

National Child Rights Principles for Talk Health Therapy (In Child Friendly Language)

Based on the National Principles for Child Safe Organisations

Talk Health Therapy is committed to ensuring that each and every child who comes in contact with the organisation, is entitled to the following set of rights. This document has been created to help every child understand and know how to exercise their rights.

What are Rights?

- The basic things that every child needs to be treated fairly and have a good life
- Every child in Australia has the same rights
- No one can take these rights away

10 Rights to Keep You SAFE!

1. You have the right to:
 - Feel SAFE
 - Be HEARD
2. It is important for you to know and understand your rights. If you don't feel like you know or understand your rights you should:

- ask an adult you feel you can trust
- ask them to explain your rights and how to tell someone if you don't think your rights are being protected

3. You have the right to a safe environment



A safe environment is a space where:

- You can tell someone if something is worrying you
- You do not feel scared of being bullied, abused or excluded
- You can trust the people around you
- You are not physically hurt or harmed
- You have the right to say what you think, and for adults to listen and take you seriously

4. You should help your friends and other children to feel safe



5. You should have an adult who you can trust (for example a parent, brother or sister or friend):

- this person should help you to understand and use your rights
- you should feel comfortable telling this adult about things that happened to you when you were away from their care



6. You should be treated the same as every other child, no matter:

- who you are
- where you live
- what your parents do
- what language you speak
- what your religion is
- whether you are a boy or girl
- what your culture is
- whether you have a disability
- whether you are rich or poor



7. If you feel unhappy or unsafe, you should know:

- WHAT to do if you feel like your rights are not being respected
- WHO to talk to
- WHERE to go
- WHEN something will be done to make you feel safe again
- WHAT will be done to make you feel safe again

8. You should feel:

- like your complaint/concern will be heard, understood and dealt with
- like your privacy and safety will be most important

9. You should feel like the adults, staff and volunteers around you make you feel safe and respected in the space around you

10. You have been taught how to be safe online and what this means

