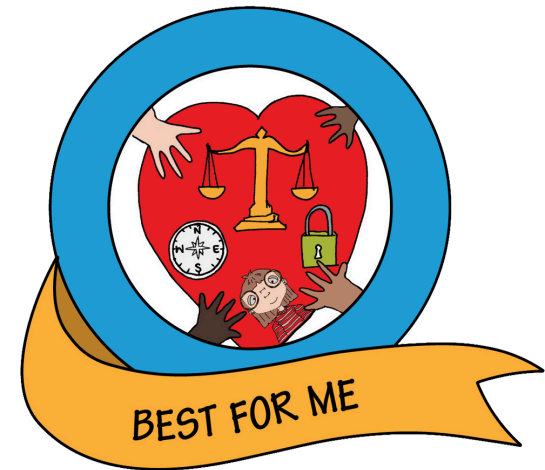


ADULTS DO WHAT IS BEST FOR ME AND KEEP ME SAFE



My parents and other adults know my rights. They understand how forces life affects me. I know what is happening and why, and adults make sure I am listened to.

Articles 3 & 42

I HAVE A SAY IN THINGS THAT AFFECT ME



Adults should listen to me and let me be part of decisions about my life in a way that makes sense for my age. We can share our forces life experiences, talk about what forces life is like and what would help us all.

Articles 12 & 13

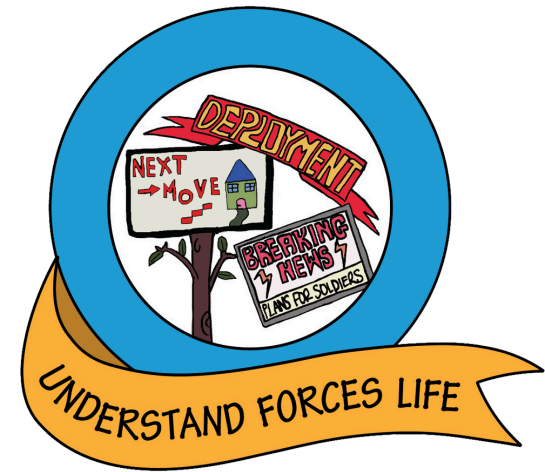
I AM AS HEALTHY AS I CAN BE



I can get help when I am feeling down or upset. Adults understand that forces life can affect how I feel. They don't assume things about my life—they ask me. It is easy to get appointments for the help I need, even if I move.

Article 24

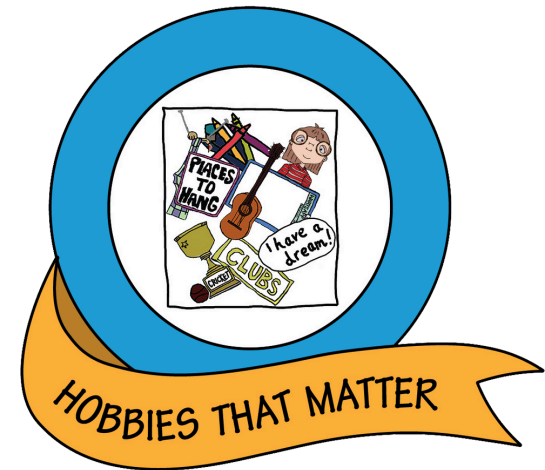
PEOPLE UNDERSTAND HOW FORCES LIFE AFFECTS ME



Everyone knows that forces life is different for me. It depends on what my parent does, which service they are in, or if they are a veteran. I can get help when I need it. I know who to talk to if it isn't right for me. Getting help is easy.

Articles 42, 12 & 13

I CAN DO THE THINGS I ENJOY



I should be able to keep up with my hobbies and spend time with the people I care about. I can keep in touch with my friends and family. Adults should help me feel connected to my loved ones and make new friends.

Articles 31, 15 & 27

I AM PROUD TO BE A FORCES CHILD



Being a forces child is part of who I am.
People should respect and protect that. I can
share and enjoy what makes being a forces
child special. My family's service should not
make life harder for me.

Articles 8 & 15

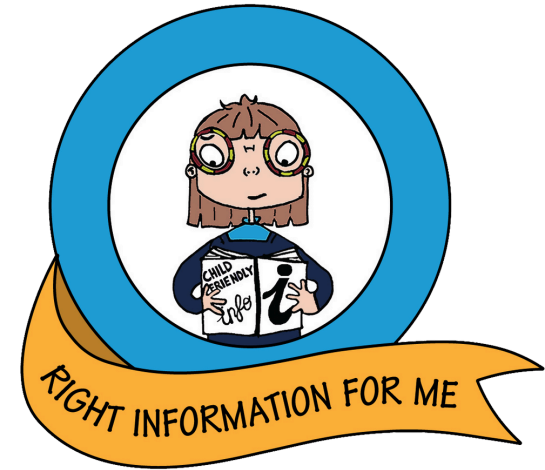
I GET TO LEARN WHAT HELPS ME BE MY BEST



What I learn helps me now and in my future. It is what is best for my talents and interests. Moving schools should be as easy as possible. It should be planned well. I should get to know my new school before I start, and the timing should be good for me.

Articles 28 & 29

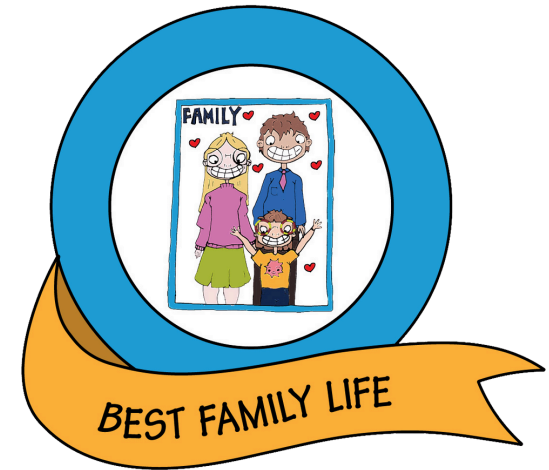
I GET THE RIGHT INFORMATION AT THE RIGHT TIME



I can ask adults, including the MOD, questions easily. The answers should work for all ages. I get information that is right for me. I should know what I can about my parent's service, but only in a way that is safe and right for my age.

Articles 12, 13 & 17

I HAVE THE BEST FAMILY LIFE I CAN



My family and I get help when we need it. When my parent is away, I am supported. I am helped to stay in touch with my parent in the best way for me. If we can't talk, I should still feel close to them.

Articles 9 & 18

I AM SAFE WHERE I LIVE AND PLAY



My home should be a safe and happy place. Homes should be good for everyone. They are easy to live in, modern, warm and free from mould.

Article 27