

The National Commission for the Promotion of the Rights and the Protection of Children and Young People (National Commission, in short form) 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 heard 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 right of all children to live a happy, healthy and safe life? 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 of all the people who work in or 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 educational needs;
- ▶ We should speak and write about children's rights using simple words and in a way that children can understand, so that they can complain if they need to;
- ▶ Whenever a child complains to the the National Commission, we should value what he/she said and ask for help to the 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;
- ▶ Be interested in the rights of the child and show it;
- ▶ Warn the professionals who are 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? So far, it exists in Portuguese only. Take a look [here](#)

