These are your rights as a child or young person living in out of home care, and your parents or in out of home care. All of these rights are important – some might be more important to you than others. That is why they are listed in no particular order. Each right is followed by some examples of how each right might work in reality.

1. I have the right to be SAFE and FEEL safe.
   - Having a health check when I first go in the care.
   - Being able to see a doctor or dentist or counsellor or other health care worker when I need it.
   - Getting healthy food and exercise to play and be happy.

2. I have the right to RECEIVING HEALTHCARE when it's needed.
   - Being told why I am in out of home care.
   - Being told plans have been put in place for my healthcare.
   - Having a plan on what those plans are and how the care plan is going to be implemented.
   - Being told about decisions affecting me so I can be involved in the decisions.

3. I have the right to be CONSULTED and LISTENED to seriously.
   - Being told why I am in out of home care.
   - Being told that plans have been put in place for my healthcare.
   - Having a plan on what those plans are and how the care plan is going to be implemented.
   - Being told about decisions affecting me so I can be involved in the decisions.

4. I have the right to have REGULAR meetings alone.
   - Learning about my background and my family's heritage.
   - Being told the reasons for the changes and the issues.
   - Working with cultural and traditional healers.
   - Engagement in art, music, and cultural activities.

5. I have the right to identify with my CULTURE and COMMUNITY.
   - Learning about my background and my family's heritage.
   - Being told the reasons for the changes and the issues.
   - Working with cultural and traditional healers.
   - Engagement in art, music, and cultural activities.

6. I have the right to have SAFE CONTACT with family and PEOPLE who matter to me.
   - Being told the reasons for the changes and the issues.
   - Working with cultural and traditional healers.
   - Engagement in art, music, and cultural activities.

7. I have the right to have an EDUCATION and to gain LIFE SKILLS.
   - Being told the reasons for the changes and the issues.
   - Working with cultural and traditional healers.
   - Engagement in art, music, and cultural activities.

8. I have the right to HAVE my PRIVACY RESPECTED.
   - Being told the reasons for the changes and the issues.
   - Working with cultural and traditional healers.
   - Engagement in art, music, and cultural activities.