

The Right to be heard and express yourself

November

Explaining the Right

Children had many recommendations for adults. They shared the need to feel heard, loved and supported by adults. They also expressed the importance of play and choice.

Children have the right to be heard and express themselves in any way available to them. Adults have a responsibility to listen to children and take them seriously.

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

"I like when the teacher writes my ideas down"

"Listen to us, don't ignore us."

Families can:

- Make time to hear children's stories, ideas and opinions
- Give children choices
- Play together at the park



Book Recommendations for children and families:

Tough Guys Have Feelings Too by *Keith Negley*

The Boy & the Bindi by *Vivek Shraya*

Quiet Power: The Secret Strengths of Introverted Kids by *Susan Cain*

Amal Unbound by *Aisha Saeed*

George by *Alex Gino*

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.