

Health & Article 12

The right to be involved in decisions that affect you, from individual care decisions through to shaping health services that you might use.

Health & Article 23

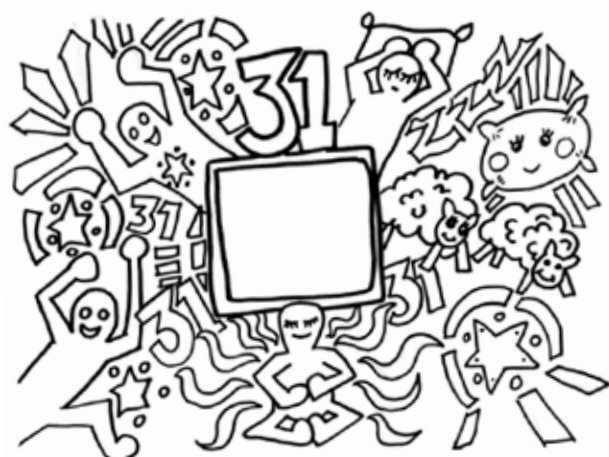
Children and young people with disabilities have the right to be actively involved, which includes having appropriate communication support within health care appointments.

Health & Article 24

The right to the best healthcare possible, which could include creating child and youth friendly health services.

Health & Article 28

The right to education, no matter who you are: regardless of race, gender or disability; if you're in detention, or if you're a refugee. This means services working together to avoid missing school due to medical appointments.

Health & Article 31

The right to rest, relax and play. This includes support to help those with conditions to be able to engage in social activities, and for health services to try to schedule appointments around important things like school matches, proms or social activities.

RCPCH & US has created an activity pack full of fun things to do to help keep you happy and well. Colouring in is a great mindfulness task and this page contains graphics to colour in that directly link to children's rights. Why not give it a go? You can find more at www.rcpch.ac.uk.