

CHARTER of RIGHTS

MENTAL HEALTH AND WELL-BEING
FOR CHILDREN AND YOUTH

Resources / References

- UN Rights of a Child
 - Full
 - Summary
 - Plain Language
- UN Universal Declaration of Human Rights
- Peel Charter of Children's Rights



Summit on Children and Youth Mental Health



Coalition for Children
AND Youth Mental Health
Let's put our heads together.



Hosted by: Coalition for Children and Youth Mental Health

*Drafted by: The Ontario Student Trustees' Association -
l'Association des élèves conseillers et conseillères
de l'Ontario*

PURPOSE

The purpose of this declaration is to encourage a united stance on the mental health issues that affect Ontario's children and youth. The following fundamental rights describe a set of ideal standards for accepting, respecting, assisting, and engaging children and youth in the context of mental health within their communities. These rights express OSTA-AECO's call for inclusive and equitable opportunities for all children and youth and are a basis for improving the quality of school and life experience.

STATEMENT OF RESPONSIBILITY

Each child and youth is responsible for knowing, acknowledging, and respecting the rights of other children and youth, as well as all other members of the community. **Each adult is responsible for** recognizing their role in caring, listening and becoming knowledgeable about different aspects of mental health. Any adult who works or interacts directly with children and youth must recognize the importance of mental health issues in the context of well-being at school and in life. Adults should commit to working collaboratively to support a revitalized system that adequately addresses the mental health needs of its children and youth and builds mental health literacy and promotion within communities.

CHARTER of RIGHTS

ALL CHILDREN AND YOUTH SHALL HAVE THE FOLLOWING SIX INALIENABLE RIGHTS REGARDING
MENTAL HEALTH AND WELL-BEING:

THE RIGHT TO RESPECT

To live and grow in a culture of care and respect, where an individual's emotions and mentalities are to be treated with dignity.

THE RIGHT TO ACCEPTANCE

To not simply be tolerated but be accepted; to not face discrimination or be treated differently on the basis of gender, race, ethnicity, aboriginal identity, sexual orientation, social class, disability, language, faith/religion, body image or on any other physical, social, mental, emotional, or cultural representation.

THE RIGHT TO SUPPORT

To be able to approach individuals within school and the community who are knowledgeable and compassionate in dealing with mental health concerns, and who are representative of the cultural diversity of the children and youth that they serve.

THE RIGHT TO SERVICE

To receive equitable and timely access to mental health supports and services, in an individual's preferred language and be made aware of such support and resources regardless of where they live.

THE RIGHT TO SUCCESS

To be supported in achievement, and thrive in a fun and engaging environment that emphasizes learning and living at one's own pace; to be fairly assessed in schools; to be understood and accommodated.

THE RIGHT TO PROTECTION

To be safe from harm, bullying, or any form of harassment; to be able to freely voice opinions and input without reprimand.

