



as front line workers, staff and volunteers committed to ending violence  
against women, youth and children:

## WE BELIEVE:

### CHILDREN AND YOUTH HAVE THE RIGHT TO:

- Have strong, positive voices
- Be a child
- Feel safe, secure and stable
- Freedom of speech
- Be able to express feelings
- Be heard and listened to
- Have their basic needs met
- Receive support that meets them where they are at

### CHILDREN AND YOUTH HAVE A RIGHT TO A HEALTHY LIVING ENVIRONMENT AND LIFE STYLE INCLUDING:

- Housing, food and childcare
- Extended resident stays without judgment
- Structure and routine in daily lives
- Nutrition and healthy foods programs
- Safety plan specifically for children/youth
- Entertainment and fun
- Access to health care
- Culturally and holistically based activities and supports
- Programs that include mom and other family members such as family game night and bake night.
- Play time in a clean and safe environment

### CHILDREN AND YOUTH HAVE A RIGHT TO EDUCATION AND ACTIVITIES INCLUDING:

- Unlimited education
- Training available for basic life skills
- Training available for outdoor survival skills such as fishing, hunting and food gathering
- Physical activities
- Sports mentorship
- Environmental education such as Earth Hour Night, storytelling, invite an Elder, outdoor fire nights
- Learn cultural activities
- Unlimited exposure to new activities such as sports, cultural centers, swimming and museums
- Transportation to activities
- Developmentally age appropriate activities

### CHILDREN AND YOUTH HAVE A RIGHT TO MENTAL, SPIRITUAL AND CULTURAL RESOURCES INCLUDING:

- Support available to work on spiritual, emotional, physical and varying levels of mental wellness
- Dedicated team of professionals or in-house counsellors available from start to finish with unbiased care and follow up
- Counselling available in a private area
- Spiritual area for smudging, meditation or other cultural practices
- Traditional influences for all cultures
- Gratitude

### CHILDREN AND YOUTH HAVE A RIGHT TO COMMUNITY SUPPORT INCLUDING:

- Models of non-violent behaviour
- Advocates in school and community
- Ongoing trust and respect
- Ultimate clean, safe and friendly indoor and outdoor play areas
- Natural light
- Career path planning for the future, safe and fair employment opportunities, workshops and certification programs available
- Living in caring and loving environment
- Having positive and good role models

Children and Youth Have a Right to know and feel that  
**violence in the home is not their fault** and we can help