

The National Commission for the Promotion of the Rights and the Protection of Children and Young People (National Commission, for short) is a Portuguese public institution, whose mission is to support the country, the different institutions and the community to promote children's rights, so that they can have a good life.



### Some of the children's rights are:

- To have a home;
- To be well fed and well cared for;
- To go to the doctor when they need to;
- To be safe;
- To be listened to by adults;
- To play;
- To go to school.

Did you know that the [Convention on the Rights of the Child](#) is a law about the rights that all children have to live happy, healthy and safe? Take a look at this law, written in simpler words. You can visit the Convention on the Rights of the Child [here](#)

**We think it is very important to make sure that all the activities of the National Commission and that of all the people who work with it respect children's rights.**

### For children's rights to be respected:

- ▶ All the activities that the National Commission carries out or in which it participates, and all the documents it writes should benefit and include all children, for example: those who have a religion, culture or family situation different from the majority or who have special special educational needs;
- ▶ We should speak and write in simple words about children's rights and on the ways in which they can complain;
- ▶ Whenever a child complains to the the National Commission, we should value what he or she said and ask for help from institutions that can protect the child.



### People working in or with the National Commission should:

- ▶ Know the rights of the child;
- ▶ Be able to work and communicate with children;
- ▶ Not have committed any crimes, especially crimes against children;
- ▶ Be taught several times about children's rights to do the best job possible;
- ▶ Have a behaviour of interest in the rights of the child;
- ▶ Warn those professionally responsible for them of any situation which would harm the children;
- ▶ Be careful about the words they use when talking about children;
- ▶ Prepare the place where they hear the children, whenever they have to talk to a child and explain to him/her things in a way that the child feels welcome, safe and understood.

**Did you know that the National Commission has a webpage designed for you? Take a look [here](#)**

