



## You have the right to feel good about yourself by:

- ⊗ Being treated like other children and young people who do not live in care
- ⊗ Knowing who you are and your history
- ⊗ Knowing that people care about you
- ⊗ Understanding where your family is
- ⊗ Knowing about and connecting with your culture
- ⊗ If you are Aboriginal or Torres Strait Islander, knowing about your cultural identity and participating in your community's business and activities
- ⊗ Having all of your personal things kept safe - like photographs, school reports and special belongings
- ⊗ Developing your talents and interests, like sport or art
- ⊗ Keeping in contact with the people who help you feel good about yourself

## You have the right to live in a place where you are safe, respected and cared for. This means a place where:

- ⊗ People understand and respect your culture
- ⊗ You are not hurt or made to feel bad
- ⊗ You have someone to talk to
- ⊗ You get treated with respect
- ⊗ Things are fair
- ⊗ Your thoughts and opinions are asked for and considered.
- ⊗ You get nutritious food
- ⊗ You get decent clothes
- ⊗ You have your own bed
- ⊗ You have your own 'space' or a place where you can have some time on your own if you want it
- ⊗ You have people caring for you who have special training about your needs
- ⊗ You are not being moved around a lot
- ⊗ You know who to go to if you have a problem or want to complain about something

## You have the right to get the help you want or need. This means:

- ⊗ Regular support and contact from your worker
- ⊗ Support to understand your culture and to connect with your community
- ⊗ A plan which shows how and where you will be cared for
- ⊗ A good education
- ⊗ Extra support if you have special education needs
- ⊗ Extra support if you have a disability
- ⊗ Medical, dental and other care when you need it
- ⊗ Get help with planning for your future
- ⊗ Support and a place to live when you leave care

## You have the right to understand and have a say in the decisions that affect you. This means:

- ⊗ Understanding why you are in care and having your questions answered
- ⊗ Knowing what information is kept about you
- ⊗ Expressing your opinion about things that affect you
- ⊗ Being involved in what is decided about your life and your care
- ⊗ Knowing if personal information about you is shared
- ⊗ Speaking to someone who can act on your behalf when you cannot do this

## You have rights.

If you feel that you are not being listened to or you need someone who can act on your behalf or you want to make a complaint. This is what you can do...

- ⊗ Speak to your carer
- ⊗ Speak to your worker
- ⊗ Speak to the supervisor at your worker's office
- ⊗ Speak to the Guardian's Office on 1800 275 664
- ⊗ If it is after hours and urgent you can phone the Families SA Crisis Response Unit on 13 16 11

**Charter  
of Rights**  
for Children and Young People in Care