Aberdeenshire Children & Young People’s Charter

1. **Include us in any decisions made about our lives** and explain what’s happening. Don’t guess, ask us what we think, and if something can’t happen tell us why.

2. **Give us opportunities.** Let us show you what we can achieve when you give us a chance to try.

3. **Make sure our voices are heard.** Show us you are listening by taking action.

4. **Don’t judge us, and try to understand our experiences.** Realise we all make mistakes, and give us information to help us make good choices.

5. **Celebrate Diversity and take steps to stop bullying and discrimination.** Encourage us to be confident and to express ourselves as individuals. Find ways which help us all feel we belong.

6. **Respect us and take our worries seriously.** Make sure we get help from the right people, when we need it.

7. **Treat our information with care.** If personal information needs to be shared, let us know who needs it, and explain why.

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