

## A RIGHT TO INFORMATION IN A WAY WE UNDERSTAND



You have a right to ask questions if information is given to you and you don't understand. This allows you to make decisions on your health and care that is right for you. It is also okay if you don't understand. It can be lots of information to take in. A secret is most adults also struggle to understand things to do with their health. Health professionals should talk to you (not at you). This is your health so you should understand what is being said.



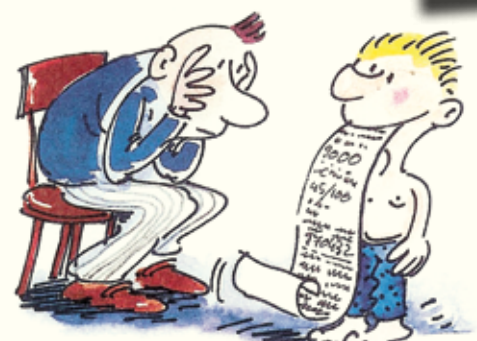
**YOUNG PEOPLE SHOULD HAVE SOMEONE WITH THEM FOR SUPPORT.**

Based on EACH Charter point 2



**YOUNG PEOPLE HAVE THE RIGHT TO INFORMATION IN A WAY THEY CAN UNDERSTAND**

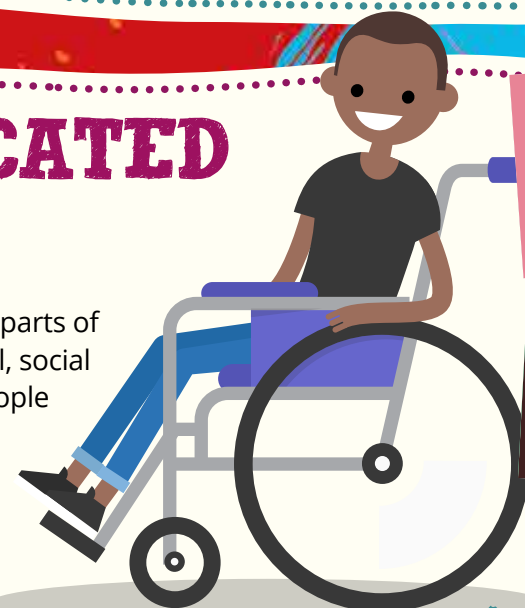
Based on EACH Charter point 4



## A RIGHT TO BE EDUCATED ON OUR HEALTH



A right to be educated on all parts of our health, including physical, social and mental health. Some people think health just might be physical things but actually we have our social health and mental health too.



**YOUNG PEOPLE SHOULD HAVE SOMEONE WITH THEM FOR SUPPORT.**

Based on EACH Charter point 2



**THE PERSON SUPPORTING A YOUNG PERSON SHOULD BE ABLE TO STAY OVERNIGHT WITHOUT COST.**

Based on EACH Charter point 3



The My Health, My Rights Charter was created by children and young people aged 5–18 living with health conditions and disabilities in Scotland, inspired by the UNCRC and EACH Charter. These founders of our Health Rights Defenders collaborated with peers from schools and hospitals across Scotland to highlight their 10 most important health rights—unranked, as each is equally vital. The Charter, featuring their own words and drawings, reflects their commitment to ensuring every child's voice is heard and respected, and embodies the principles of Getting it right for every child (GIRFEC). At Children's Health Scotland, we proudly support their right to the best possible health and thank everyone who contributed. Now, our Health Rights Defenders invite you to learn, understand, and stand up for these rights. You can read the EACH Charter at [www.each-for-sick-children.org/each-charter/](http://www.each-for-sick-children.org/each-charter/)



## #MyHealthMyRights

Every child has the right to the best possible health



**“ My Health, My Rights is really important because it lets kids know they have rights. It lets them know that they can have information given to them in a way they understand and I think it's going to be really exciting being a part of a campaign like that. Young people like me often get forgotten about, we don't get to have our voices be centre stage. But with My Health, My Rights we do. ”**

- Jess, 15

## 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.



Children's Health Scotland

## MY HEALTH, MY RIGHTS CHILDREN AND YOUNG PEOPLE'S CHARTER

Made by our Health Rights Defenders



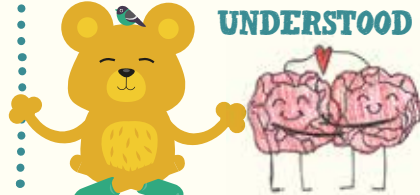
**A RIGHT TO INFORMATION IN A WAY WE UNDERSTAND**



**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:



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**“ I want disabled children like me to have their voices be heard, in a way that we would speak and what we think. ”**

- Alyssa, 16





## A RIGHT TO ACCESS BENEFICIAL FOOD AND WATER

A right to have access to food that gives us energy, fuels our body and benefits us and our health. Some children and young people also need different things to help. We also have a right to have access to clean and fresh drinking water. None of us should be going hungry.



“Children and young people know what we need and I think these 10 rights show that we want everyone to feel included and safe!”

- Katie, 11

“I think it's important that our voices are heard and adults don't tell us what we want.”

- Marley, 14

## A RIGHT TO FUN

A right to be able to have fun and play. We should be able to take part in activities we find interesting and that is fun to us (because everyone has different interests).

**YOUNG PEOPLE SHOULD HAVE THE OPPORTUNITY FOR EDUCATION AND RECREATION AND BE CARED FOR IN SURROUNDINGS DESIGNED TO MEET THEIR NEEDS.**

Based on EACH Charter point 7



## A RIGHT TO RESPECT, PRIVACY, AND DIGNITY

Everyone should be treated with respect, with privacy and be given dignity. Children and young people deserve to have respect, privacy and dignity in all settings, especially in healthcare settings. No one should be saying personal information to a room full of people or making you feel embarrassed. People should also explain things so that you feel respected and can understand what is happening.



**YOUNG PEOPLE SHOULD BE TREATED WITH THE RESPECT, UNDERSTANDING AND PRIVACY THEY NEED AT ALL TIMES.**

Based on EACH Charter point 10



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

A right to have a trusted adult stay with us in all healthcare settings whether that is appointments, overnight stays or just speaking to someone. This adult is someone we trust and we have a right to ask for an adult. This shouldn't come at any cost to us (or our adult) and we know that having a trusted adult with us can help us feel safe, comforted and help us understand information.

**THE PERSON SUPPORTING A YOUNG PERSON SHOULD BE ABLE TO STAY OVERNIGHT WITHOUT COST.**

Based on EACH Charter point 3



**YOUNG PEOPLE SHOULD BE PROVIDED WITH CONTINUITY OF CARE FOR AS LONG AS REQUIRED EVEN AFTER THEIR STAY IN HOSPITAL.**

Based on EACH Charter point 9

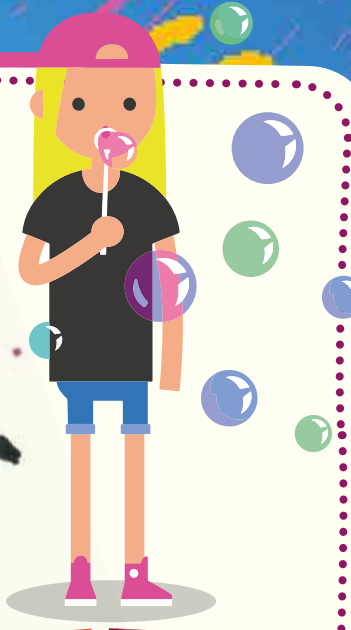


## A RIGHT TO BE ME

A right to be exactly who we are and have a right to have our accessibility needs met so we can truly be us! Everyone is different and no one should feel that they can't be themselves.

**YOUNG PEOPLE SHOULD BE CARED FOR WITH OTHER YOUNG PEOPLE WITH THE SAME NEEDS AND NOT ON AN ADULT WARD.**

Based on EACH Charter point 6



## A RIGHT TO SAFE SPACES

A right for spaces to be safe for children and young people and any needs we may have. We have a right to be in public and a right to feel safe. We should be given access to safe spaces suitable for us and our accessibility needs.

**YOUNG PEOPLE SHOULD ONLY GO TO HOSPITAL WHEN THEY CANNOT BE CARED FOR AT HOME.**

Based on EACH Charter point 1



**YOUNG PEOPLE SHOULD BE CARED FOR BY STAFF TRAINED TO UNDERSTAND AND MEET THEIR PHYSICAL, EMOTIONAL AND DEVELOPMENTAL NEEDS.**

Based on EACH Charter point 8



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

A right to believe and have those beliefs respected, protected, and understood by adults who support us. People all over the world have their own unique beliefs and the United Nations Convention on the Rights of the Child (UNCRC) says we have a right to have these respect.



## A RIGHT TO BE HEARD AND RESPECTED

A right to use our voice and be heard and respected. We can ask questions, state our beliefs and should always be included when discussing what happens to us. We have a right to be part of the decisions made around our health.

**YOUNG PEOPLE SHOULD BE LISTENED TO AND TAKE PART IN ALL DECISIONS AFFECTING THEIR HEALTH CARE.**

Based on EACH Charter point 5

