

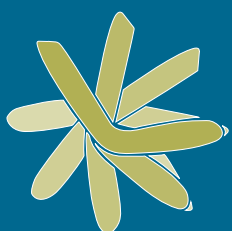


## My rights as a child are:

- To have someone I love and trust with me
- To be told what is happening to me
- To ask questions and be given answers I understand
- To not be alone if I am sad
- To be able to play, even if I have to stay in bed
- To have my culture respected
- To be given choices suitable for my age

- That people are honest with me
- That the people who care for me understand my needs
- That my body is my body
- That I am respected as a real person with feelings and rights of my own
- That my care is determined by my needs, not by my financial means
- That my well-being is the most important thing, no matter where I live in Australia

## I FEEL BEST WHEN I HAVE CARING ADULTS AND FAMILY AROUND ME



The National Rural Health Alliance is the peak body committed to improving the health and well-being of people in rural, remote and regional Australia.

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