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UNCRC Article 37

I have the right not to be punished in a cruel or hurtful way



Article 37 of the UNCRC says that children and young people:

- **shouldn't be tortured.**
- **shouldn't be imprisoned for life with no chance of release.**
- **shouldn't lose their freedom for no reason or in a way that is illegal.**

Being arrested

Article 37 covers what happens if a child or young person commits a crime. It says they shouldn't be arrested unless there are no other options, and that they have a right for lawyers to give them advice about their situation and represent them in court.

If a child or young person is placed in detention they should remain there for the shortest possible time, and should:

- be treated with respect
- if in their best interest, be kept apart from adults
- have their age taken into account when people think about their needs.



Losing your freedom

Article 37 also applies to young people who are detained without committing a crime. Some people who might be in this situation include:

- people with disabilities
- people who have recently entered the country
- people in secure accommodation.