



## FAIRNESS

A fair society is where everyone is given the chance to achieve what he or she wants from life.

Sometimes fairness means treating people differently since we do not all start from the same position.

It is fair to consider everyone's point of view and to base any decisions about people solely on what they say and do.



## DIGNITY

Dignity is the source of all human rights. To be treated with dignity is to be valued as a human being. It means nobody can abuse, humiliate or use you in any way.

Dignity allows you to be yourself, carry yourself as you wish and hold your head up high.

## EQUALITY

Equality means that all people have equal worth. Equality is not about being the same as everyone else. After all, people are different and everyone can face barriers to being included.

# HUMAN RIGHTS ARE YOUR RIGHTS



## RESPECT

Respect is about how we behave towards each other.

It means we value one another and respect each other's human rights. Respect goes both ways: if you give it to people, you are more likely to get it back.

The National Children's Bureau has produced a guide to explain the Human Rights Act 1998. It shows how the Act can be used to protect and support children and young people alongside other human rights agreements like the UN Convention on the Rights of the Child. It is available at:

[www.yourhumanrights.org.uk](http://www.yourhumanrights.org.uk)



**P/W** Participation Works



**Children & Young People Now**