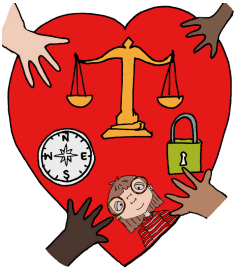




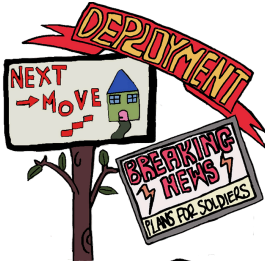
This charter has been co-produced with children and young people and rooted in the principles of the United Nations Convention on the Rights of the Child.

**Here are the ten essential provisions for babies, children and young people from Armed Forces families.**



## **Adults do what's best for me and protect my rights (Articles 3 and 42)**

My parents include me when they make decisions that affect me. They and other adults understand my rights and how life in the forces changes things. The MOD checks how their decisions affect children like me. I understand what decisions have been made, why they were made, and how I was included.



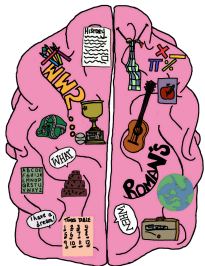
## **Everyone understands how life in the forces affects me (Articles 42, 12 and 13)**

The MOD explains how its decisions affect me and my rights. I can tell people what life is like for me and share my views. People know all the ways life in the forces affect me. If my rights are affected, I can easily get help and know who to talk to.



## **I am proud to be a forces child and that should be supported (Articles 8 and 15)**

I can show and celebrate who I am as a forces child. People should understand both the strengths and the challenges I have. I have the right to spend time with other children from forces families. I shouldn't be treated unfairly because my parent serves, is a reservist, or a veteran.



## **My education helps me now and in the future (Articles 28 and 29)**

Learning isn't just about grades. If we move or my parent leaves the forces, my learning should continue with as little disruption as possible. Moves should be well planned and at the right time for me. I should know about my new school before I get there. My information should go with me straight away, and I should help gather it. If I need support or help catching up, I should get it easily. I shouldn't have to explain every time. Schools should be checked on how well they support forces children, no matter how many there are.



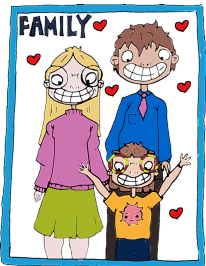
## **I am as healthy as possible (Article 24)**

I can get support for my wellbeing when I need it, especially during moves or when my parent is away. Adults who help me, understand forces life and how it affects wellbeing. My health records move with me, and I can easily get a new doctor, dentist, or other care. I'm not left out of care because of my parent's job.



### **I can enjoy hobbies and spend time with people who matter to me (Articles 31, 15 and 27)**

I can stay in touch with friends and family and make new friends.  
Rest and fun are especially important when my serving parent is away.  
My home should have space for me to play and invite friends over.  
When we move, I can still do the activities I enjoy. Waiting lists shouldn't be a problem because of my parent's service.  
I get information about clubs and groups where I live, made by children for children.  
If I'm a young carer, I get support to take a break.



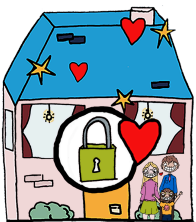
### **I have the best family life I can (Articles 9 and 18)**

My family and I get the right support when we need it.  
When my parent is away, I can stay in touch as much as I can and in the way that works best for me.  
I get help to feel close to my parent when we can't stay in touch.  
Me and my parents get support when my parent is leaving, returning, or delayed.  
My serving parent should come home as often as they can and be away for the shortest time possible.  
If I'm a young carer, I get the help I need.  
Support should be for everyone—not just those on base or still serving.  
If both my parents are serving, the MOD should help keep my family life steady.  
My family's privacy is protected.  
My parents can get childcare that works for their job and for me.



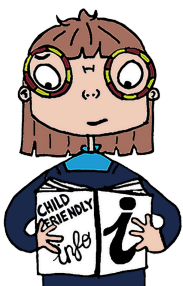
### **I have a voice and it is taken seriously (Articles 12 and 13)**

I get to be part of decisions that affect me, in a way that suits my age.  
I have a say about how my family and I are supported.  
I can ask questions and get answers—or know why I can't.  
I can talk about what it's like to be part of a forces family and how to make things better for everyone.  
Adults create safe places where we can share our views and be heard.



### **I am safe where I live and play (Article 27)**

My housing helps me to be my best.  
My home should feel safe, clean, and like it's mine—with enough space for everyone and room to play.  
It should be ready when we arrive and looked after properly.  
Homes should be easy to live in, warm, modern, and without mould.



### **I get the right information when I need it (Articles 12, 13 and 17)**

I get information in a way that makes sense to me, so I can be involved.  
I can ask the MOD for information directly and it's easy, no matter how I communicate.  
I get as much warning as possible if something changes in my parent's service that affects me.  
If I can't know something, adults explain why.  
I get information that suits my age and protects me from anything harmful.