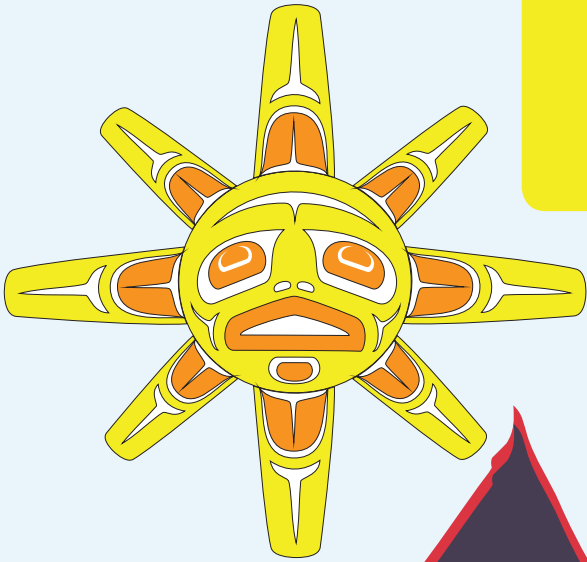
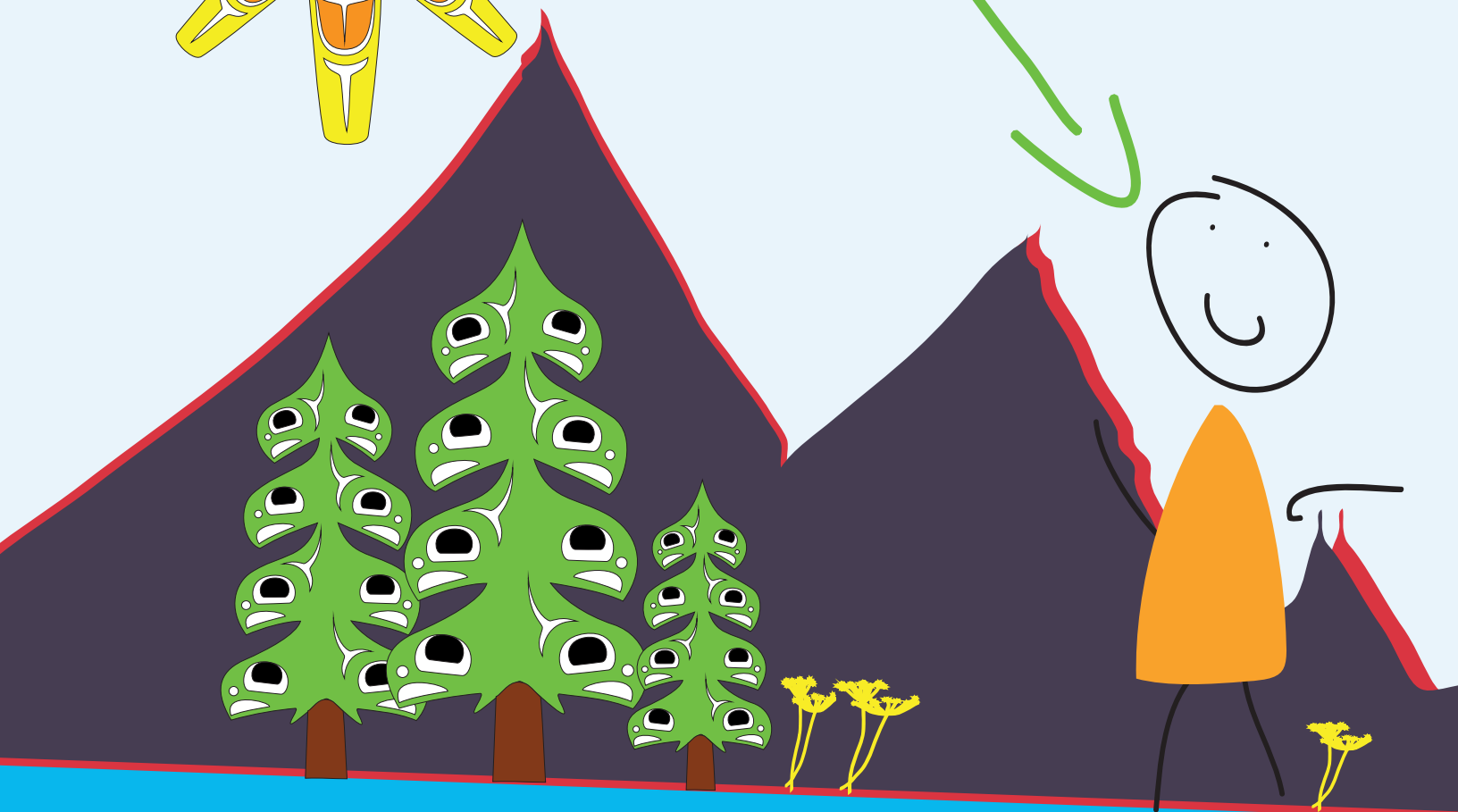


this is me

and I have rights



Me



An activity book for
young children in care



about this book

attention kids!

This book is for you! It is about your rights and what you need to **be safe**, to **be healthy**, to **be heard**, and to **be yourself**.

You can do this activity book by yourself or with an adult, like your caregiver or worker. It is a way for the adults in your life to learn more about you and find out about what makes you **YOU!**

attention adults!

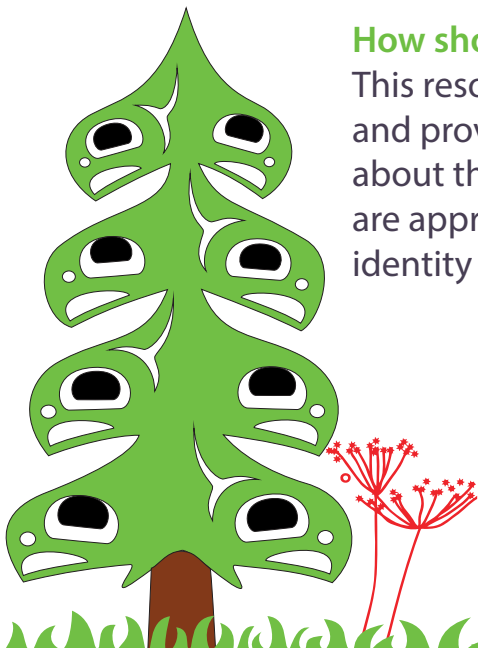
The purpose of this resource is to engage children in care between the ages of 3 and 8 to learn about their rights through a creative, supportive, and fun approach.

Who should use this book?

This book is for the adults who are involved in the life of a child who is in care. These adults include: workers, family members, caregivers, community members, and professionals. The adults in a child's life have a shared responsibility to teach children in care about their rights and to help them understand the role that adults have in upholding their rights.

How should this book be used?

This resource was designed for children and adults to do together and provides the opportunity to start a conversation with children about their rights. Depending on the age of the child, some activities are appropriate for children to do on their own. Consider the cultural identity of children as you explore their rights with them.



my activity book

this book
belongs to:

my worker is:

phone number:

my caregivers are:

phone number:

other adults
who can help me:

phone number:

For more help I can phone:

Representative for Children & Youth

1-800-476-3933

Helpline for Children (no area code required)

310-1234



this is me



Draw a picture of
YOURSELF here!



some things I am good at



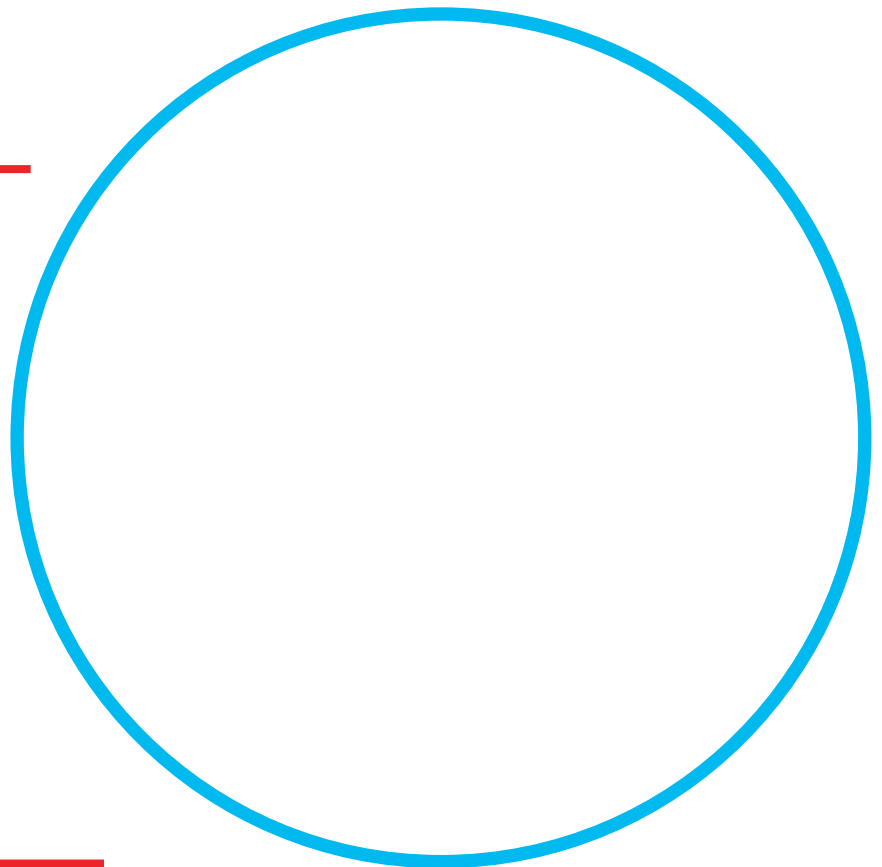
my favourite game




my favourite toy



my favourite snack



why am I in care?

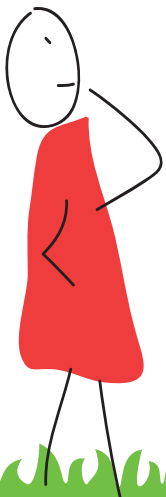


Sometimes families need help to care for their kids. There are times when kids may have to live with another family.

Whoever takes care of you where you live is your caregiver.

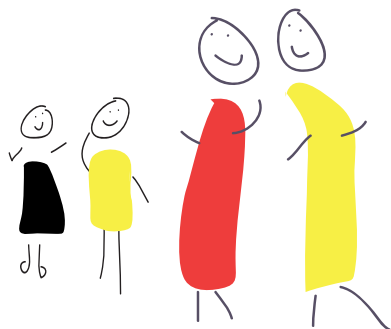
Being in care is not your fault. It is **never** because of something you have done.

Your worker and caregivers help you and your parents make sure you have a safe place to live and that you are taken care of.



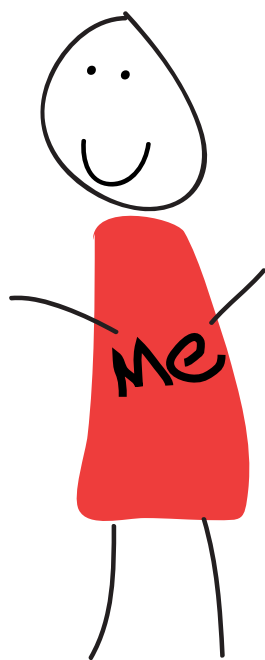
these are the people who care for me

my family

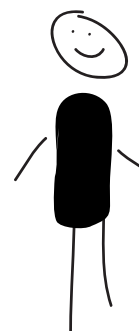


my caregivers





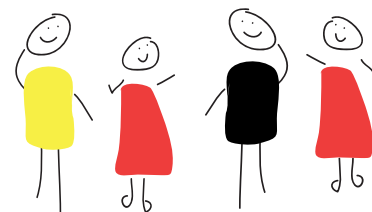
my worker



relatives/community members/elders

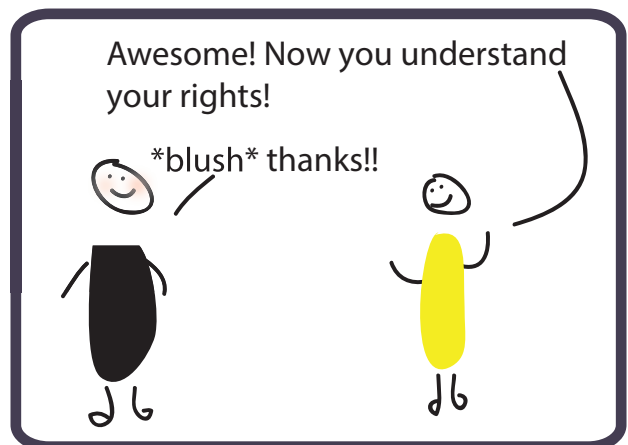


my friends



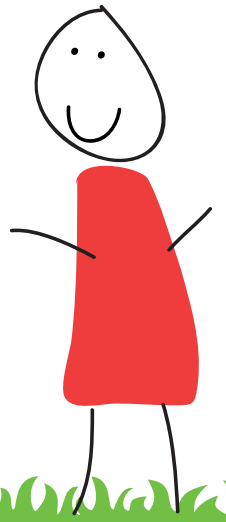
special rights

When you are in care you have special rights



all about rights

**Rights are about
what people
need and how
they should be
treated.**



your rights

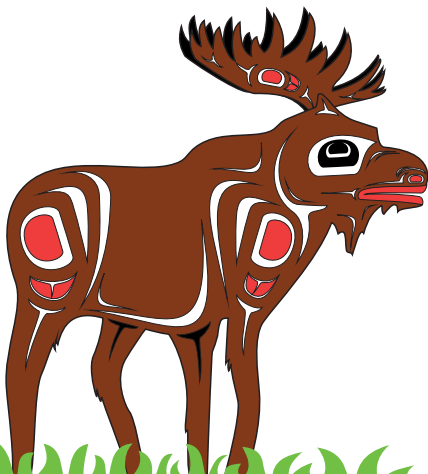
You have the right to:

be safe

be healthy

be heard

be yourself

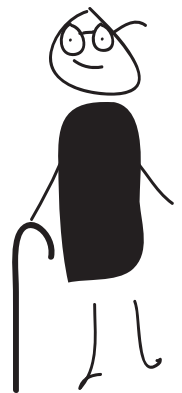
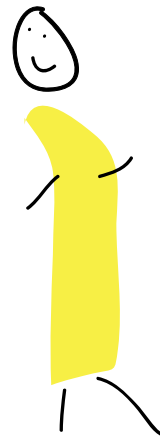
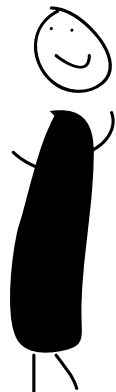
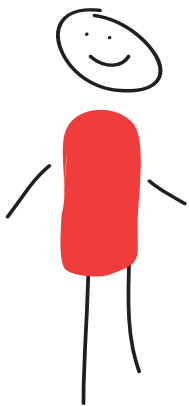


be safe

You have the right to be safe

To be safe and feel safe, I need a place to live, safe places to play and learn, people who care about me, and people I can trust. Sometimes parents and families need help to keep me safe. Caregivers and workers help take care of me when I can't live with my family.

If I am being hurt or do not feel safe, these are the people I trust that I can tell:



Adults: Discuss how you might contact the people the child has identified.

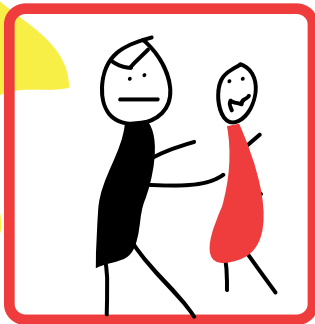


how do I stay safe?

If someone is being mean or hurting you, you have the right to stop it and get help.

What would you do?

someone is hurting me



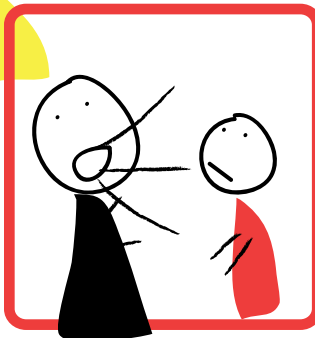
- A) Tell nobody
- B) Run and find someone to help me
- C) Give my #1 meanest look
- D) _____

I feel alone and scared



- A) Eat my entire jellybean collection
- B) Find people to be with and talk about it
- C) Hope that I stop feeling scared soon
- D) _____

someone is yelling at me



- A) Yell back
- B) Tell the person that I don't like to be yelled at
- C) Plug my ears and close my eyes
- D) _____



Adults: Help kids pick the best answer and discuss options and other scenarios. This activity may be emotionally difficult for children, be prepared to be supportive.

be healthy

You have the right to be healthy

When you are in care, your caregivers and worker will make sure you are taken to the **doctors, therapists, counsellors, elders, or community members** that you need. They will make sure you have time to play, that you have food to eat, and clothes to wear. Part of being healthy also means having a healthy mind. Your caregivers and worker will get you the help you need to have a **healthy body and a healthy mind.**



health care

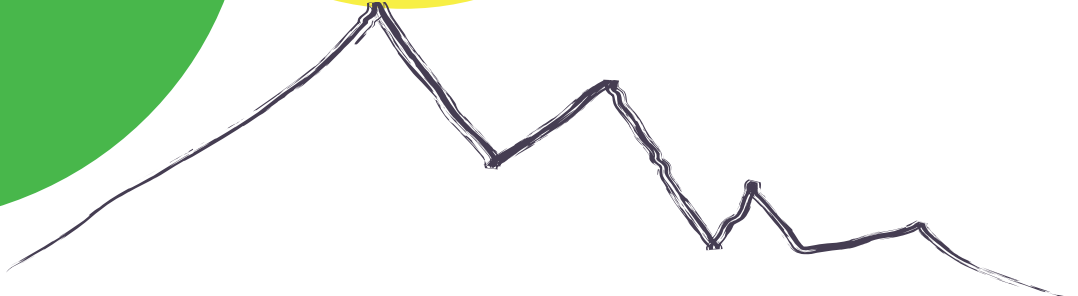
Get each kid to the help they need!



play

inside
outside
game

this is a game
to play with
someone else!



Act out or share your favourite game to play **OUTSIDE**. Ask your partner to act out their favourite game to play outside.

Did you guess??

Now act out or share your favourite game to play **INSIDE**. Don't forget to ask your partner to act out their favourite game to play inside.



storytelling

Being healthy is about what is important in your life. Like a tree that grows in nature, it needs strong roots, a trunk, branches, leaves, and the sun. You can **grow**, **learn** new things, **connect** to many people, **share** your beliefs, and **get help** when you need it, just like the tree.

Tell your story. Share your ideas.

Draw or write about what makes you strong, healthy, and happy.



Sun:

What do you like to do?

Branches:

Who are you connected to?

Leaves:

What makes you special?

Trunk:

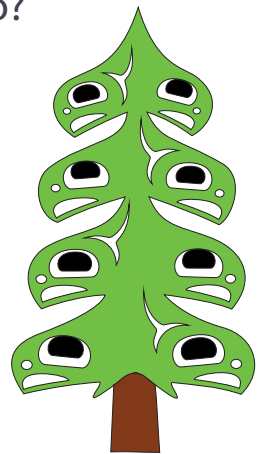
What makes you strong?

Roots:

What do you believe in and what is important to you?

Flowers:

What help do you need?



be heard

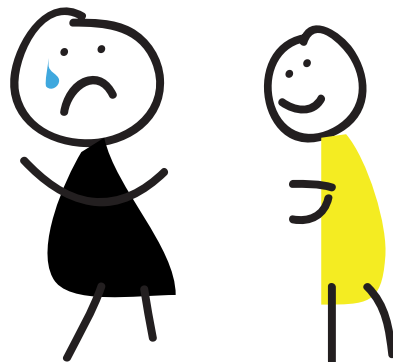
You have the right to be heard and tell adults what's important to you

What can you say and do when you are sad, angry, scared, or happy?

sometimes I'm sad,
angry, or scared



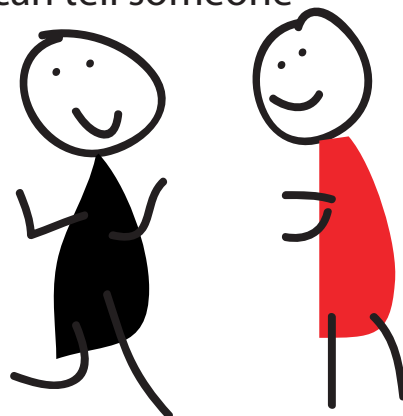
when I'm sad, angry, or
scared I can tell a friend, my
worker, or my caregiver



sometimes I'm
happy and excited



when I'm happy and excited I
can dance, I can smile, and I
can tell someone



express yourself

Show how you look when you are **sad, angry, scared, happy, or excited**. You can use this space to paste pictures, draw, or write about what you do when you are **sad, angry, scared, happy, or excited**.



How can someone help me when I'm feeling:
sad, angry, scared, happy, or excited?

How can I help someone when they are feeling:
sad, angry, scared, happy, or excited?



Adults: Ask the child to think of other things they can do when they feel sad, angry, scared, happy, or excited.

be yourself

You have the right to be yourself

There are ways that you are different from other people and there are ways that you are the same. It is important for us to **develop connections** with everything that is around us like the land, animals, and other people. Everything and everyone has its place and **you belong**.

Use this space to glue pictures, write, or draw the places where you feel like you belong.



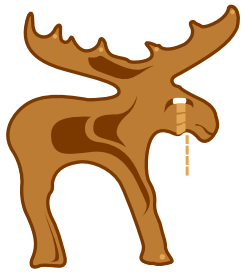
Adults: Ask the child to share with you what they put in this section.



my language

Part of being yourself is speaking your own language.

What are these animals? Name these animals in any language you can.
Find your favourite animal on the page and circle it. Why is it your favourite?







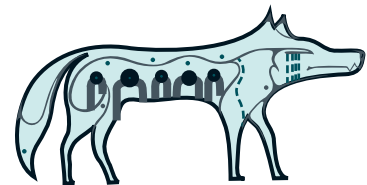






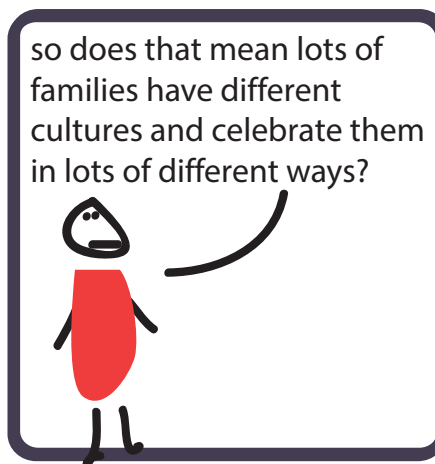






my culture

Everyone has a **culture**. Sometimes it means celebrating **special days**, doing **traditional activities**, eating **special foods**, learning **music and crafts**, going to places for **spiritual and religious practices**, or having **cultural ceremonies**. You can ask your caregivers and workers to help you do these things. Your culture is also about how you think about the world and how you feel about your place in it.



Adults: Ask kids to share their cultural and spiritual interests and experiences. You can use the questions on the next page as a starting point.



what makes me special?

What makes you **YOU??**

Where is your family from?

What makes your family and community special?

What kind of foods do you like to eat?

What languages do you and your family speak?

What are some different activities, cultural ceremonies, and celebrations you have during the year in your community?

All of these things
make you special!



for adults

All children in Canada have rights as outlined in the UN Convention on the Rights of the Child. Children in care have an additional set of rights outlined in the *Child, Family and Community Service Act* that support their unique needs. Aboriginal children are entitled to enjoy their rights as set out in the *UN Declaration on the Rights of Indigenous Peoples*, to which Canada is a signatory. All rights support the intellectual, emotional, physical, cultural, and spiritual development of children.

Children in care must be informed of their legal rights at a level suited to their age and comprehension and these rights should be reviewed with the child on an ongoing basis. This child rights activity booklet is a tool for parents, caregivers, and professionals to use while explaining these rights.

Rights of Children in Care

(Adapted from Section 70, *Child, Family and Community Service Act*)

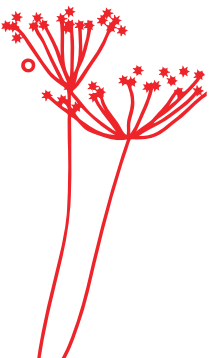
While in care, children have the right to:

- be cared for fairly and equally to other children in the community and in the placement
- be told about their plan of care
- participate in decisions affecting them and to be listened to
- reasonable privacy and to have their own things
- not be physically punished
- be told about the rules and consequences for not following the rules
- medical and dental care
- participate in social and recreational activities
- practice their religion and receive religious guidance
- maintain and explore their cultural heritage, and have help to do so
- an interpreter if one is needed
- private discussions with family members unless there is a court order
- private discussions with a lawyer, someone from the Representative for Children and Youth's office, the Ombudsperson, their MLA, or MP
- make a complaint about their care to the Representative for Children and Youth's office or the Ombudsperson and have help to do so
- have their rights explained to them

Four simple questions that will help you remember children's rights:

- What do kids need to be safe?*
- What do kids need to be healthy?*
- What do kids need to be heard?*
- What do kids need to be themselves?*

To learn more about the UN Convention on the Rights of the Child go to www.everychild.ca



additional information

Additional Resources

The Moccasins by Earl Einarson—A story of a young Aboriginal foster child who is given a special gift by his foster mother. It is based on the author’s personal experience as a foster child in British Columbia.

Maybe Days A Book for Children in Foster Care by Jennifer Wilgocki and Marcia Kahn Wright—A story book that addresses the questions, feelings, and concerns that foster children most often face.

Kids Need to Be Safe: A Book for Children in Foster Care by Julie Nelson—A storybook that can help children prepare for, understand, and accept foster care.

Accept and Value Each Person by Cheri J. Meiners—A storybook that introduces diversity and related concepts: respecting differences, finding similarities, being inclusive, and appreciating people just the way they are.

Parents as Literary Supporters (PALS) Aboriginal Family Literacy Resource. 2010 Legacies Now & Government of British Columbia. A resource to help parents support literacy and learning.

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Federation of BC Youth in Care Networks
BC Federation of Foster Parents Associations
Caring for First Nations Children Society
Developmental Disabilities Association:
Berwick Child Development Centre
MCFD Advisory Committee
Vancouver Public Library

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The following organizations are responsible for helping children and caregivers with any concerns they may have with a child's care, or actions by the Ministry of Children and Family Development (MCFD), or Delegated Aboriginal Child and Family Service Agency.

MCFD Complaint Resolution Process: contact your local MCFD office first to address your concerns. You can also contact the complaint specialist in your area. The phone number can be found by calling the MCFD Client Relations Branch. Call toll-free 1-877-387-7027. For more information about the complaints process visit <http://www2.gov.bc.ca/gov/content?id=E1BCBDEF1DFF4FC2AA5A9D2B70A42296>

Delegated Aboriginal Child and Family Services Agency Complaint Process: contact your local agency first to address your concerns. You can also contact the complaint specialist for your local agency. The phone number of your local agency complaint specialist can be found by calling the MCFD Client Relations Branch. Call toll-free 1-877-387-7027. For more information about the complaints process visit <http://www2.gov.bc.ca/gov/content?id=E1BCBDEF1DFF4FC2AA5A9D2B70A42296>

Representative for Children and Youth: has a team of advocates that provides information, advice, and support to callers, and can advocate directly for children and youth needing or receiving services. Call toll-free 1-800-476-3933 or visit www.rcybc.ca or www.talktorep.ca

Office of the BC Ombudsperson: if you think a public agency has treated you unfairly, the Ombudsperson may be able to help. Call toll-free 1-800-567-3247 or visit www.bcombudsperson.ca

Public Guardian and Trustee of British Columbia: as guardian of the estate, the Public Guardian and Trustee protects the legal and financial rights of children and youth in the continuing care of MCFD or a Delegated Aboriginal Agency. Call 604-775-3480, Email cys@trustee.bc.ca, or visit www.trustee.bc.ca

