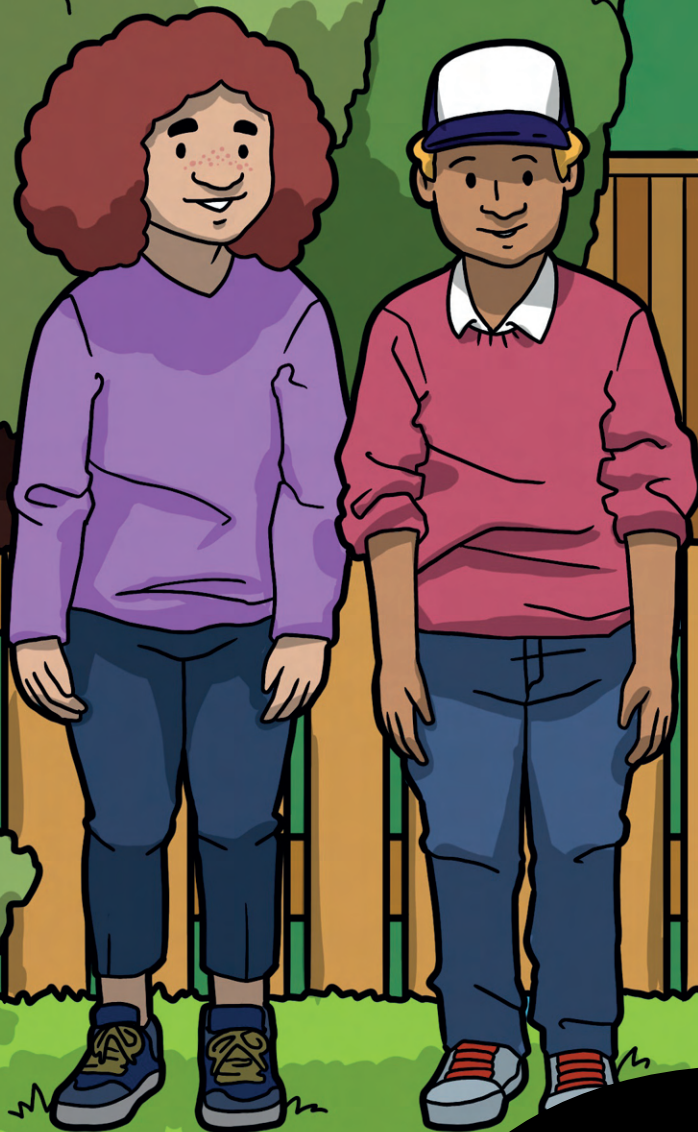


My Rights

while in care



ORANGA TAMARIKI
Ministry for Children



My Rights

while in care



Hazel



Max

The Oranga Tamariki Act in Aotearoa, New Zealand is like a big set of rules that's all about making sure kids are safe, happy and taken care of. The words "Oranga Tamariki" mean "the well-being of children".

This set of rules helps grown-ups and people who take care of kids know how to do their best for them. It tells them how to make sure kids have everything they need to grow up feeling good and healthy.

The Children's Statement of Rights is a special list of things that all kids should have. It helps grown-ups know how to treat kids right and be nice to them. It also says that kids should have a say in things that affect them, and they should be treated with kindness and respect. We're going to introduce you to Hazel and Max. They will explain to you what rights you should have while you are staying in a residence.

Some of these rights are:



The right to be safe and protected:

You should always feel safe and cared for. Grown-ups should make sure you're safe from anything that could hurt you.



The right to be cared for and supported:

Families, whānau and caregivers love and help you so you can grow up feeling happy and strong.



The right to be heard:

Your thoughts and feelings matter! Grown-ups should listen to what you say and think, especially when they make choices that involve you.



The right to be educated:

Going to school is your right. School helps you learn cool stuff and get ready for your future.



The right to your culture and identity:

Your culture and where and who you come from are special. You have the right to learn and celebrate your traditions.



The right to be healthy:

You have the right to see a doctor, eat healthy food, and be in a clean place. Grown ups should take care of your health.



The right to privacy:

Your stuff is your business. Grown-ups should only share your info with the people who really need to know.

Remember, these rights are here to help you have a great life and be happy!

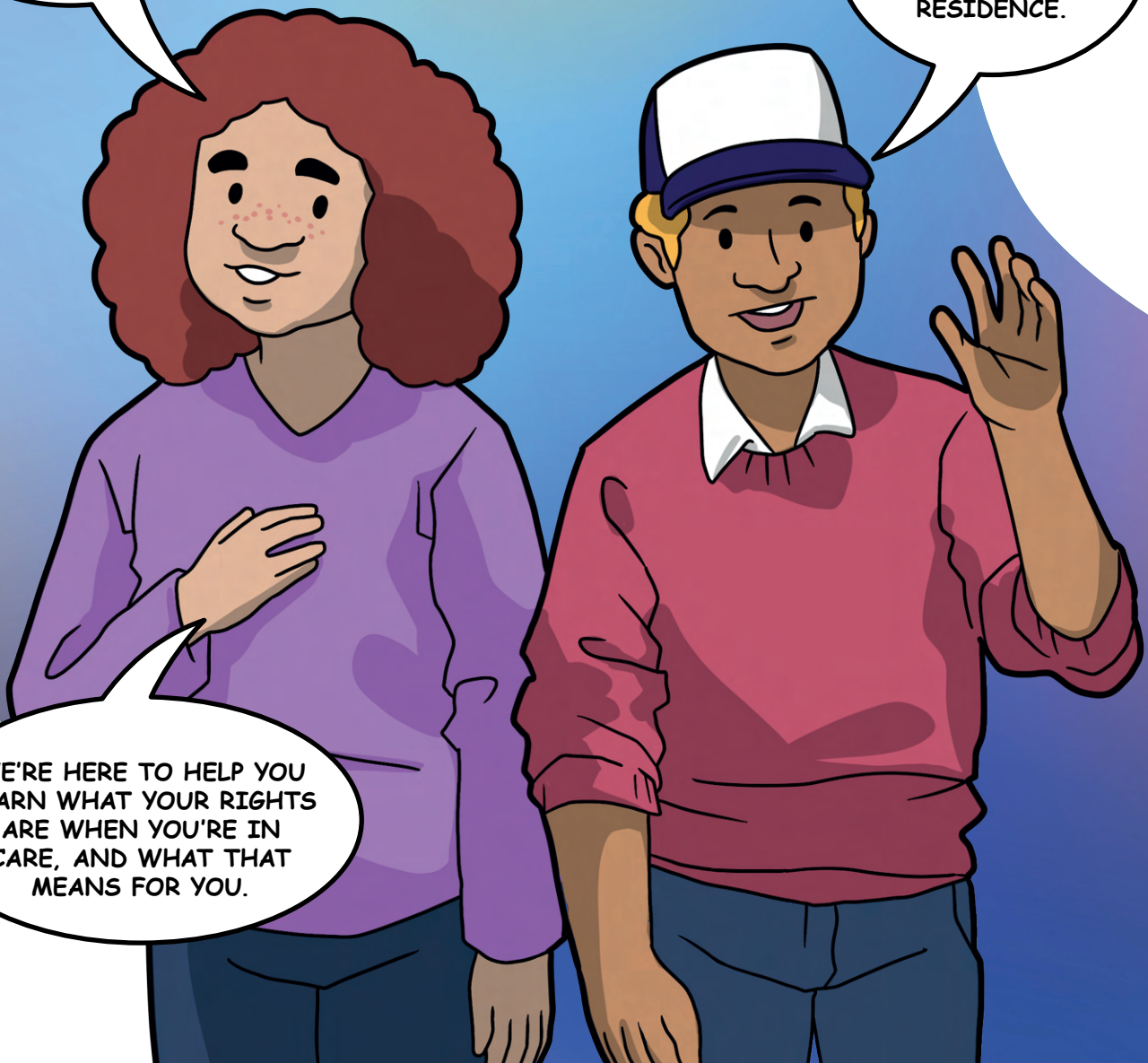
The Oranga Tamariki Act and the Statement of Rights for children and young people in care are super important because they help make a safe and caring place where you can grow up and be the best you can be.

If you ever feel confused or worried that your rights or how you are feeling are not being taken care of, it's a good idea to talk to a grown-up you trust. This could be your parents, another family member, your case/social worker, one of the staff or someone who helps you, or a Kaiwhakamana from VOYCE. They are there to help you understand your rights and make sure you are okay in every way.

KIA ORAI!
I'M HAZEL! I'M
IN CARE AND I'M
STAYING AT A CARE
AND PROTECTION
RESIDENCE.

I'M MAX.
I'M ALSO STAYING
IN A CARE AND
PROTECTION
RESIDENCE.

WE'RE HERE TO HELP YOU
LEARN WHAT YOUR RIGHTS
ARE WHEN YOU'RE IN
CARE, AND WHAT THAT
MEANS FOR YOU.





Your Safety

You have the right to be treated with care,
be kept safe and protected from bad things
happening to you.

YOU HAVE THE RIGHT TO LIVE WITHOUT PEOPLE DOING BAD THINGS TO YOU. IF SOMETHING IS HAPPENING TO YOU THAT YOU DON'T LIKE TALK TO AN ADULT THAT YOU TRUST.



YOU SHOULD FEEL SAFE TO BE WHO YOU ARE, NO MATTER WHAT YOU LOOK LIKE, WHAT YOUR GENDER OR SEXUAL ORIENTATION IS, OR WHAT YOUR RELIGIOUS BELIEFS ARE.

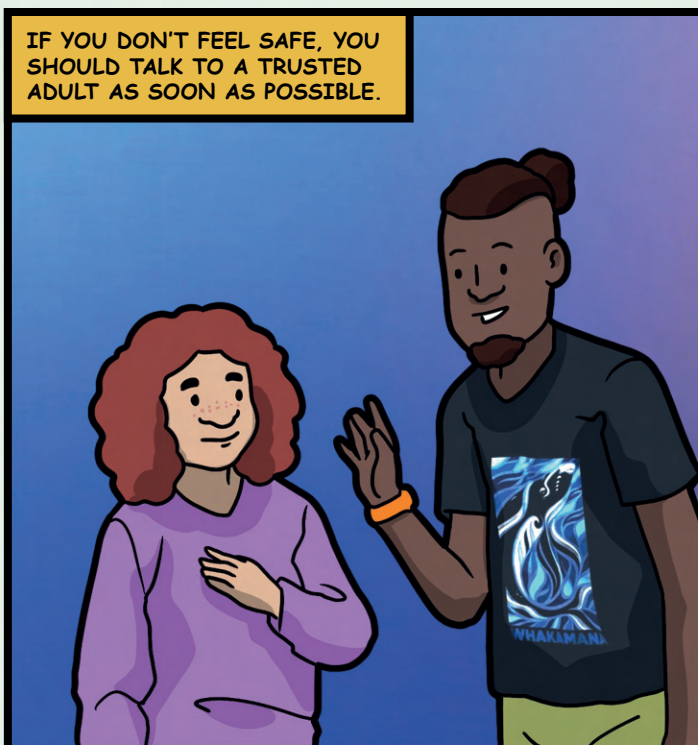


IF SOMEONE TREATS YOU DIFFERENTLY BECAUSE OF ONE OF THESE THINGS, IT IS CALLED DISCRIMINATION AND IT IS WRONG.



YOU HAVE THE RIGHT TO FEEL SAFE TO MAKE A COMPLAINT OR GRIEVANCE AND KNOW THAT NOTHING BAD WILL HAPPEN TO YOU IF YOU DO.

IF YOU DON'T FEEL SAFE, YOU SHOULD TALK TO A TRUSTED ADULT AS SOON AS POSSIBLE.





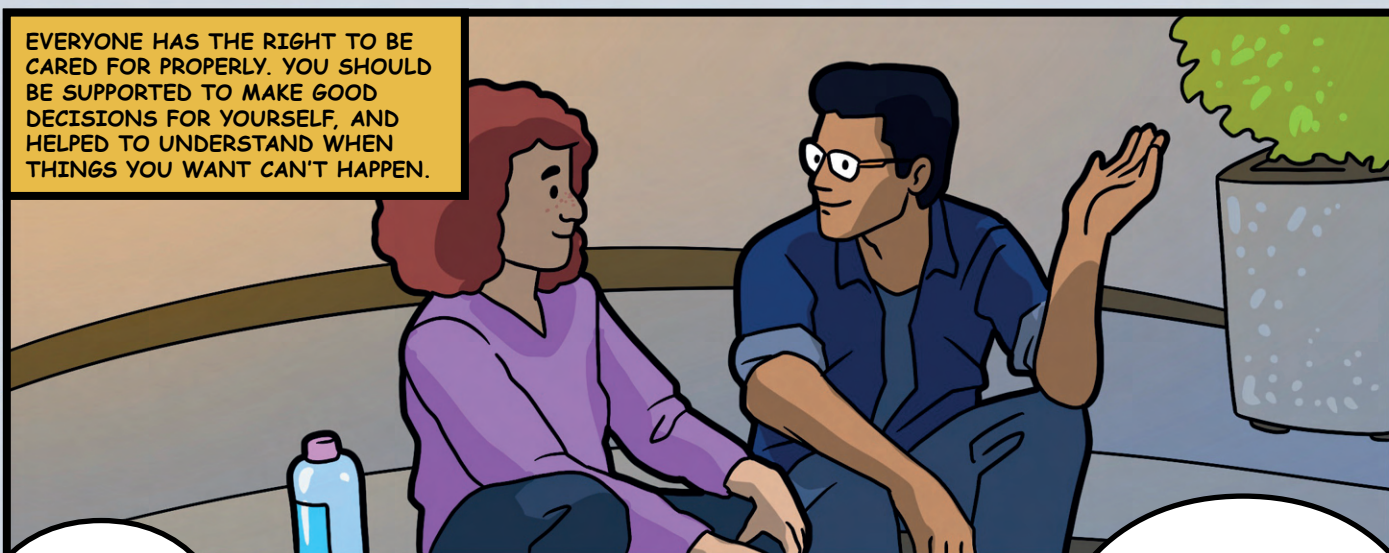
Being Supported

You have the right to be cared for
and supported.

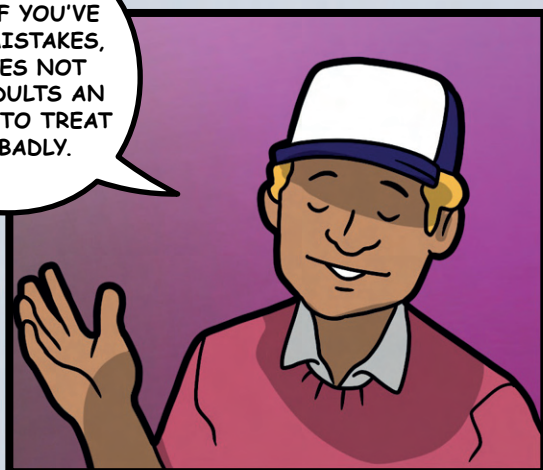
PEOPLE SHOULD TREAT YOU WITH KINDNESS,
AND RESPECT. RESPECT MEANS TREATING SOMEONE
THE WAY THAT YOU WANT TO BE TREATED.



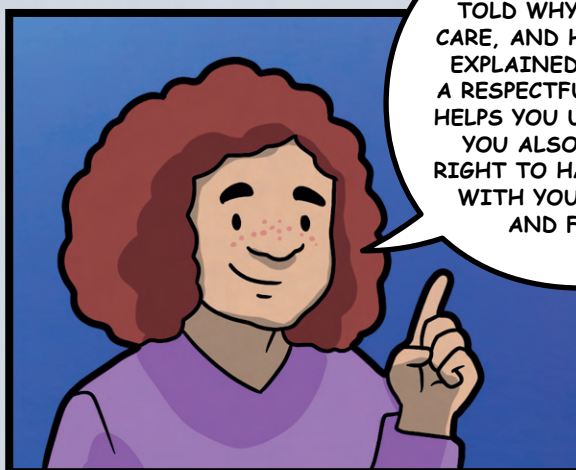
EVERYONE HAS THE RIGHT TO BE
CARED FOR PROPERLY. YOU SHOULD
BE SUPPORTED TO MAKE GOOD
DECISIONS FOR YOURSELF, AND
HELPED TO UNDERSTAND WHEN
THINGS YOU WANT CAN'T HAPPEN.



EVEN IF YOU'VE
MADE MISTAKES,
IT DOES NOT
GIVE ADULTS AN
EXCUSE TO TREAT
YOU BADLY.



YOU SHOULD BE
TOLD WHY YOU'RE IN
CARE, AND HAVE THINGS
EXPLAINED TO YOU IN
A RESPECTFUL WAY THAT
HELPS YOU UNDERSTAND.
YOU ALSO HAVE THE
RIGHT TO HAVE CONTACT
WITH YOUR WHĀNAU
AND FAMILY.





Being Heard

You have the right to be heard,
your opinions and feelings matter.

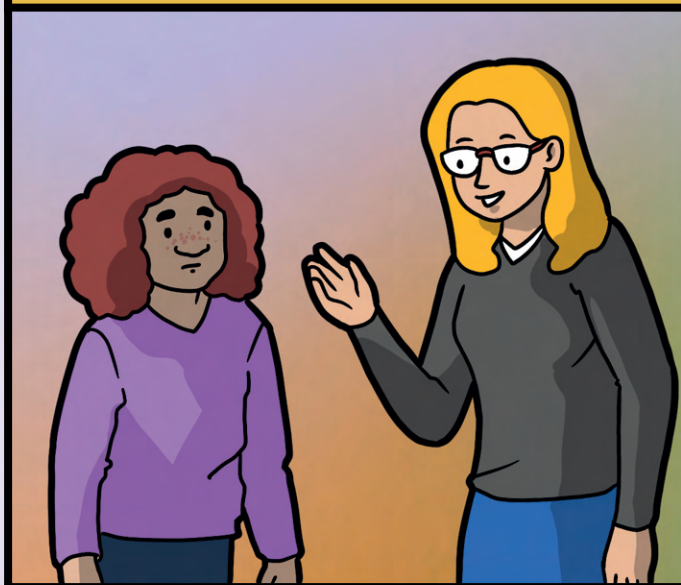
IF YOU THINK
DIFFERENTLY TO
SOMEONE, LIKE YOUR
SUPPORT OR SOCIAL
WORKER, YOU HAVE
THE RIGHT TO BE
HEARD.



WHEN THINGS HAPPEN
TO YOU WHEN YOU'RE
IN CARE, YOU HAVE
THE RIGHT TO HAVE
YOUR SAY.



BEING LISTENED TO DOESN'T ALWAYS MEAN THAT
THINGS WILL GO THE WAY YOU WANT THEM TO, BUT
IF THINGS CAN'T BE THE WAY YOU WANT THEM TO,
SOMEONE SHOULD EXPLAIN WHY TO YOU.



YOU HAVE THE
RIGHT TO HAVE YOUR
OPINIONS TAKEN
SERIOUSLY.



INFORMATION ABOUT YOU SHOULD BE SHARED
IN A WAY THAT YOU CAN READ, ACCESS AND
UNDERSTAND, NO MATTER WHAT LEVEL OF
ABILITY YOU HAVE. IF NEEDED, AN ADULT YOU
TRUST CAN HELP YOU TO UNDERSTAND THIS
INFORMATION IN A WAY THAT WORKS FOR YOU.



YOU HAVE THE
RIGHT TO BE GIVEN
THE INFORMATION YOU
NEED TO MAKE GOOD
DECISIONS



YOU CAN EXPRESS
YOUR THOUGHTS AND
FEELINGS AND THINK FOR
YOURSELF AS LONG AS YOU'RE
NOT HURTING YOURSELF
OR ANYONE ELSE.

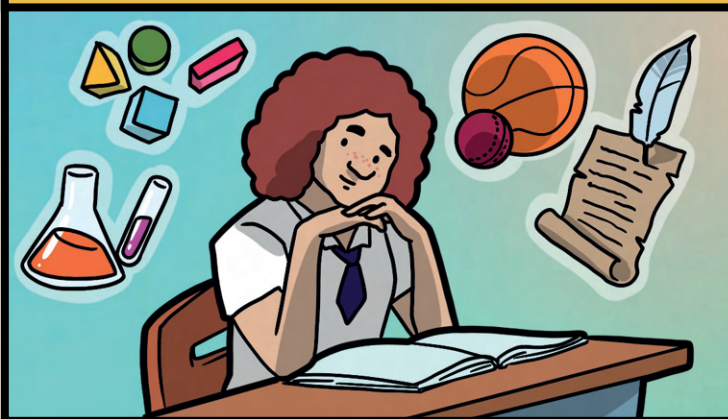




Being Educated

You have the right to go to school
and get a good education.

NOT EVERYONE LIKES GOING TO SCHOOL, BUT IT'S STILL SOMETHING THAT YOU SHOULD HAVE ACCESS TO. IT'S IMPORTANT TO HAVE A GOOD EDUCATION SO THAT WHEN YOU'RE AN ADULT YOU KNOW HOW THINGS WORK, CAN HAVE A JOB AND BE INDEPENDENT.



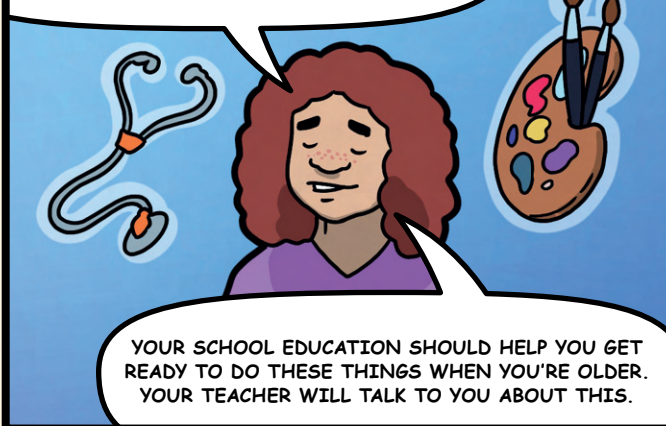
YOUR RESIDENCE WILL HAVE A SCHOOL THAT YOU CAN GO TO.



YOU SHOULD BE TAUGHT THINGS IN A WAY THAT YOU UNDERSTAND, SO THAT YOU ARE SUPPORTED TO LEARN AND ACHIEVE.

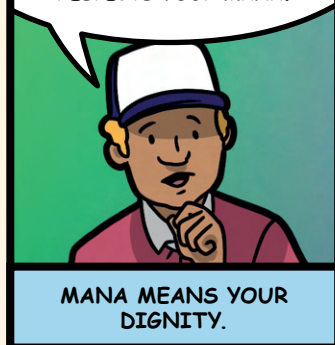


YOU HAVE THE RIGHT TO MAKE CHOICES AROUND YOUR EDUCATION, INCLUDING WHAT YOU WANT TO DO AFTER YOU FINISH SCHOOL.



YOUR SCHOOL EDUCATION SHOULD HELP YOU GET READY TO DO THESE THINGS WHEN YOU'RE OLDER. YOUR TEACHER WILL TALK TO YOU ABOUT THIS.

IF YOU'RE NOT DOING WHAT YOU'RE SUPPOSED TO IN SCHOOL AND SOMEONE NEEDS TO TALK TO YOU ABOUT THIS, IT SHOULD BE DONE IN A WAY THAT IS NOT HARMFUL AND RESPECTS YOUR MANA.



MANA MEANS YOUR DIGNITY.

YOU ALSO HAVE THE RIGHT TO BE SUPPORTED TO RETURN TO YOUR USUAL SCHOOL ONCE YOU LEAVE THE RESIDENCE.





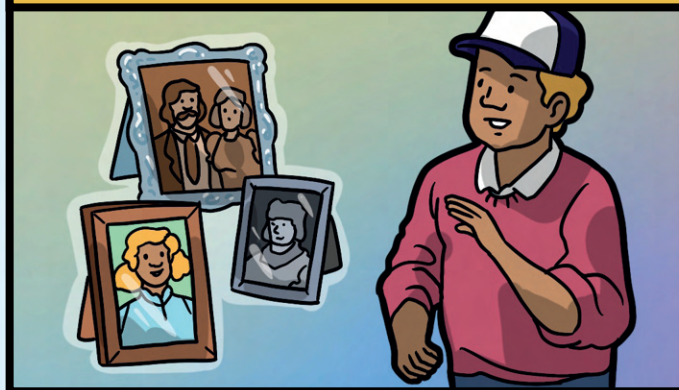
Your Culture and Identity

You have the right to celebrate who you are, your culture, to learn about your whakapapa, who you come from and practice any religion you might follow.

CELEBRATING YOUR CULTURE MEANS SHARING CULTURAL FOOD, VALUES, CLOTHES, MUSIC AND WAYS OF LIFE WITH OTHER PEOPLE, OR JUST BEING ALLOWED TO DO THIS BY YOURSELF.



YOU'RE ALLOWED TO LEARN ABOUT YOUR WHAKAPAPA. YOUR WHAKAPAPA IS YOUR FAMILY OR WHĀNAU HISTORY, YOUR ANCESTORS, WHO AND WHERE YOU COME FROM. EVEN IF YOU'RE NOT MĀORI, YOU STILL BELONG TO A LONG LINE OF WHĀNAU OR FAMILY.



YOU HAVE THE RIGHT TO STAY IN CONTACT WITH YOUR WHĀNAU OR FAMILY WHEN YOU'RE IN CARE.



IF THERE ARE SOME PEOPLE WHO ARE NOT SAFE TO TALK TO RIGHT NOW, YOUR SOCIAL WORKER SHOULD EXPLAIN TO YOU WHY.



YOU SHOULD BE ALLOWED TO TALK TO, OR VISIT WITH THE PEOPLE IN YOUR FAMILY WHO ARE SAFE FOR YOU.



IF YOU'RE RELIGIOUS, THIS WILL BE SUPPORTED WHILE YOU'RE IN CARE. THIS MEANS IF YOUR RELIGION ASKS YOU TO EAT CERTAIN FOODS, OR DRESS IN A CERTAIN WAY, IT'S YOUR RIGHT TO STILL DO THESE WHILE YOU'RE IN CARE.



WHEN DECISIONS ARE BEING MADE ABOUT YOU DURING YOUR TIME IN CARE, YOUR WHĀNAU OR FAMILY SHOULD BE INVOLVED IN THESE DECISIONS.





Being Healthy

You have the right to see a doctor or nurse and get healthcare. You should have a health check within the first 5 days of arriving in the residence.

IF YOU'VE HAD BAD THINGS HAPPEN TO YOU, OR ARE ANXIOUS ABOUT SOMETHING AND YOU WANT TO TALK TO SOMEONE ABOUT IT, YOU HAVE THE RIGHT TO TALK TO SOMEONE WHO CAN HELP.



THERE ARE DOCTORS AND OTHER GROWN-UPS WHO LOOK AFTER YOUR MENTAL HEALTH, JUST LIKE THERE ARE DOCTORS WHO LOOK AFTER YOUR PHYSICAL HEALTH.



WHEN YOU'RE SICK OR HURT, YOU SHOULD BE ALLOWED TO SEE A NURSE OR DOCTOR QUICKLY, AND GET LOOKED AFTER PROPERLY.



YOU HAVE THE RIGHT TO REST AND PLAY AND TO JOIN IN ON ACTIVITIES LIKE SPORTS AND CULTURAL ACTIVITIES. BUT IF YOU DON'T WANT TO JOIN IN, YOU HAVE THE RIGHT TO SAY NO.

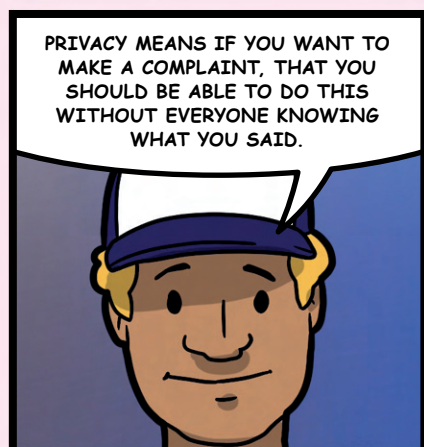
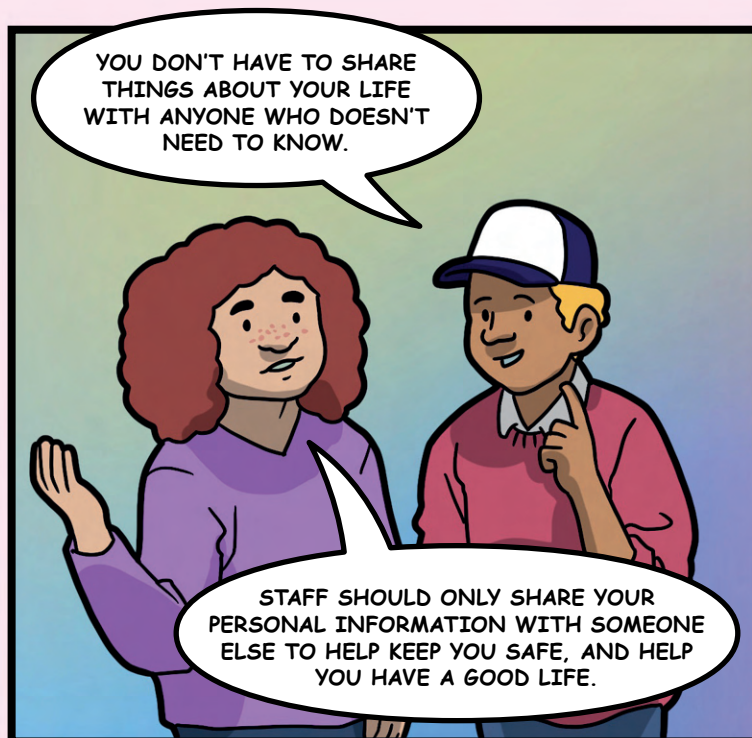


THERE SHOULD BE PLACES AND SPACES FOR YOU TO PLAY AND EXPRESS YOURSELF CREATIVELY WHEN YOU'RE IN CARE.



Privacy

You have the right to privacy and the right to keep your personal information safe.



When things go wrong

When bad things happen or you don't think that your rights are being met, you have options. **You have a voice, rights and mana that deserve to be protected.** These tips should help you figure out what you can do next.

Tip 1:

Get Support



Talk to a trusted person – someone who's got your back. Tell them what's going on, and how you're feeling. Sometimes you might just want someone to listen to you.



If you don't think you have someone you can trust, VOYCE – Whakarongo Mai is here to help. We listen to you and can be with you every step of the way.

No matter where you're placed, contacting VOYCE is your legal right.

0800 4 VOYCE / 0800 486 923
(Call us for free)

Contactus@voyce.org.nz



Tip 3:

Give feedback



Try giving feedback straight to the person who the complaint is about. Talk to your support person about if there's a safe way to try this.

Ideas on how you can do this:

- Have a chat in person or over the phone
- Write a letter or an email
- Ask someone to give feedback for you (this could be someone from VOYCE)

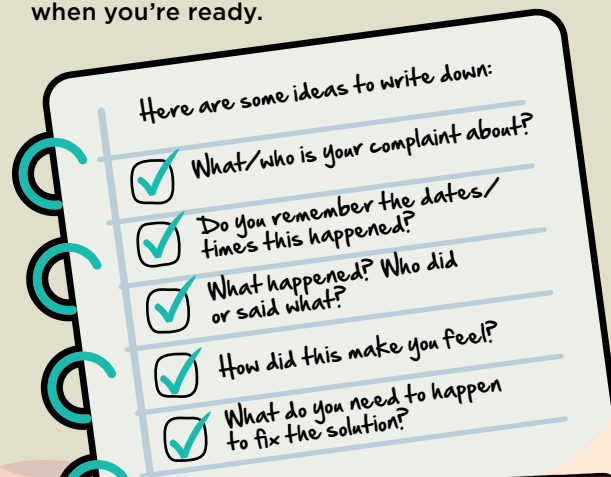


Tip 2:

Write it down



Writing it down means you don't have to keep all of your thoughts and feelings in your head and it's easier to share with other people when you're ready.



Tip 4:

Make a complaint



If you're unhappy with how your feedback has been answered, or you want to make a formal complaint, you can work with your trusted person to follow the residence's complaints process.

If you feel confident to make a complaint alone, you can ask for a complaints form from any staff member, fill it out and put it in the secure box at the residence.

The complaints form should look like this and has information about what happens to your complaint on the back.

If you're not in a residence, you can still make a complaint about your care. You can ask your social worker or VOYCE Kaiwhakamana how to do this.



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