Know Your Rights!

Llywodraeth Cymru
Welsh Government

All children and young people have rights. These rights are the things that children need to be safe, healthy and happy. The United Nations has a list of all the rights that children have. This list is called the UN Convention on the Rights of the Child, or UNCRC for short.

To make sure that you get your rights the Children's Commissioner for Wales has five super powers. They are to:

- Listen to what you have to say.
- Speak up about things that are important to you.
- Tell you about your rights.
- Help to make sure that you get your rights.
- Talk to you if you have a problem.

Want to know your rights?

There are 54 articles altogether. Articles 43–54 are about how adults and governments should work together to make sure all children have their rights. Articles 1–42 are about how children should be treated. Here they are:

Article 1: Everyone under 18 has these rights.

Article 2: All children have these rights no matter what!

Article 3: Everyone who works with children should always do what is best for each child.

Article 4: The government should make sure that all these rights are available to all children.

Article 5: Governments should help parents to help you to know about and use your rights as you grow up.

Article 6: You have the right to life and to grow up to be healthy.

Article 7: Your right to a name and nationality.

Article 8: The government should respect your right to a name, nationality and family.

Article 9: Your right to be with your parents if this is what's best for you.

Article 10: Your right to see your family if they live in another country.

Article 11: Your right not to be taken out of the country illegally.

Article 12: Your right to say what you think should happen and be listened to.

Article 13: Your right to have information.

Article 14: Your right to follow your own religion.

Article 15: Your right to meet with friends and join groups and clubs.

Article 16: Your right to have privacy.

Article 17: Your right to honest information from newspapers and television that you can understand.

Article 18: Both parents share responsibility for bringing up their children, and they should always think about what is best for each child.

Article 19: You should not be harmed and should be looked after and kept safe.

Article 20: You should be looked after properly if you can't live with your own family.

Article 21: Your right to live in the best place for you if you can't live with your parents.

Article 22: Refugee children have the same rights as children born in Wales.

Article 23: Your right to special care and support if you are disabled so that you can lead a full and independent life.

Article 24: Your right to good food and water and to see a doctor if you are ill.

Article 25: Children who are not living with their families should be checked on regularly to make sure they are ok.

Article 26: The right to extra money if your family hasn't got enough to live on.

Article 27: Your right to a good standard of living.

Article 28: Your right to learn and to go to school.

Article 29: Your right to become the best that you can be.

Article 30: Your right to use your own language and celebrate your culture.

Article 31: Your right to relax and play.

Article 32: You should be protected from work that is dangerous.

Article 33: You should be protected from dangerous drugs.

Article 34: The government should protect children from sexual abuse.

Article 35: You have a right not to be sold.

Article 36: You should be protected from doing things that could harm you.

Article 37: Your right to be treated fairly if you break the law.

Article 38: Children should be protected during a war and not allowed to fight in the army if they are under 15.

Article 39: Children should get special help if they have been abused.

Article 40: Your right to legal help if you have been accused of breaking the law.

Article 41: If the laws in your country protect you better than the rights in this list, those laws should stay.

Article 42: The government must let children and families know about children's rights.

UNCRC

To find out more visit
www.childrensrights.wales
@uncrc_wales

To find out more about the work of the Children's Commissioner for Wales go to: www.childcomwales.org.uk

If you think that you're not getting all of your rights, you can get in touch with the **Children's Commissioner for Wales** by phoning for free on 0808 801 1000 or texting 80800 and start your message with COM. Follow us @superambs

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Deall Eich Hawliau!

Comisiynydd Plant Cymru – Children's Commissioner for Wales

Llywodraeth Cymru
Welsh Government

Mae gan bob plentyn a pherson ifanc hawliau. Mae'r hawliau hyn yn bethau sydd angen ar blant a phobl ifanc i fod yn ddiogel, yn iach ac yn hapus. Mae gan y Cenhedloedd Unedig restr o'r holl hawliau sydd gan blant. Enw'r rhestr hon yw Confensiwn y Cenhedloedd Unedig ar Hawliau'r Plentyn, neu CCUHP yn fyr.

I sicrhau eich bod i gyd yn cael eich hawliau mae gan Gomisiynydd Plant Cymru bum pŵer arbennig, sef:

- **Gwrando** ar yr hyn sydd gennych i'w ddweud.
- **Siarad** am bethau sy'n bwysig i chi.
- **Dweud** wrthych am eich hawliau.
- **Helpu** i sicrhau eich bod chi gyd yn cael eich hawliau.
- **Siarad** â chi os oes gennych chi broblem

Am wybod eich hawliau?

Mae cyfanswm o 54 o erthyglau. Mae erthyglau 43–54 yn sôn am sut dylai oedolion a llywodraethau weithio gyda'i gilydd i wneud yn siwr fod plant yn cael eu hawliau. Mae erthyglau 1–42 yn trafod sut dylai plant gael eu trin. Dyma nhw:

Erthygl 1: Mae gan bob un dan 18 oed yr hawliau yma.

Erthygl 2: Mae'r confensiwn yn gymwys i bob un waeth beth!

Erthygl 3: Dylai pob sefydliad sy'n ymwneud â phlant bob amser wneud yr hyn sydd orau i bob plentyn.

Erthygl 4: Dylai'r Llywodraeth ofalu bod yr hawliau hyn ar gael i bob plentyn.

Erthygl 5: Dylai llywodraethau helpu rhieni i'ch helpu chi i wybod am eich hawliau a'u defnyddio wrth i chi dyfu.

Erthygl 6: Mae gennych yr hawl i fywyd ac i dyfu i fod yn iach.

Erthygl 7: Eich hawl i enw a chenedligrwydd.

Erthygl 8: Dylai'r llywodraeth barchu eich hawl i enw, cenedligrwydd a theulu.

Erthygl 9: Eich hawl i fod gyda'ch rhieni os mae dyna sydd orau i chi.

Erthygl 10: Eich hawl i weld eich teulu os ydynt yn byw mewn gwlad arall.

Erthygl 11: I beidio â chael eich cymryd o'r wlad yn anghyfreithlon.

Erthygl 12: Eich hawl i ddweud beth ddylai ddigwydd ac i rywun wrando arnoch.

Erthygl 13: Eich hawl i gael gwybodaeth.

Erthygl 14: Eich hawl i ddilyn eich crefydd eich hun.

Erthygl 15: Eich hawl i gyfarfod â ffrindiau ac ymuno â grwpiau a chlybiau.

Erthygl 16: Eich hawl i breifatrwydd.

Erthygl 17: Eich hawl i wybodaeth onest yr ydych yn ei ddeall gan bapurau newydd a'r teledu.

Erthygl 18: Mae'r ddau riant yn rhannu'r cyfrifoldeb dros fagu eu plant, a dylent bob amser feddwl am yr hyn sydd orau ar gyfer pob plentyn.

Erthygl 19: Ni ddylech gael eich niweidio a dylech gael gofal a'ch cadw'n ddiogel.

Erthygl 20: Eich hawl i dderbyn gofal os nad ydych yn gallu byw â'ch teulu eich hun.

Erthygl 21: Eich hawl i fyw yn y lle sydd orau i chi os nad ydych yn gallu byw gyda'ch rhieni.

Erthygl 22: Mae gan blant sy'n ffoaduriaid yr un hawliau â phlant a aned yng Nghymru.

Erthygl 23: Eich hawl i ofal arbennig a chymorth os ydych yn anabl er mwyn i chi fyw bywyd llawn ac annibynnol.

Erthygl 24: Eich hawl i fwyd a dŵr da ac i weld y meddyg os ydych yn sâl.

Erthygl 25: Dylid mynd i weld plant nad ydynt yn byw gyda'u teuluoedd yn gyson er mwyn sicrhau eu bod yn iawn.

Erthygl 26: Yr hawl i arian ychwanegol os nad oes gan eich teulu ddigon o arian i fyw.

Erthygl 27: Eich hawl i safon dda o fywyd.

Erthygl 28: Eich hawl i ddysgu a mynd i'r ysgol.

Erthygl 29: Eich hawl i fod y gorau y gallwch fod.

Erthygl 30: Eich hawl i ddefnyddio eich iaith a dathlu eich diwylliant.

Erthygl 31: Eich hawl i ymlacio a chwarae.

Erthygl 32: Dylech gael eich diogelu rhag gwaith sy'n beryglus.

Erthygl 33: Dylech gael eich diogelu rhag cyffuriau peryglus.

Erthygl 34: Dylai'r llywodraeth ddiogelu plant rhag cam-drin rhywiol.

Erthygl 35: Mae gennych yr hawl i beidio cael eich gwerthu.

Erthygl 36: Dylech gael eich diogelu rhag gwneud pethau a allai beri niwed i chi.

Erthygl 37: Eich hawl i gael eich trin yn deg.

Erthygl 38: Dylai plant gael eu diogelu yn ystod rhyfel ac ni ddylid eu caniatáu i ymladd yn y fyddin os o dan 15.

Erthygl 39: Dylai plant gael cymorth arbennig os ydynt wedi cael eu camdrin.

Erthygl 40: Mae gennych hawl i gymorth cyfreithiol os ydych wedi cael eich cyhuddo o dorri'r gyfraith.

Erthygl 41: Os yw cyfreithiau eich gwlad yn eich gwarchod yn well na'r hawliau ar y rhestr hon, dylai'r cyfreithiau hynny aros.

Erthygl 42: Rhaid i'r llywodraeth roi gwybod i blant a theuluoedd am hawliau plant.

CCUHP

I ddarganfod mwy ewch i
www.hawliauplant.cymru
@uncrc_wales

I gael mwy o wybodaeth am waith Comisiynydd Plant Cymru ewch i:
www.complantcymru.org.uk

Os nad ydych chi'n teimlo eich bod chi'n cael eich hawliau, yna cysylltwch â Chomisiynydd Plant Cymru am ddim ar 0808 801 1000 neu tecstiwch gan ddechrau eich neges gyda 'COM' i 80800. Dilynwch ni ar @llysgenhadon

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