Charter of Rights
for Tasmanian children and young people in out of home care
These are your rights as a child or young person living away from your parents and in out of home care.

All of these rights are important – some might be more important to you than others. That is why they are not in any particular order.

Each right is followed by some examples of how the right might work in daily life.

This Charter establishes that all children and young people living in out of home care in Tasmania have the following rights:
I have the right to be safe and feel safe.

This includes:

- Not being abused or hurt
- Not being physically punished
- Feeling safe where I live
- Not being moved around a lot
- Feeling cared for and living with people who care for me
- Having someone to talk to if I am unhappy or I don’t feel safe
- Not being verbally abused
To receive health care when it's needed

I have the right to receive health care when it's needed.

This includes:

- Having a health check when I first go into care.
- Being able to see a doctor or dentist or counsellor or other health care worker when I feel I need to.
- Getting healthy food and time to exercise and play.
I have the right to be consulted and listened to seriously about decisions that affect me.

This includes:
- being told why I am in out of home care
- being told what plans have been put in place for my future
- having a say in what those plans are and in the sorts of support that will be given to me
- having a say about decisions affecting me such as where I go to school, what clothes I wear, who my friends are and how I spend my time
I have the right to have regular meetings alone with my worker. This includes: having a worker who is there for me, having someone to complain to if I am unhappy about the way I am being treated or if I am not feeling safe.
I have the right to be treated fairly and with respect for who I am.

This includes:

- being able to feel good about myself
- being able to relax and have fun
- not being discriminated against
- being treated as an individual
- being accepted for who I am
I have the right to identify with my culture and community and to observe my chosen religion.

This includes:

- Learning about my background and my family’s heritage
- Being able to go to religious ceremonies if I want to
- Having contact with cultural elders and leaders
- Taking part in artistic and cultural activities
I have the right to have safe contact with family and people who matter to me. This includes having regular and safe contact with: brothers and sisters, cousins and other family members who are important to me; friends and former carers if that is what I want and having a say about people I don’t want to spend time with.
I have the right to have an EDUCATION and to gain LIFE SKILLS.

THIS includes:

- being able to go to school and get training
- being able to learn how to act responsibly
- being able to learn skills for living as independently as I can when I leave care
- having somewhere quiet to study
- being supported and encouraged in these things
I have the right

to HAVE my PRIVACY RESPECTed

THIS includes:

- having my own things
- having a private space
- knowing that personal information about me is shared only where it is needed and by adults who have a right to know
Charter of Rights:
A Charter of Rights is a list of my rights and lets me know how I can expect to be treated while in care.

Counsellor:
A person who is trained to listen to me and give me help and advice.

Cultural activities:
Special events, activities and beliefs I may be involved in with my family, friends or community.

Discriminate:
To treat someone unfairly just because they are different – like their race, religion or sexuality or they have a disability.
Heritage:
My background and the story of my family.

Individual:
I am an individual - there is only one of me and I have my own body, my own thoughts and my own favourite things.

Responsibility:
What I should do or the way I should be because it is the right thing to do and what other people have the right to expect me to do.
This is who I can call if I need extra help.

Kids Helpline (24 hr) .............................................. 1800 55 1800
Child Protection Intake (24 hr) ............................. 1300 737 639
Commissioner for Children ................................ 1300 362 065
CREATE (only from landline) ............................... 1800 655 105

Although these are my rights, I have the responsibility to respect other people’s rights and property and to respect what they have to say.