



4. Support for young people

4.2 Your rights – what they are and who can help?

Introduction

When it comes to your education, the right to have your voice heard is very important. If you need help to do this, it's good to know where to get that help. There is support available to you and it is important that you know how to access this. There are a number of organisations which can help you to understand what choices and what rights you have, so that you can make the best decisions for you.

What are your rights?

The United Nation's Convention on the Rights of the Child (UNCRC) applies to all children and young people aged 17 and under.

These rights include:

- 1 Your right to life without harm from other people
- 2 Your right to have your views respected, and to have your best interests considered at all times
- 3 Your right to freedom of expression, and access to information that is about you
- 4 Your right to health care
- 5 Your right to education and leisure activities

These rights apply to all children and young people, with no exceptions.

What is advocacy?

Advocacy is making sure people have the information they need to make the right choices for them, supporting people to say what they want, to secure their rights, take a full part in their communities and get the services and support they need.

You can be a self advocate and speak up for yourself. Or if you need a little help to make yourself heard there are lots of groups who can work with you.

Resources to link to or include

Rights resources

Here are links to other organisations and more detailed information about your rights:

Read more about your rights [here](#)

[Lawstuff](#) is a website aimed at young people that talks through all your rights

Some information about the [Equality Act 2010](#)



I have really enjoyed voicing the opinions and wishes of disabled young people at meetings where big decisions are made about services; and where disabled young people's views are usually not represented... professionals don't see involving disabled young people as part of their job. However... I can remind them.

Kimberley Poole, Children's Society



I'd have all the adults who discriminate against us, to listen to our opinions... Because, our opinions count, more than what they think, because they don't know who we are, so they can't say what we are thinking... We think for ourselves, they don't think for us. They should know [and] learn that.

David, Children's Society case studies

Advocacy Resources

You can talk to a trained advocate through National Youth Advocacy Service (NYAS) on their helpline: 0300 330 3131. Check out their website [here](#) where you can also get advice online

The Children's Society's advocacy services are based all over the UK, you can find their contact details [here](#)