

I HAVE  
RIGHTS



**Lastekaitse Liit**  
Estonian Union for Child Welfare





I HAVE  
RIGHTS

EVERY CHILD HAS

**THE RIGHT**

TO THINK ABOUT THEIR RIGHTS  
WHILE READING THIS BOOK.

LASTEKAITSE LIIT  
TALLINN, 2025

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The Estonian version is freely translated  
and adapted from the Swedish "Mina Rättigheter"  
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**HELLO, FRIEND!**

THE WORLD IS FULL OF PEOPLE -  
BOTH **BIG** AND **SMALL**.

EACH OF THEM HAS THEIR OWN WISHES AND  
DESIRES. IMAGINE THE CONFUSION IF EVERYONE  
ONLY DID WHAT CAME TO MIND!

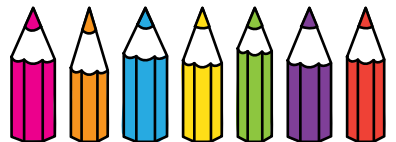
THIS IS WHY  
**RIGHTS AND RESPONSIBILITIES**  
ARE ESTABLISHED FOR PEOPLE -  
**INCLUDING CHILDREN.**



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FROM THE MOMENT I WAS BORN,  
TO THIS WORLD SO WIDE AND WARM,

IT'S **MY RIGHT**, FOR ALL TO SEE,  
**TO HAVE A NAME THAT'S JUST FOR ME!**

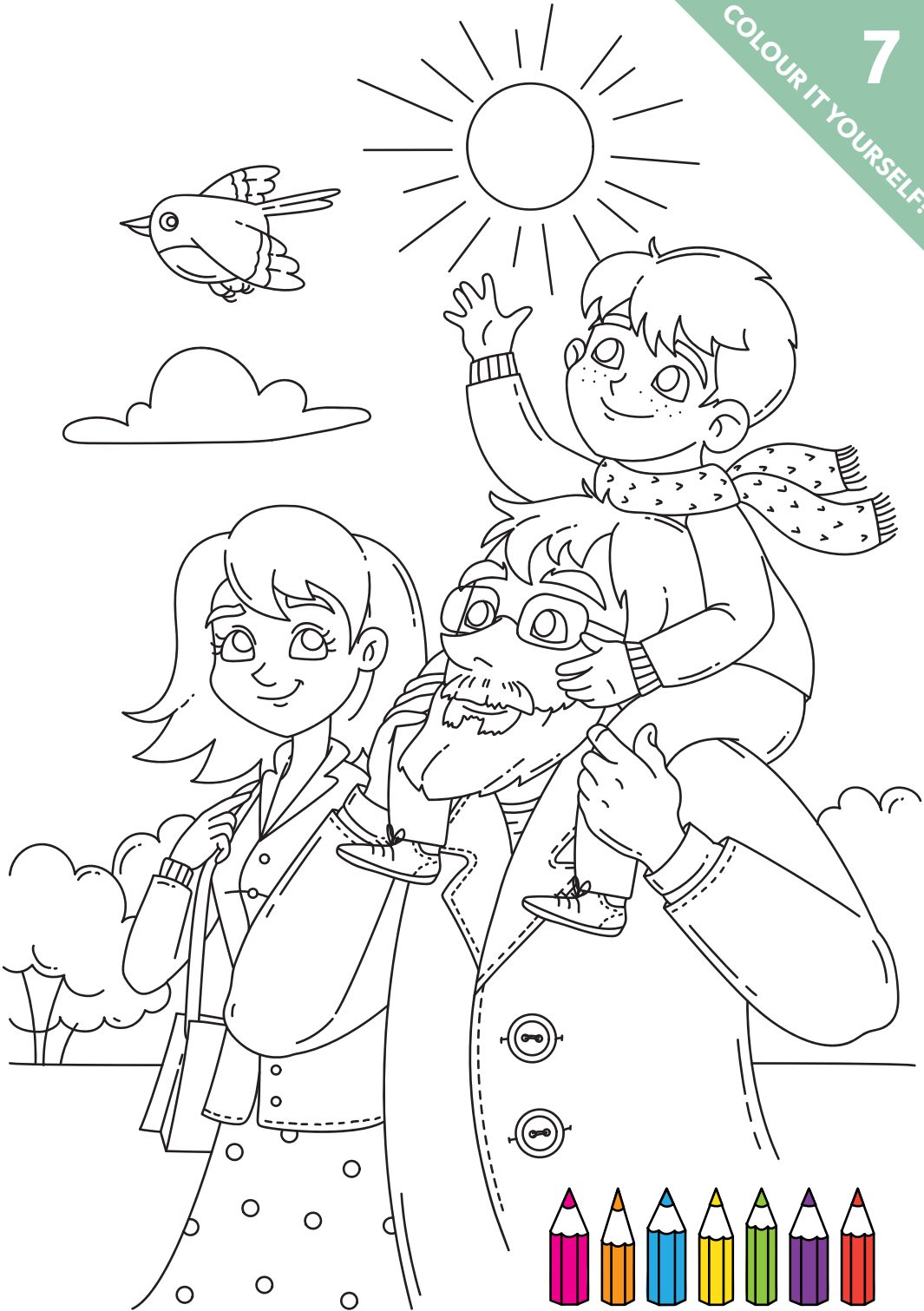


BEING ALONE WOULD MAKE ME SAD,

**I NEED MY MOM, I NEED MY DAD.**

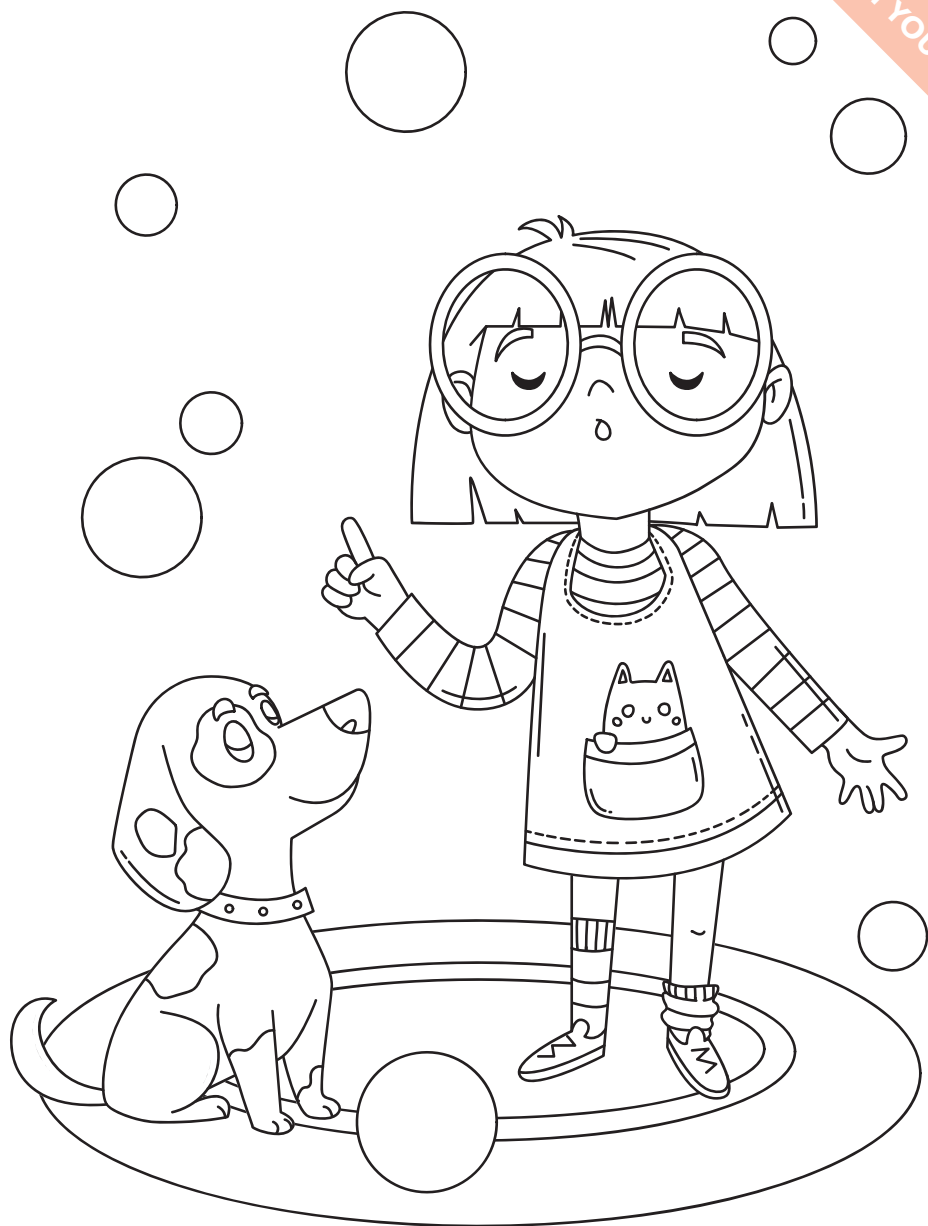
IT'S MY RIGHT TO FEEL THEIR CARE,  
TO KNOW THEY'LL ALWAYS BE RIGHT THERE.





**I CAN THINK AND DREAM** AND PLAY,  
AND SHARE MY THOUGHTS IN MY OWN WAY.

AND IF I'VE GOT SOMETHING TO SAY,  
IT'S **MY RIGHT TO SPEAK** EACH DAY!

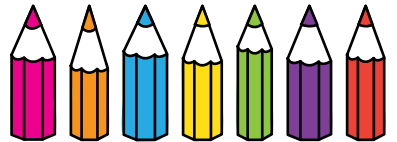




MY HANDS ARE SMALL, MY BODY WEAK,  
AND STRENGTH IS NOT YET MINE TO SPEAK.

**BUT NO ONE EVER HAS THE RIGHT,  
TO HURT ME, NOT BY DAY OR NIGHT!**





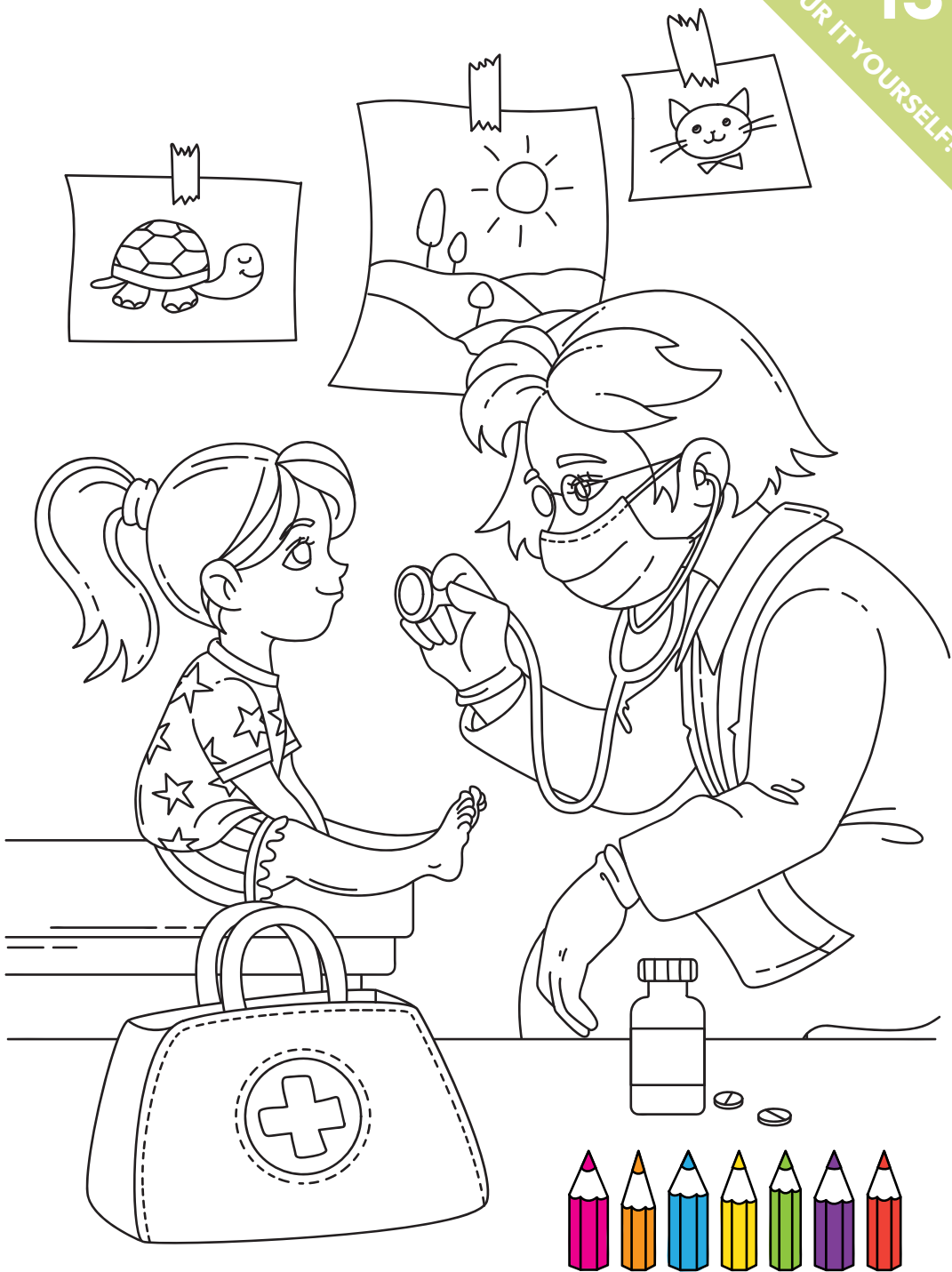


WHEN I AM SICK OR FEELING BAD,  
MY TUMMY ACHES OR I FEEL SAD,

IT'S **MY RIGHT TO ASK AND GET,**

**THE HELP** I NEED TO FEEL ALL SET.







JUST LIKE THE GROWN-UPS I HAVE FUN,  
AND TAKE A BREAK WHEN THE DAY IS DONE!

**IF I'M HUNGRY, DAY OR NIGHT,  
IT'S MY RIGHT TO MAKE IT RIGHT.**









WHEN I GROW AND START TO LEARN,  
AND **GO TO SCHOOL** IT IS MY TURN,  
IT IS MY RIGHT TO JOIN AND SEE,  
HOW FUN AND BIG THE WORLD CAN BE!



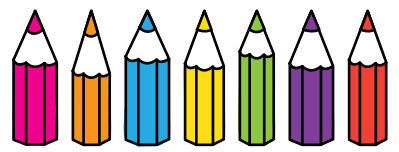
WHEN SCHOOL IS DONE AND I'M ALL GROWN,  
I'LL **CHOOSE A JOB** THAT'S ALL MY OWN.

IT'S MY RIGHT TO FIND MY WAY,  
TO DO WHAT MAKES ME SMILE EACH DAY!



**NO ONE SHOULD MAKE FUN OF ME,  
FOR HOW I LOOK OR WHAT THEY SEE.**

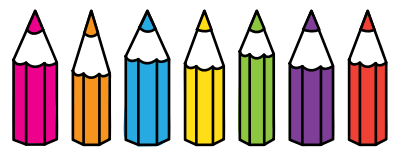
**MY FAMILY, FAITH, OR SKIN—THEY'RE MINE,  
AND ALL OF THEM ARE JUST SO FINE!**



NO MATTER WHERE MY HOME MIGHT BE,  
OR WHAT MY FAMILY GIVES TO ME,

**IT IS MY RIGHT TO LAUGH AND PLAY,  
AND FEEL LOVED EACH AND EVERY DAY!**





➤ The Convention was adopted by the United Nations (UN) on November 20, 1989, and describes the rights of all children and young people under the age of 18 in the world.

➤ In essence, children's rights are human rights that should apply equally to all children in the world. The Convention on the Rights of the Child is an agreement between different countries of the world. By joining the Convention, each country undertakes to fulfil its requirements. Most countries in the world have done so, thus taking on the obligation to act in accordance with all matters concerning children.

➤ On January 25, 1996, the Council of Europe adopted the European Convention on the Exercise of Children's Rights. In Estonia, the Child Protection Act was adopted in 2016. It guarantees the internationally recognized rights and responsibilities of children and their protection within the Republic of Estonia. In 2021, the European Commission adopted the first comprehensive European Union Strategy on the Rights of the Child.

Knowing your rights is very important. After you have learned about the rights described in this book, share them with your friends. This way, you help ensure that every child knows their rights. This is very important, because knowing your rights allows you to confidently stand up for yourself in the world.

### **YOUR RIGHTS:**

**I have the right to a name and nationality, p 4**

**I have the right to both my parents' care, p 6**

**I have the right to express my opinion, p 8**

**I have the right to protection from violence, p 10**

**I have the right to the best health possible, p 12**

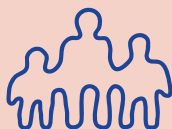
**I have the right to leisure time, p 14**

**I have the right to education, p 16**

**I have the right to equal treatment, p 20**

## **YOU HAVE THE RIGHT TO BE A CHILD!**

In Estonia, children's and young people's rights are protected and promoted by the Chancellor of Justice of the Republic of Estonia: **[www.oiguskantsler.ee](http://www.oiguskantsler.ee)**



## **This book talks about children's rights for the youngest preschool children.**

*"I Have Rights" is the first part of a three-book series that discusses your rights based on the Convention on the Rights of the Child. The Convention consists of 54 articles, of which those concerning the youngest children have been collected here.*

HOW DO WE LEARN ABOUT IT ALL,  
IF WE DON'T ASK, BOTH BIG AND SMALL?  
WHEN WE TALK AND THINK AS FRIENDS,  
THAT'S HOW WE GROW - IT ALL MAKES SENSE!

IT'S ALWAYS GOOD TO ASK AND TRY,  
QUESTIONS HELP US LEARN AND FLY!  
MOM AND DAD, AND AUNTIE TOO –  
THEY ONCE WERE **KIDS**, JUST LIKE YOU!

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