

KNOW YOUR RIGHTS

Read each of the following statements aloud. After each one, ask participants to move to the **TRUE** or **FALSE** side of the room. Then read the explanation and link to the Children's Forces Charter. Not all statements have to be read, differentiate appropriately for your group of learners.

Being part of an Armed Forces family means schools automatically know your background and provide support.

Answer: ☒ False

Explanation: Adults and systems (like schools) must be informed and support put in place—they don't just automatically know.

Charter link: "My parents and other adults know about my rights and how forces life affects them."

Children of deployed parents may experience anxiety or emotional stress.

Answer: ☒ True

Explanation: The Charter recognises forces life affects children's emotional wellbeing; support must be available.

Charter link: "I can easily access support for my emotional and mental wellbeing..."

If you're struggling due to armed forces life, the only people you can turn to are your parents.

Answer: ☒ False

Explanation: You have the right to emotional support from school staff, youth workers, and more.

Charter link: "I can easily access support ... when and where I want it."

Forces children must adapt without complaint – it's just part of the lifestyle.

Answer: ☒ False

Explanation: You have the right to be heard and supported during transitions.

Charter link: "I have the right to be part of the decisions that affect me..."

Moving schools frequently can affect your learning – but your right to education doesn't change.

Answer: ☒ True

Explanation: You should receive planned transitions and proper support in school.

Charter link: "My education needs to be about more than my academic achievements... I get a well-planned move..."



Only the deployed parent's experience matters during military operations.

Answer: ☒ False

Explanation: The Charter emphasises that children's voices and experiences matter too.

Charter link: "Adults do what is best for me and protect my rights."

Being 'resilient' means you don't need help or support.

Answer: ☒ False

Explanation: Resilience includes knowing when to ask for support.

Charter link: "I can easily access support for my emotional and mental wellbeing..."

You have the right to know what support services exist for Forces children.

Answer: ☒ True

Explanation: You have the right to clear information about support for kids like you.

Charter link: "Adults think about the information I need and how and when I need it."

Mental health support for Forces children is a luxury, not a right.

Answer: ☒ False

Explanation: Support for mental wellbeing is fundamental and must be accessible.

Charter link: "I can easily access support for my emotional and mental wellbeing..."

You have the right to express how military life affects you, even if adults don't always agree.

Answer: ☒ True

Explanation: You have a say in decisions on your life and experiences.

Charter link: "I have the right to be part of the decisions that affect me..."

**SCAN FOR
THE RIGHTS
CHARTER:**

