



Children's  
Health Scotland

# MY HEALTH, MY RIGHTS

## CHILDREN AND YOUNG PEOPLE'S CHARTER

This Charter has been created by children and young people living with health conditions in Scotland. In no particular order, it shows their 10 most important health rights. They asked for them not to be numbered, as they are all equally important in their own right.

At Children's Health Scotland, we listen to what children and young people tell us about their health and wellbeing, and support their right to the best possible health. We think this Charter is amazing and send a big thank you to every individual who has helped to create it.

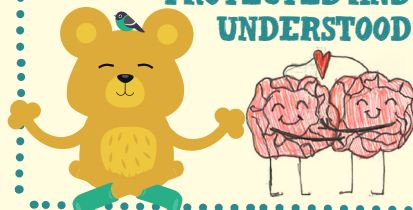
### A RIGHT TO INFORMATION IN A WAY WE UNDERSTAND



### A RIGHT TO BE EDUCATED ON OUR HEALTH



### A RIGHT TO HAVE MY BELIEFS RESPECTED, PROTECTED AND UNDERSTOOD



### A RIGHT TO ACCESS BENEFICIAL FOOD AND WATER



### A RIGHT TO FUN



### A RIGHT TO SAFE SPACES



### A RIGHT TO RESPECT, PRIVACY, AND DIGNITY



### A RIGHT TO KNOW A TRUSTED ADULT CAN STAY WITH US



### A RIGHT TO BE HEARD AND RESPECTED



[www.childrenshealthscotland.org](http://www.childrenshealthscotland.org)

With thanks to:

**NHS**  
Greater Glasgow  
and Clyde

**The ROBERTSON**  
Trust



Scottish Government  
Riaghaltas na h-Alba  
gov.scot

We acknowledge the support of the Scottish Government  
through CYPFEIF and ALEC Fund Grant.

**Registered office:** Children's Health Scotland  
Cameron House, Forthside Way, Stirling FK8 1QZ  
[enquiries@childrenshealthscotland.org](mailto:enquiries@childrenshealthscotland.org)  
[www.childrenshealthscotland.org](http://www.childrenshealthscotland.org)

Children's Health Scotland. A charitable company limited by guarantee.  
Scottish Charity No. SC006016. Registered Company No. 100114.  
All materials © Children's Health Scotland 2024.