



THE FOUNDATIONS · POST 1

What is a right?

Four worksheets, tailored by age

AGES 6–8

AGES 9–11

AGES 12–14

AGES 15–17

The age ranges are a guide. Choose the sheet that best suits the child or group you are working with.

THE RIGHTS COMPASS

Helping children navigate their rights

Free to photocopy for classroom and group use.



THE FOUNDATIONS · WHAT IS A RIGHT?

Needs and wants

Some things belong to every child because they are rights. You don't have to earn them by being good, and being naughty doesn't mean your rights disappear.

1 Sort them.

Write or draw each one in the right box.

a safe home · a phone · school · sweets · a new game
having a say about things that affect you · someone to look after you · staying up late

THINGS EVERY CHILD SHOULD HAVE

THINGS I MIGHT LIKE TO HAVE

2 Colour them in.

Colour the things that are rights in GREEN. Colour the things that are privileges in ORANGE.

Being safe

Pocket money

Seeing a doctor

A new toy

Ice cream

Having a name

A later bedtime

Being cared for

3 Say it out loud.

Fill in the missing word. Then practise saying the whole sentence three times.

“Being _____ is my right, not a treat.”

Tick a circle each time you practise:



SOMEONE I COULD SAY IT TO

If something in your life feels wrong, you do not have to sort it out on your own.
Tell an adult you trust — a parent, carer, teacher, school nurse, or your school's safeguarding lead.
You can also call Childline free on 0800 1111, at any time of day or night. They will listen.



THE FOUNDATIONS · WHAT IS A RIGHT?

Right, or privilege?

A privilege is something you are given, and it can be taken back. A right belongs to you because you are a person.

1 Tick one box for each.

Some are harder than they look.

	RIGHT	PRIVILEGE
Being safe from harm	☐	☐
Having a phone	☐	☐
Going to school	☐	☐
Extra screen time	☐	☐
Having a say about decisions that affect you	☐	☐
Pocket money	☐	☐
Having a name	☐	☐
Dessert after dinner	☐	☐

2 True or false?

Circle your answer.

Rights are a reward for behaving well.	TRUE	FALSE
A privilege can be taken away.	TRUE	FALSE
You keep your rights even when you are in trouble.	TRUE	FALSE
Only some children have rights.	TRUE	FALSE
Rights and rules are the same thing.	TRUE	FALSE

3 Two rules you live with.

Write the rule. Then decide: is it protecting a right, or managing a privilege?

THE RULE

RIGHT OR PRIVILEGE, AND HOW I KNOW

THE RULE

RIGHT OR PRIVILEGE, AND HOW I KNOW

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THE FOUNDATIONS · WHAT IS A RIGHT?

Consequences and rights

Getting into trouble doesn't make your rights disappear. A consequence might affect something you enjoy or are allowed to do — but you remain a rights-holder. So ask: is a right involved here, is it a privilege, or do you need to know more?

1 Rights, privileges, or not enough information?

Mark R if a right is involved, P if a privilege is involved, or ? if you need to know more. Some rights can be limited in certain situations, so ? is a real answer.

Your football is confiscated for a week.

R P ?

You are not allowed to speak in a meeting about your own future.

R P ?

Your phone is taken away at bedtime.

R P ?

You are left out of a trip because of what your family can afford.

R P ?

You lose dessert for being rude at the table.

R P ?

2 The responsibilities claim.

You will hear this one a lot. Take it seriously, then answer it.

“With rights come responsibilities.”

WHAT IS TRUE IN IT

WHAT IS WRONG WITH IT

3 Build your argument.

Fill the gaps. Then read the whole thing aloud once.

“This is a right, not a privilege, because _____.”

“Even though I _____, I still have the right to _____.”

“Can you show me where it says I have to earn that?”

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Rights under pressure

Rights matter especially when someone else has power over a decision that affects you. They don't disappear because you're unpopular, you've made a mistake, or an adult disagrees with you.

1 Argue the other side first.

Write the strongest version of the claim that rights should be earned. Make it as convincing as you can.

NOW TAKE IT APART. WHERE EXACTLY DOES IT FAIL?

2 The right least respected for people your age.

Name it, then evidence it. A claim without an example is easy to dismiss.

THE RIGHT, AND THE ARTICLE NUMBER IF YOU KNOW IT

WHAT ACTUALLY HAPPENS INSTEAD — A REAL EXAMPLE

WHO HOLDS THE POWER IN THAT SITUATION

3 Find it in the text.

Read the article itself. Summaries smooth off the parts that matter.

Article number: _____

The words that matter most: _____

What it does not cover: _____

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