

are respected

to becoming a Human Rights Defender, but it can be difficult for a child to use their voice to defend human rights. Adults don't always appreciate a child speaking up for themselves and children can sometimes be afraid to speak up, especially if they aren't sure that they are allowed to. That is why it is so important for more adults to step up and become Unfearties.

"Rights are what people are meant to have. It's when you make children's lives fair."

MCPs and Unfearties worked in small groups with large shield props, which facilitated creative conversations around 4 key guestions.

> "To stand up for other people who don't know their rights or may not have the courage to speak out."

> > 'So, we can take

action when bad

things happen."

1. Why is it important that children are able to be Human Rights **Defenders?**

"Some adults think children's ideas and opinions are not 'fully-formed' - not true! Why should they wait until they are 18?"

"Children are

experts in their own

experience."

"Adults have the responsibility to LISTEN and take ACTION."

"To speak up and use their influence to make children's rights real."

2. Why is it important that adults are **Unfearties?**

To make sure other adults listen too."

"So that children don't feel alone."

of trust, kindness, empathy and dignity. Unfearties use these to speak out in ways that are helping to make Scotland a country that loves, values and includes children. As Unfearties, we can ensure every child feels

As Unfearties, adults defend the human rights of

children by embodying the UNCRC's principles

confident to voice their ideas and every adult knows their responsibility to stand up for and alongside children. Together, we can create a culture that defends children's human rights a Nation of Unfearties!

> "Dignity is including people and respecting who they are and being listened to." - MCP, age 11

Children's Parliament National Sittings take place annually on 20th November (UN Universal Children's Day). The events act as waymarkers on our journey toward making Scotland a country where human rights are understood, lived and respected - so that children grow up happy, healthy, safe and loved.



Join the Unfearties: bit.ly/Unfearties

In 2018, the National Sitting provided delegates with the opportunity to explore the support that children need to become Human Rights Defenders.

3. What can Unfearties do to make sure children can become Human **Rights Defenders?**

"Make

space, give

time, listen,

support,

"Let children tell their story."

"Incorporate the UNCRC.

Children's **Parliament**

Children's Parliament 0131 558 9030 www.childrensparliament.org.uk info@childrensparliament.org.uk

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Members of Children's Parliament are keen and able to work with adults to achieve a culture that loves and values all children equally; they want to help create a world where all human rights

Knowing you have human rights is the first step

MCP, age 10

"A country of love and trust."

"Parents getting more support."

Scotland was a nation of Human **Rights Defenders** and Unfearties?

Less shouting,

less bullying

and more smiling.

"Less injustice, less sexism and less discrimination and more equality."

4. What difference would it make if

> "Children would know about their rights."

"Like and love children."