

## 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 ☐
- Access 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 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 everything 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](http://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."*

