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UNITED KINGDOM



RIGHTS
RESPECTING
SCHOOLS

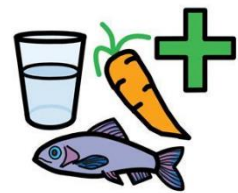
May - Article of the Month - ARTICLE 24

Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy.

Article 24 of the UNCRC says that healthcare for children and young people should be as good as possible, and also goes further than this by saying children and young people have the right to be both **physically and mentally fulfilled**.

Among other things, this implies that children and young people:

- should have good enough nourishment from their food
- should be able to live in a safe and healthy environment
- shouldn't be in danger at work.



Article 24 also says that children and young people have a right to information about their health. They should have a say in how they get this and be able to say what they like and dislike about the information they get.

Access to water is a human right.

It's essential to a child's right to health, and to fully realising their right to education.

In 2019 the Children's Future Food Inquiry report identified access to free drinking water in schools as a key issue which disproportionately impacts children experiencing poverty and food insecurity. Education authorities in Scotland are required to provide drinking water to children in schools. This duty is set out in Regulation 7 of The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020.



All children at Burrelton Primary have access to drinking water during the school day.



Article 24 of the UNCRC says that people should know about the health services they have access to. They should get information about physical and mental health, and they should know about the services they can use if they have difficulties with either.

Young people have the right to get information about their health in private, without a parent or guardian's knowledge. While as a child it might have been in their best interests for a parent or guardian to make decisions about their health, young people should be able to choose which services they need.



Here are some useful links to support mental health for children and young people

The Mental Welfare Commission for Scotland gives advice about rights in relation to mental health care and treatment.

<https://www.mwscot.org.uk/looking-help/your-rights>

NHS Choices – Young People and Mental Health offers advice and information about a variety of mental health problems, as well as links to useful resources.

<http://www.nhs.uk/Livewell/bereavement/Pages/young-people-bereavement.aspx>

Breathing Space is a helpline staffed by trained advisors. They will listen and provide support and advice (tel. 0800 83 85 87).

<http://breathingspace.scot/how-we-can-help/what-we-do/>