

Rights matter

From healthcare to having their voices heard, children's rights guide the work of RCPCH &Us and the College – and World Children's Day on 20 November is the perfect reminder



**Nathaniel,
aged 15**



countries around the globe celebrate and renew their focus and education on the UN Convention on the Rights of the

Child (UNCRC). These rights are vital in ensuring children grow up safe, healthy and supported. We at RCPCH &Us must recognise, work and advocate for child rights, and we place several key rights at the core of what we do, to make sure that other children and young people know they're essential to a happy and healthy upbringing.

The UNCRC is also important in ensuring that we remind doctors and

the wider teams to involve children in paediatric processes, as they can give ideas based on what they think is needed.

This is a timely reminder of the importance of children's rights in the work of RCPCH &Us and across the wider College. The UNCRC sets out 54 rights, or 'Articles'. Here are the key ones that I believe support RCPCH &Us to recognise and advocate for children's rights.

Article 3: Best interests of the child

Children should be thought of first when it comes to decision-making, as the choices parents and the government make directly affect them.

Article 12: Right to express views

Children have the right to freely share their views on matters that directly affect them. It also says that adults should take these views seriously.

Article 15: Freedom of association

Children must be able to join groups – such as those we attend at RCPCH &Us that support us to come together on issues that matter to us – and meet friends.

Article 27: Adequate standard of living

The right to food, clothing and a safe place to live so that children can develop.

Article 28: Right to education Children should have access to education and be encouraged to get the best education possible. RCPCH &Us often talk about the problems associated with having to miss school for health appointments.

Of course, there's also **Article 24: Right to the best possible healthcare**, which is why this magazine, you and RCPCH &Us are here! Keep an eye out for our new rights-based RCPCH Engagement Standards coming soon.