

# My Care & Wellbeing

## Play and Leisure

Play is an important part of children's development. You learn social skills, develop strength and coordination, deal with feelings, develop creatively and intellectually through playing.

### Article: Children have the right to

31 to play and participate in leisure, cultural and artistic activities

**Fact:** Two thirds of young people say that in their areas there are not enough recreational places.

### Think about:

Where are facilities and areas for you to play relax and hangout with your friends?

### Discuss:

1. Does Ireland invest in enough places for young people to play? Are they clean and safe?
2. Is there a cost involved in participating in play and leisure activities in your area?
3. Do you have time to play and relax?
4. Are there facilities for children with disabilities to play?

**Photo:** take a trip around your community on foot and photograph the facilities that are available for young people. Caption your photos.

1

Source: photos can be sourced [www.pinterest.com/pictureyourright/my-care-and-well-being](http://www.pinterest.com/pictureyourright/my-care-and-well-being)



Limerick Youth Service

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## My Family/Carers

Families and carers are at the heart of ensuring children are safe, healthy and happy. So protecting your rights to your families and to be cared for properly are an important part of the Convention for the Rights of the Child.

### Articles: Children have the right to

- 5 the guidance and advise of parents
- 9 care from both parents
- 10 being reunited with their parents
- 18 parents working together for your best interest
- 19 parents protecting you from harm
- 20 carers who look after you if your parents are unable
- 21 adoption only if it is in your best interest
- 22 somewhere safer if you country is not safe
- 25 someone who checks to make you are being cared for by others properly

### Fact:

There are many different types of families and carers.

### Discuss:

1. Everybody's family is different and not all of us can be looked after by our family. Describe who takes care of you and how they are unique and important to you.

**Photo:** take a picture of your family or the people that take care of you. Write a caption/title.

2

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# My Care & Wellbeing

## Health

You have the right to grow up healthy. That means that adults should not only provide ways to cure illnesses but they must also try and prevent you from becoming unhealthy.

**Article: Children have the right to 24 preventive and curative health care services**

**Fact:**

- 1 in 4 children in Ireland are overweight.
- 1 in 5 young people in Ireland have reported moderate to severe mental health problems
- Young people don't have equal access to Relationship and Sexuality education in school

**Think about:**

Are young people in Ireland provided with enough health information, care and support to make healthy choices and live healthy lives?

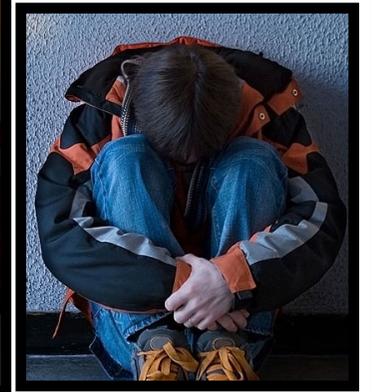
**Discuss:**

1. GOVERNMENT have ruled out banning fizzy drink vending machines in schools because they are making too much money.
2. Children are faced with sexual images — in films, ads, songs and toys. How does this impact on children?
3. 20% of young adults said they had self-harmed, and 7% reported a suicide attempt. Are there enough services to protect young people?

**Photo: take picture of children's health in Ireland.**

3

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## Drugs and Alcohol

You have the right to be protected from drugs and alcohol, which can have a very harmful affect on young people.

**Article: Children have the right to**  
33: protection from drugs and alcohol

**Fact:**

- Alcohol is the biggest killer of young people in Ireland.
- 100,000 kids – enough to fill Croke Park and then some – are impacted by their parents' drinking.

**Think about:**

Why is drinking celebrated in our culture?

**Discuss:**

1. What is the best way to prevent young people from taking drugs or alcohol?
2. Does society do enough to protect you, from alcohol and drugs? What alternatives does it provide?

**Photo: Take a photo that depicts how drugs and alcohol impacts on you, your peers, community, or family life.**

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