



PULSE Foundation



# MY RIGHTS

*A handbook for children  
in residential care*



Hello, dear!

Welcome! My name is Ivo and I am a volunteer. I'm here to help you get acquainted with the place that will be your home now.

Years ago I lived here too. Now I have my own home and family.

What is your name?



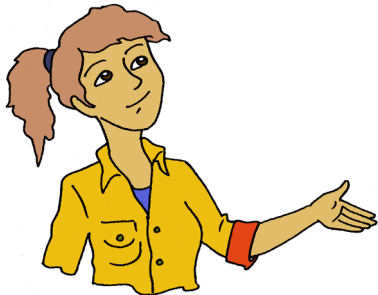
Maria.

Everyone is welcome here, Maria! This is where you can find friends and significant adults who take care of the needs of every child. The children who live here are diverse, they differ in the languages they speak, in the colour of their skin, in their religion, and so on. Each child has his or her individual protected space, as well as rights equal to those of the others, and it is important that everyone respects these rights.

Maria, do you know what 'people's rights' mean?



Yes! A '**right**' is something like 'protection' of my needs and dignity. Such as the right to be **free** and to **develop** while growing up. I also have the right to a family!

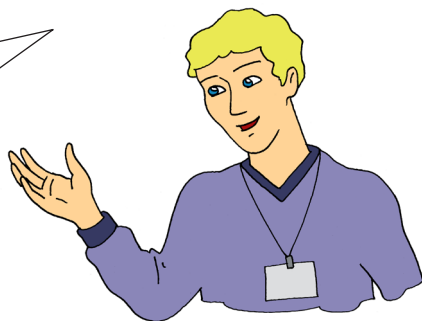


That's right, Maria, well done! All children here, no matter how different they are, have **equal rights**.

All their needs are taken into account, and **the child's best interests** are a primary consideration.

Wherever in the world you go, Maria, whether it's a different town or a different country, you and those closest to you can become citizens of that place.

You have the right to say who you are and where you come from, and express your views freely in all matters that affect you and your family.



But who cares about my opinion?

All adults around you and anyone who takes care of you should respect this fundamental right of yours.

You have the right to be educated and ask for information about anything that is of interest to you.

But who will give me that information?

All adults taking care of you have an obligation to provide you with all sorts of information. They will tell you everything in the language you speak and understand.

Oh, that's great! So I can continue going to school and learning more and more new things about the world?



Of course, Maria. This is one of the fundamental rights also laid down in the Convention we already talked about.





And I can also have fun, sing and dance.

Do you know what wonderful dances I know? I have brought them with me, in my heart, from where I come from!

Of course, Maria. You will be free to share your culture and get to know the culture and beliefs of the other children.



Everything has been provided for here, and you will have your own room and bed, a place to learn and have fun, you will always have fresh food, and you can even learn how to prepare that food yourself. You will be able to have fun and to rest.

You know, if one day someone tries to do something to you that you don't like, or if they want you to do things that make you feel scared, ashamed or guilty, you should say 'I don't like that!'.

If someone tries to make you do hard physical work and promises to pay you, yet the work is arduous and beyond your ability, you have the right to refuse, too.



If someone offers you to take any kind of drugs, don't take them. These substances are a poison that destroys your body, brain and mind!

It is important to feel confident to tell about it to your caregivers at the children's home.

It is also important not to be afraid, because all child protection institutions are on your side and will protect you.

## MY RIGHTS

2021

© Author: Ekaterina Veleva and the PULSE Foundation team

© Publisher: PULSE Foundation

Tel: 076/ 60 10 10

e-mail: pulse.women@gmail.com | [www.pulsfoundation.org](http://www.pulsfoundation.org)

Illustrations: Nikolay Dimitrov

Graphic design: KAYA Productions

ISBN 978-619-7615-05-0 (pdf)



This publication has been produced with the financial support of the Rights, Equality and Citizenship Programme of the European Union. The contents of this publication are the sole responsibility of its author and can in no way be taken to reflect the views of the European Commission.

Project title: SUPPORTS - Supporting Children in the delicate phase between adolescence and adulthood while leaving alternative care facilities.

**SUPPORTS**



Here, at this home, you will find peace,  
a friendly environment and caring adults,  
who will help you map your development path  
into adulthood, your life project.