

**GOT RIGHTS?**



# Manitoba Advocate

*Know Your Rights!  
Youth Lesson Plan*

## Frequently Asked Questions (FAQs)



### Who is Wavy Guy?

The cool-looking mascot you see on the left is called "Wavy Guy!" He was created by a Manitoba youth and he loves meeting new people, dancing, and giving high fives (or elbow bumps during a pandemic).

### What is MACY?

MACY stands for the **Manitoba Advocate for Children and Youth**. We are an **independent office of the Manitoba Legislative Assembly**. The Manitoba Advocate for Children and Youth is appointed by the Legislative Assembly to be an independent watchdog, making sure the government is **acting in the best interests of children**. The Advocate's office is non-partisan, meaning it is not associated with any political party.

### What is MACY's mission?

We amplify the voices and champion the rights of children, youth, and young adults. MACY helps any person under the age of 21 who is receiving services in **child welfare, adoption, disabilities, mental health, addiction, education, victim supports, and youth justice**, or should be receiving services.

### What is the UNCRC?

The UNCRC stands for the **United Nations Convention on the Rights of**

**the Child**. The UNCRC is an important agreement that was accepted as law by nearly every country that is a member of the **United Nations (UN)**. The UNCRC applies to everyone under the age of 18 and contains 42 major rights. Countries who have signed on have promised to protect and uphold children's rights. The UNCRC was adopted by the General Assembly of the UN on **November 20, 1989**. As of September 8, 2020, 196 countries have signed on to this agreement, including every member of the UN **(except the United States)**.

The nations that have accepted the UNCRC are bound to uphold it by international law. Compliance is monitored by the **UN Committee on the Rights of the Child**. Governments of countries that have accepted the Convention are required to report to and appear before the committee periodically to be examined on their progress with regards to the advancement of the implementation of the Convention and the status of children's rights in their country.

### What is National Child Day?

**November 20th** is National Child Day in

Canada. It is also **World Children's Day** around the world. This day marks the anniversary of when children's human rights were recognized by the creation of the **UNCRC**.

### Why is National Child Day important to MACY?

National Child Day is a great way for **MACY** to carry out its mission to "amplify the voices and champion the rights of children, youth, and young adults." The day provides a natural opportunity to promote the UNCRC and to encourage everyone to increase their understanding of children's rights.

### Who can call or visit MACY?

Children, youth, and young adults can call MACY themselves and anyone who has a concern about a young person can call us, too. This includes parents, foster parents, extended family, teachers, social workers, health professionals,

neighbours and community members.

### When should someone call MACY?

If someone feels a child's or a youth's rights aren't being met or their voice is not being heard, they should give us a **call, email us, message us on social media or drop by one of our offices** in Winnipeg or Thompson. Our general advice is if someone is not sure whether they should call MACY or not, then they should call just in case!

### How do I connect with MACY?

Call **1-800-263-7146** (toll-free) or **204-988-7440**. You can also meet in person at one of our offices at **346 Portage Avenue** in Winnipeg or **300 Mystery Lake Road** (inside City Centre Mall) in Thompson..

You can also visit our website **[ManitobaAdvocate.ca](http://ManitobaAdvocate.ca)** to find our emails and social media links. We are on Facebook, Twitter, Instagram and YouTube!



*Note for instructors: The following are questions and scenarios we hear often at MACY. You have the option of sharing them with students, but they do not contain answers for any of the games included in the lesson plan.*

### **How can MACY help me?**

We are here for you. Our only goal is to help you. We are very good at answering questions about adoption, being in care, mental health, addiction, the justice system, school, and getting help if you've been a victim. If you're not sure if you should call us, call us anyway. It's always OK to ask!

### **What if MACY can't help me?**

If we can't help you, we will find someone who can.

***I have a lot of anxiety and have been using alcohol and drugs to deal with these feelings, but I want help now. I was told I may have to wait months...***

### **for help. What can I do?**

You have a right to get help for mental health or substance misuse challenges in a timely way. MACY can help by making sure the service providers you are waiting for understand your needs and that planning happens in your best interests. We can help connect you to the support services.

***I am in care of CFS and leave a lot of messages for my worker, but my worker never calls me back. What can I do?***

You have the right to speak to your worker on a regular basis. We can speak to your worker to let them know you have left a lot of messages and you feel you are not being heard or taken seriously.

***I have been suspended from school and I don't know if there is any plan for me to return. How can I get back into school?***

All children and youth have the right to

(At right) Our Youth Ambassador Advisory Squad (YAAS!) and staff together in 2019.



be in school. MACY can help by talking to the school and making sure they are working with you to come up with a plan to get you back into a school program that will meet your needs.

***I just turned 18 and was in CFS care, but am now involved with Community Living disABILITY Services. I am not feeling safe in my placement and need to talk to someone about a different placement. Can you help?***

Yes. MACY frequently works with youth who have aged out of care and are now receiving services from CLDS. We know this is a big change for youth leaving care and we can advocate on your behalf with disability services to help you receive the services and supports you require to be safe and successful.

### **How can I make things better and help other young people?**

Your opinions and ideas are valuable! You can help make the services provided to young people better by connecting with our team and sharing your ideas and opinions with us. For example, our Youth Engagement Coordinators support our Youth Ambassador Advisory Squad, also known as YAAS! That is one way youth around Manitoba are helping to influence and guide the work of the Manitoba Advocate for Children and Youth (MACY). Visit our website - **ManitobaAdvocate.ca** - to learn more and to read our new report and comic: "Nothing About Us Without Us".

**Lesson Objectives:** To educate children and youth about the *United Nations Convention on the Rights of the Child* (UNCRC) and its 42 rights/articles, with an overview on the work of the Manitoba Advocate for Children and Youth (MACY) and the importance of National Child Day (Nov. 20).. These objectives incorporate Article #42 of the UNCRC: *children and youth have the right to know their rights and adults should provide them with this knowledge.*

**Learning Objectives:** Children and youth will be able to identify the meaning of National Child Day, the purpose of MACY, the purpose of the UNCRC and develop an understanding of the 42 rights that are specific to all children and youth.

### Timeline:

- National Child Day overview and introduction – approximately 5 minutes.
- Manitoba Advocate for Children and Youth information – approximately 5 minutes.
- Youth rights videos (optional) – approximately 2-10 minutes.
- Youth rights exercise/UNCRC Jeopardy – approximately 25-30 minutes.

### Presentation & Exercise:

1. Present information on the *United Nations Convention on the Rights of the Child* (UNCRC) and National Child Day.
  - o UNCRC rights posters are included for students' reference. A digital copy of the poster is available here: <https://manitobaadvocate.ca/adult/helpful-resources/uncrc/>
2. Present information on the Manitoba Advocate for Children and Youth (MACY).
  - o MACY poster and contact information, possibly youth rights videos.
3. Play UNCRC Jeopardy with students.
  - o Each question is worth points, which are tallied for correct answers.
  - o Participating students can win MACY swag items. Please contact us if you would like some prize items (such as pop sockets, lanyards, etc.). Email [info@manitobaadvocate.ca](mailto:info@manitobaadvocate.ca)



**Optional:** MACY's Youth Engagement team, along with the Youth Ambassador Advisory Squad (YAAS!)\*, have created youth rights videos. Each video is approximately one minute and 30 seconds in length. Feel free to use the link below to show the students the rights videos. Each video offers a youth perspective on the right they are speaking to in the UNCRC. These videos could be a good way to review some of the 42 rights before playing UNCRC Jeopardy as well.

**Video playlist:** <https://www.youtube.com/playlist?list=PLRbMlYHFzziOkQlpolry9GDygc-DCrSi3h>

### More information:

MACY's Youth Engagement Program team offers weekly video lessons every Friday at 11 a.m.. We discuss children's rights, provide cultural support and teachings. Youth are encouraged to submit their artwork for a chance to win MACY swag and be featured on a future episode. This could be a great way to continue conversations about children's rights in the classroom after this lesson! To watch, visit our Facebook and YouTube pages each week.

Facebook: <https://www.facebook.com/ManitobaAdvocate>


YouTube: <https://tinyurl.com/ManitobaAdvocate>



### Guidelines

- Instructors are able to set up the MACY UNCRC Jeopardy game in their own classroom (using a white-board, for example) with the questions and answers starting on p. 10.
- There is also the option of accessing the MACY UNCRC Jeopardy game online here: <https://jeopardylabs.com/play/macy-uncrc-jeopardy>
- Students can play individually or be grouped into teams.
- Each student should have a copy of the UNCRC list of 42 articles/rights to help them answer questions. The English version is available in your Got Rights? box, on the opposite page and on our website: ManitobaAdvocate.ca
- We also have French, Cree, Ojibwe and Oji-Cree versions of the poster, which are available upon request.
- All questions are worth certain amounts, i.e. \$100, \$200, etc.
- The student or team who guesses correctly gets the allotted points or “cash.”
- The game is complete once all questions have been asked and answered.
- All student participants will get a MACY swag item. Instructors can choose to give more prizes to winners or winning teams, if they would like.
- The MACY UNCRC Jeopardy questions should promote discussion, learning, and retention of information. If you have any questions or comments about the game, or would like to receive additional MACY swag (pop sockets, stress balls, lanyards, etc.), please let us know by email: [info@manitobaadvocate.ca](mailto:info@manitobaadvocate.ca)


## UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD



Everyone under 18 has these rights. Rights are what you should have or be able to do so you will be safe from harm and be able to grow to your full potential. You were born with these rights and no one can take them away.

Adults have the responsibility to protect youth rights and do what is best for you. You can learn about your rights and the rights of others, which will help you make positive choices in your life.


- Everyone under 18 has rights.
- You have the right to protection against discrimination.
- Adults should make good decisions for you, especially for your protection and safety.
- Government is responsible for helping to protect your rights.
- Your family is responsible for teaching you your rights and helping to protect them.
- You have the right to not only live, but thrive!
- You have the right to have a name and nationality.
- You have the right to an identity - an official record of who you are.
- You have the right to have contact with both your parents, unless it's not safe for you.
- If you live in a different country than your parents, you have the right to get back together with them.
- Governments should protect children from being taken out of the country illegally.
- You have the right to express your opinion and to be heard by adults.
- You have the right to learn and share information, as long as it doesn't harm other people.
- You have the right to practise your own religion and beliefs, as long as you don't harm anyone.
- You have the right to voice your opinion and demonstrate peacefully.
- You have the right to privacy.
- You have the right to get information from the media.
- The care of children is a shared responsibility of both parents, and the government should help parents by providing services.
- You have the right to be protected from abuse or neglect, mentally and/or physically.
- If you can't live with your own family, you have the right to be raised respectfully according to your traditions.
- You have the right to care and protection if you are in foster care or adopted.
- Children who come into Canada as refugees should have the same rights as children born here.
- If you live with a disability you have the right to special care, support and to be included in the community.
- You have the right to quality health care, a safe environment, clean water and nutritious food at an affordable price.
- If you live in care, you have the right to have regular contact with your social worker.
- Children of families in need have the right to extra help from the government.
- You have the right to food, clothing and a safe place to live in a caring environment.
- You have the right to the same quality of education that every other Canadian child has, regardless of your school location.
- Your education should help you develop your talents and abilities, and respect your identity, language and values.
- Indigenous children have the right to speak their language and enjoy their culture.
- You have the right to play, rest and enjoy your life.
- You have the right to be protected from work that is dangerous or might harm your health or education.
- It is the government's responsibility to protect you from dangerous and illegal drugs.
- The government should protect children from sexual abuse.\* "Don't keep this a secret. Tell a responsible adult so that you can get help."
- The government must protect children from human trafficking.
- Children must be protected from activities that could harm their development.
- Children in the justice system must be treated with dignity and have the right to access their families and culture.
- You cannot be made to fight in a war.
- You have the right to get help if you've been abused, neglected or treated badly.
- You have the right to legal help and fair treatment in the justice system.
- If there are any laws in Canada that protect you better than the UN Rights of the Child, you must be protected under the Canadian laws.
- The government should make the UN Rights of the Child known to caregivers and children.



Advocacy office: 346 Portage Ave.  
Unit 100, Winnipeg, MB, R3C 0C3  
Direct: (204) 988-7440  
Toll free: 1-800-263-7146

[ManitobaAdvocate.ca](http://ManitobaAdvocate.ca)

[@MB\\_Advocate](https://twitter.com/MB_Advocate)
[/ManitobaAdvocate](https://facebook.com/ManitobaAdvocate)
[/ManitobaAdvocate](https://youtube.com/ManitobaAdvocate)
[/ManitobaAdvocate](https://instagram.com/ManitobaAdvocate)



This text is not an official version of the UN Convention on the Rights of the Child. You can see the official version at [www.unicef.org/crc](http://www.unicef.org/crc)



**Find the online Jeopardy game here:**

**<https://jeopardylabs.com/play/macy-uncrc-jeopardy>**

### \$100 Questions

1. **A: As stated by the UNCRC, all of these people have rights.**  
**Q:** Who are children and youth?
2. **A: This is the number of articles in the UNCRC.**  
**Q:** What is 42?
3. **A: On this day in Canada, we celebrate National Child Day.**  
**Q:** What is November 20th?
4. **A: This group of countries signed on to ratify (legalize) the UNCRC.**  
**Q:** What is the United Nations?
5. **A: You can call here, in Manitoba, if you feel your rights are not being met.**  
**A:** What is the Manitoba Advocate for Children and Youth (MACY)?

### \$200 Questions

1. **A: In this year, the UNCRC was adopted by the United Nations.**  
**Q:** What is 1989?
2. **A: In Canada we have National Child Day. It is also known as this around the world.**

10 **Q:** What is World Children's Day?

3. **A: The United Nations tracks progress of children's rights around the world through this group.**  
**Q:** What is the United Nations Committee on the Rights of the Child?
4. **A: According to the UNCRC, everyone under this age has rights.**  
**Q:** What is 18?
5. **A: This article states: "You have the right to play, rest, and enjoy your life!"**  
**Q:** What is Article 31?

### \$300 Questions

1. **A: Even though all the UNCRC articles are important, this can be more important at times.**  
**Q:** What is the right to safety?
2. **A: This article highlights children's right to do more than survive.**  
**Q:** What is Article 6?
3. **A: This country has not ratified the UNCRC.**  
**Q:** What is the United States?
4. **A: This UNCRC article states: "If you live with a disability, you have the right to special care and to be included in the community."**  
**Q:** What is Article 23?
5. **A: This is the name of the MACY mascot.**  
**Q:** Who is Wavy Guy?



### \$400 Questions

1. **A: According to UNCRC Article 5, these people are responsible for teaching you your rights.**  
**Q:** What is your family? (Article 42 also states the government should make the UNCRC known to caregivers and children.)
2. **A: This UNCRC article states: "Minority and Indigenous children have the right to speak their language and enjoy their culture."**  
**Q:** What is Article 30?
3. **A: According to this UNCRC article, you have the right to express your opinion and to be heard by adults?**  
**Q:** What is Article 12?
4. **A: This UNCRC article states "children born in another country and now living in Canada have the same rights as children born here."**  
**Q:** What is Article 22?
5. **A: According to UNCRC Article 18, who shares the responsibility of caring for children, besides parents or caregivers?**  
**Q:** What is the government?

### \$500 Questions

1. **A: This UNCRC article states: "You have the right to food, clothing and a safe place to live, in a caring environment."**  
**Q:** What is Article 27?
2. **A: According to this UNCRC article: "You have the right to care and protection if you are in foster care or adopted."**

**Q:** What is Article 21?

3. **A: This UNCRC article talks about children's right to nutritious food and clean water.**  
**Q:** What is Article 24? ("You have the right to quality healthcare, a safe environment, clean water, and nutritious food at an affordable price.")
4. **A: According to this UNCRC article: "Your education should help you develop your talents and respect your identity, language, and values."**  
**Q:** What is Article 29?
5. **A: This UNCRC article says government is responsible for helping to protect your rights?**  
**Q:** What is Article 4?

### Share your #KnowYourRights lesson

We would love to see how your class enjoys its MACY lesson and UNCRC Jeopardy game. If you want to share moments from your class with us, please do so by email or on social media.

Email: [info@manitobaadvocate.ca](mailto:info@manitobaadvocate.ca)

Facebook: <https://www.facebook.com/ManitobaAdvocate>

Twitter: [https://twitter.com/MB\\_Advocate](https://twitter.com/MB_Advocate)

Instagram: <https://www.instagram.com/manitobaadvocate/>

Hashtags: #MACY #KnowYourRights #UNCRC



On the following pages, you'll find a few more games to incorporate into lessons or simply share with students who are interested in learning more about their rights.

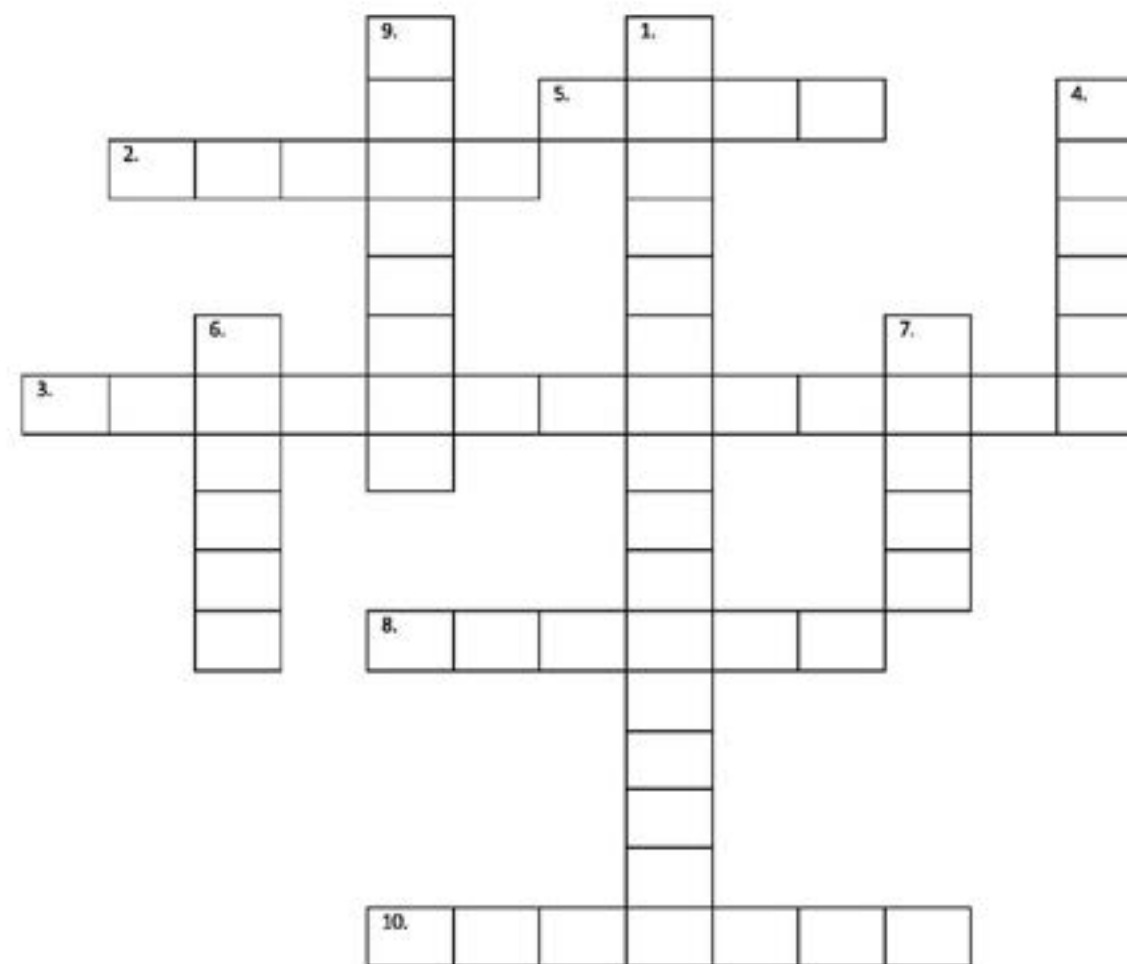
You can scan and photocopy the sheets and find answer keys on the reverse side of each game page.

For more resources, visit: [ManitobaAdvocate.ca](http://ManitobaAdvocate.ca)



Name: \_\_\_\_\_ Date: \_\_\_\_\_

### MACY Got Rights? Crossword



#### Across

2. The Manitoba Advocate is for children and \_\_\_\_\_.
3. They created a Convention on the Rights of the Child.
5. The acronym for an office youth can connect with when their rights aren't being met.
8. Children and Youth have the right to live and \_\_\_\_\_ as indicated in Article #6.
10. MACY's mascot.

#### Down

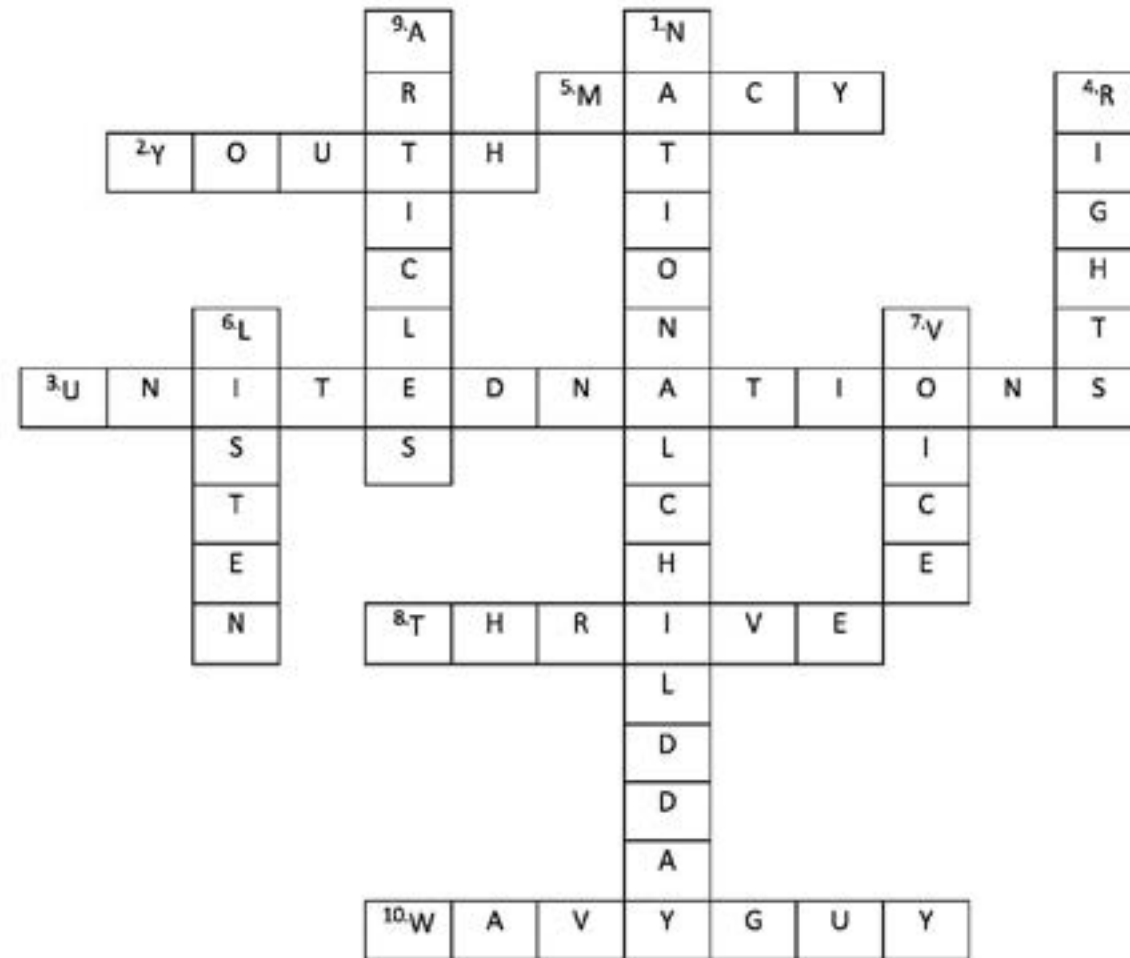
1. November 20th of each year in Canada is recognized as \_\_\_\_\_.
4. All children and youth have \_\_\_\_\_.
6. MACY's advocates are here to do \_\_\_\_\_ for children and youth. (Hint: it involves ears)
7. MACY helps children and youth use their \_\_\_\_\_ (Hint: it involves speaking up)
9. The UNCRC has 42 \_\_\_\_\_.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## MACY Got Rights? Crossword – Answers



### Across

2. The Manitoba Advocate is for children and \_\_\_\_\_.
3. They created a Convention on the Rights of the Child.
5. The acronym for an office youth can connect with when their rights aren't being met.
8. Children and Youth have the right to live and \_\_\_\_\_, as indicated in Article #6.
10. MACY's mascot.

### Down

1. November 20th of each year in Canada is recognized as \_\_\_\_\_.
4. All children and youth have \_\_\_\_\_.
6. MACY's advocates are here to do \_\_\_\_\_ for children and youth. (Hint: it involves ears)
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9. The UNCRC has 42 \_\_\_\_\_.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## MACY Got Rights? Word Search

U O D L H W M N E T S I L Z Y G A  
N I W Y V L S X L B X H D Q H Y R  
I W O U I I A R L L A M F T H Y T  
T O J G F R N W Y O U T H U G R I  
E T P Y R R E A B O T I N A M B C  
D M W V V N R Z S E H A F M Y I L  
N D H A Z R D F N Y A L B G L O E  
A K Y W D A L D S U X Z A T D O C  
T B R S G Y I G W M R W D A P K D  
I J X R J S H H I V F D V W L H O  
O V R Q G Z C T F G C N O X E Y C  
N M I M V M A B U Z W Q C R Z C E  
S P J P E P Y O S O H X A B V V U  
V T K C X T R I G H T S T J I U P  
U L I X M L A V V V J P E R E O E  
R O E L N O I P M A H C H K C I H  
V J X X P Z Z N J H E T R Y H A B

Rights	Youth	Children	Advocate
Manitoba	United Nations	Article	Voice
Wavy Guy	Champion	Listen	Thrive



Name: \_\_\_\_\_

Date: \_\_\_\_\_

MACY Got Rights? Word Search - Answers

U O D L H W M N E T S I L Z Y G A  
N I W Y V L S X L B X H D Q H Y R  
I W O U I I A R L L A M F T H Y T  
T O J G F R N W Y O U T H U G R I  
E T P Y R R E A B O T I N A M B C  
D M W V V N R Z S E H A F M Y I L  
N D H A Z R D F N Y A L B G L O E  
A K Y W D A L D S U X Z A T D O C  
T B R S G Y I G W M R W D A P K D  
I J X R J S H H I V F D V W L H O  
O V R Q G Z C T F G C N O X E Y C  
N M I M V M A B U Z W Q C R Z C E  
S P J P E P Y O S O H X A B V V U  
V T K C X T R I G H T S T J I U P  
U L I X M L A V V V J P E R E O E  
R O E L N O I P M A H C H K C I H  
V J X X P Z Z N J H E T R Y H A B

Rights	Youth	Children	Advocate
Manitoba	United Nations	Article	Voice
Wavy Guy	Champion	Listen	Thrive



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