

WHAT IS ESSENTIAL FOR GROWING UP...

Check:

- Parents or caretakers love care and attention
- An upbringing with clear values and the right examples
- Developing a sense of responsibility learning to take care of yourself as well as others and learning to handle money
- Time and space to play and for one self
- Acces to nature and education about the environment and sustainability
- Going to school each school day
- Getting a good education Not having to live up to impossible standards learning to deal with (unhealthy) stress
- Being fully accepted without fear
- Healthy meals enough exercise sufficient sleep physical care
- Protection from becoming overweight
- Help maintaining good dental health
- Healthy surroundings smoke free surroundings safe surroundings

- Protection against ear damage
- Access to internet limited screen time
- Protection from damaging information on the internet and on television
- Getting educated about sexuality
- Getting educated about smoking, vaping, alcohol and drugs gambling internet and social media and addiction
- Getting extra help if you feel you need it
- Protection against and help when dealing with unhealthy stress or bad experiences
- Learning the difference between joking and bullying not being bullied all the time
- Not to be beaten not to be called names not to be humiliated not to be neglected not to be exploited not to be abused
- Parents who do not fight all the time Not having to live through a bad divorce
- To be allowed to participate the opportunity to speak your mind about everthing that is essential to you and to help decide at home in school in your neighborhood
- Someone who values your opinion listens and respects you

If you think things are not as they should be for you, for a friend or for someone you know, Find an adult whom you trust and who listens to you. **Don't stop searching until you found someone.**

Is your environment *Child-right proof* or do some things need improvement?

DO SOMETHING ABOUT IT!

Do you need advice?
For yourself or to help a friend?
Contact help via:
WWW.CHILDLINE.ORG.UK

Or call **DE KINDERTELEFOON**
+ 31(0)800 0432 or **0800 0432**



"I must be able to ask for help if I need it or if somebody else needs it. I have to do that. I am going to do it!"

YOU'RE NOT ALONE!

Peter's example:
"For a long time I felt pretty lonely in my class. By talking about it with my father and at school I soon began to feel better. My classmates gave me tips that helped me to feel less lonely. Therefore I'm glad that I spoke up."

