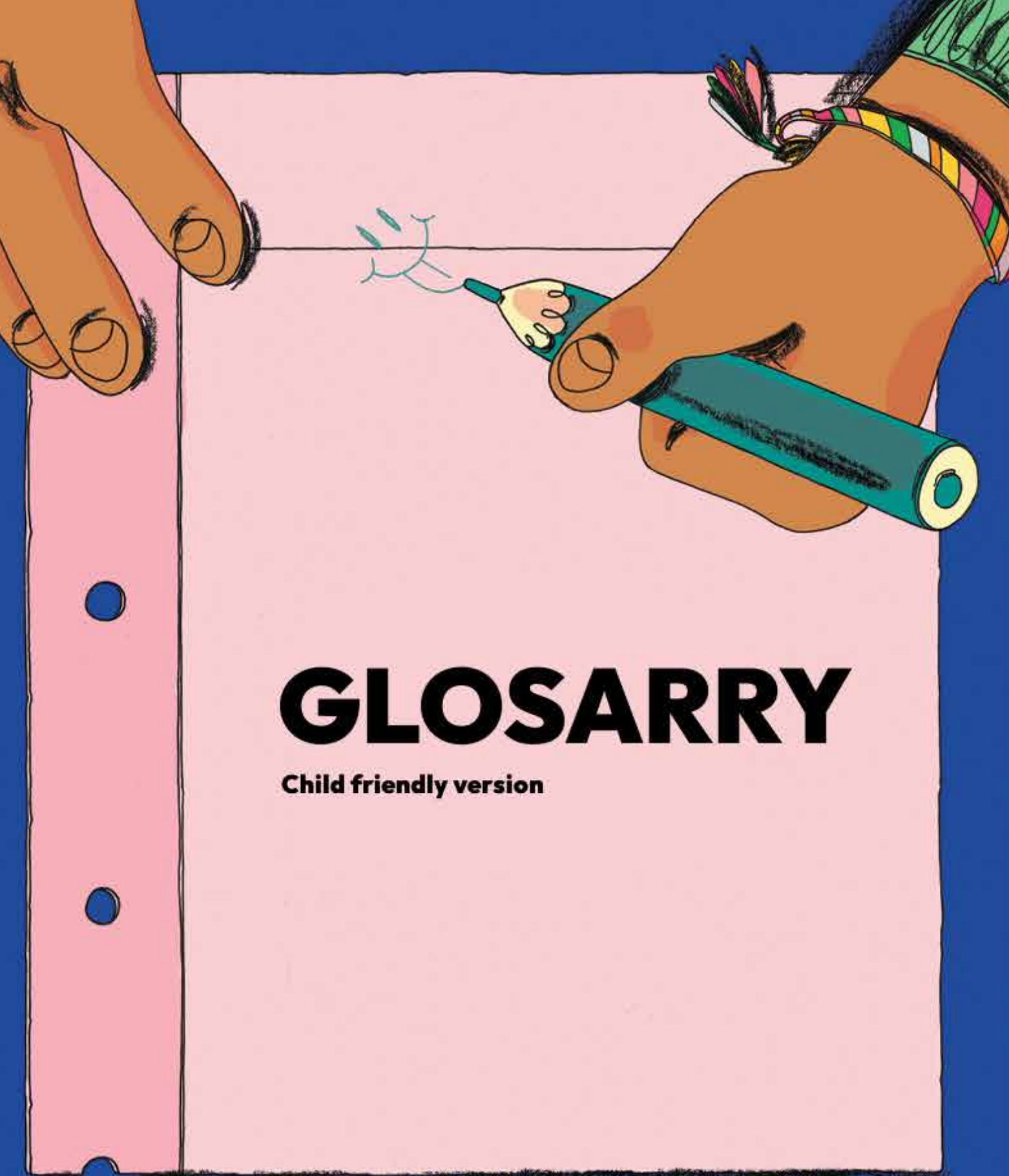
Governments should actively tell children and adults about this Convention so that everyone knows about children's rights.

43 to 54. How the Convention works

These articles explain how governments, the United Nations – including the Committee on the Rights of the Child and UNICEF – and other organisations work to make sure all children enjoy all their rights.

SCAN FOR THE
OFFICIAL TEXT
OF THE CONVENTION





GLOSARRY

Child friendly version



Terms do not appear alphabetically but according to the chapters of the book.



list of terms

Active Citizen
Nationality
Refugee
Immigrant
Sex
Gender
Intersex
Transgender
Family
Adoption
Foster care
Kidnastop / Antitrafficking / ViolProtect vaccine
Narcostop vaccine
Child's attorney
Child's Advocate
Social worker
Asylum
Asylum service
Juvenile Detention Center
Foster Home
Religious places of worship
Maternity Clinic
Birth registration office
Libraries





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Επιστημονική επιμέλεια:

Δρ. Λίνα Λαχανιώτη, Κοινωνική Λειτουργός
και επιστημονική συνεργάτιδα του φορέα ORLANDO LGBT+

Επιμέλεια κειμένων:

Χέντβιγκ-Μαρία Καρακούδα – Σταμάτης Ντογραματζής

Επιμέλεια έκδοσης:

Μαριάννα Ψύχαλου

Παραγωγή βιβλίου:

Pressious Αρβανιτίδης

Απαγορεύεται η ολική ή μερική αναπαραγωγή του έργου.
Επίσης, η αποθήκευση και η μετάδοσή του με οποιονδήποτε τρόπο,
ηλεκτρονικό, μηχανικό, φωτογραφικό ή άλλο, χωρίς τη γραπτή άδεια του εκδότη.