

You have a
right
to food

to make you strong
to a range of foods to build your body and brain
to keep you healthy
to bring you pleasure

You have a
responsibility
to show appreciation

to take what you need and not waste extra
to try new foods
to say thank you for food
to share food with others
to clean up when you have finished eating

You have a
right
to clothes

to protect you
to keep you warm
to look smart for school and shul
to help you feel good

You have a
responsibility
to take care of them

to not lose them
to keep them clean
to put them away

You have a
right
to a safe space

a room with a roof
a comfortable bed
light for security and reading
a bathroom

You have a
responsibility
to use it well

to not damage things or waste resources
to go to bed when it is time for bed
to respect others' need for quiet and rest
to remember how lucky you are to have this safe space

You have a
right
to go to school

to learn and grow and play
to make friends
to playgrounds and computers and outings and sports
to help you lead a full and happy life

You have a
responsibility
to

do your best work at school, homework and projects
pack your bags and do your lists
be on time
respect your teachers and staff
obey school rules

You have a
right
to play

to try new things
to make and build
to have fun
to laugh

You have a
responsibility
to play nicely

to play in the appropriate place (e.g. running outdoors)
to be kind and takes turns
to stop playing when it is time to do something else
to take care of toys
to tidy up

You have a
right
to be clean

to stay healthy
to feel good

You have a
responsibility
to obey bathroom rules

wash your bodies properly
don't waste soap, toilet paper, water, etc
leave bathroom clean and tidy

You have a
right
to make mistakes

real mistakes – not just being careless – happen to everyone

You have a
responsibility
to make it right

clean it up
apologise
fix the situation

You have a
right
to love

someone to take care of you
hugs and kisses
help you with your problems
do special things with you (stories, outings, treats)

You have a
responsibility
to respect

thank us for loving you
show us that you love us
be kind to us
respect our rules

You have a
right
to be heard

You have a
responsibility
to listen

By the way,

TV is
not a right

Toys are
not a right

Kinderjoys are
not a right

Pocket money is
not a right

Presents (from Granny
or anyone else) are
not a right.

Computer time is
not a right