

Right to feel safe and the right to kindness, love and to feel included

January/February

Explaining the Right

Children had many suggestions for how adults can make them feel safe, loved and included in community life. Children spoke about how play, healthy food, active listening, and choice were all things adults can do to show children they care.

Children also expressed the need for peer acceptance and inclusion and how it felt good to have friends and adults treat each other with kindness.

A few quotes gathered from children during the Charter creation process:

- “If you get treated badly, you will have a bad memory”
- “[I like that] I can walk to my grandparents house”
- “We help others so that when we need help they help us”
- “When we are treated right we will treat others better”

Families can:

- Ask your child what they are currently interested in, and participate in the activity together (e.g., reading, playing a new game, learning about a subject)
- Ask your child their opinion on a decision you are thinking about (e.g., what to make for dinner, what to do on the weekend)



Book Recommendations for children and families:

I Said No! by Zack King

Maybe He Just Likes You by Barbara Dee

Count Me In by Varsha Bajaj (ages 10 to 12)

The Boy at the Back of the Class by Onjali Q. Rauf

The Only Road by Alexandra Diaz

The Case of the Missing Auntie (ages 9-12)

The Day We Begin by Jacqueline Woodson

You Hold Me Up by Monique Gray Smith (recommended for ages 3-7)

A is for Activist by Innosanto Nagara

The **Burnaby Children's Charter** was developed in 2019 and included the voices of 250 children across Burnaby. The Charter was developed by the Burnaby Children's Community table in partnership with Equitas and is now in the Action Planning Stage, with [multiple agencies](#) having endorsed the Charter. This newsletter is part of a year-long series where we highlight the rights of the Charter each month to support community to action the Charter with us.