

## SABC Education Outreach Parent Newsletter



Dear parents, community members and all involved in the raising of children,

Our children are the future citizens of this country. In raising our children we attempt to instil in them a good sense of values so that they will grow up to be well-balanced and successful young adults. Unfortunately, due to a variety of circumstances many children are subject to various forms of abuse and neglect. It is great to know that children do have rights which have been put in place in order to protect them. As parents, let's help them understand their rights and make their world a better place.

Of course, with rights come responsibilities. Children need to learn appreciation not only what they should be receiving but also how they can give or contribute positively to their lives. This newsletter is devoted to the rights and responsibilities of children and includes some activities which you can do at home and in the community to raise awareness of children's rights. Enjoy!!

Educational Greetings

*Nikki Florence* (SABC Education - Outreach)

### UNIVERSAL CHILDREN'S DAY 20<sup>th</sup> November



#### Why have Children's Rights?

Children are probably the most vulnerable sector of society and have, worldwide, been subjected to all forms of abuse in the past and in some cases even in present times. It is with the aim of combating abuse and protecting children that the United Nations passed certain resolutions.

#### The United Nations

The General Assembly of the United Nations recommended that all countries institute a Universal Children's Day namely 20<sup>th</sup> November each year. This date marks the day that the Declaration of the Rights of the Child was adopted in 1959 and the Convention on the Rights of the Child in 1989. This commemorative day is aimed at promoting understanding and welfare of the world's children.

Countries that signed up, agree to follow special rules on how children should be treated around the world. If these rules are contravened the international community can intervene to make sure children's rights are protected.

Different countries celebrate their International and National Children's Days on different dates; the idea

behind these days is the same, namely it is held in the interest of the welfare of children.

#### In South Africa

In South Africa, the Children's Charter was adopted in 1992. South Africa signed the UN Convention on the Rights of the Child in 1995.

Children's Rights in South Africa are contained in Section 28 of the Bill of Rights of our Constitution. We suggest that you read the full list of rights, which can be found on the website of the Constitutional Court namely

[www.concourt.gov.za/site/yourrights/knownyourrights-childrensrights.htm](http://www.concourt.gov.za/site/yourrights/knownyourrights-childrensrights.htm).

All the Rights of children are formally spelt out in section 28 of the Constitution. However, in order for them to understand their rights in circumstances that they would encounter on a daily basis, we have selected some of the subsections of the Act and related them to everyday situations.

Of course, children must understand that if they have rights, they also have responsibilities, namely what is expected of them in specific situations and how they should behave towards others insofar as individual rights are concerned.

# What are my Child's Rights and Responsibilities?

## Rights

Right to equal treatment



Right to humanity and respect



Right to life



Right to freedom



Right to protection from forced labour



Right to Privacy



Right to freedom of religion



Right to freedom of speech



Right to education



Right to healthcare, food and water



Right to social services



Right to a safe and clean environment



## Responsibilities

No matter my status, race or colour I treat others the way I want to be treated

Show respect to everyone I meet

To not expose my life and my body to danger

To live in a security-conscious way and to be able to make choice

To not work before the age of 16

To respect the privacy of others and keep information about them confidential

To respect others' beliefs and religions

To listen to others and allow others to say what they think

To develop physically and intellectually

Use medical care, food and water sensibly

Use a child helpline or contact a professional person if I think my rights are being threatened or abused or denied

Help to keep the environment clean and safe by not littering and adhering to security measures

Make sure all children have  
the number for  
Childline:

0800 05 55 55



Rights and responsibilities can be broken down further into specific everyday situations.

A good example of how you can do this, can be found on the website of Childline namely:

[http://www.childline.org.za/Buddies/buddies\\_rights\\_and\\_responsibilities.htm](http://www.childline.org.za/Buddies/buddies_rights_and_responsibilities.htm)

***For purposes of this newsletter, we have selected specific rights and responsibilities merely as examples. However, please make sure that your child knows what all his / her rights and responsibilities are!***

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### Literacy

Sit your child down and discuss the list of Rights and Responsibilities as seen on the previous page. Go through them one-by-one. Discuss a specific example for each right and responsibility. Together, draw simple pictures next to each right and responsibility so they are able to understand and remember them more easily. For example:

- 'I have a right to education but a responsibility to go to school.'



- 'I have a right to have food but a responsibility not to waste it.'



- Now add your own examples which are relevant in your life, to your list.

Put this list up somewhere where you and your child will see it often. Remind them of these often during normal daily activities.

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### Mathematics, Science and Technology

Here is a fun way to make sure your child is more aware of new ideas in the fields of Science and Technology and also of the responsibility of looking after and appreciating one's possessions.

For one day, the whole family pretends that they are living in a time before all our modern technologies were invented.

For that day, the family may not use cell phones, watch TV, cook on a stove, use electrical lights, use hot water (except if heated over a fire), etc.

This activity will have you all laughing (and some of us even crying!). One thing is for sure, the next day everyone will have a renewed appreciation of all the wonderful developments made over the years to make our lives easier. Explain to your child that we can be responsible by looking after these 'luxuries' we are able to enjoy.

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### Agriculture and Environment

When looking at the right to a safe and clean environment and the child's responsibility to keep their environment clean; demonstrate this by starting a recycle project in your own home.

All household waste should be sorted into different containers for different purposes.

Recycling the paper, plastic, glass and metal can really help to reduce the amount of materials that we throw away and which pollutes the earth. Even our fruit and vegetable peels can be used to make compost for your food garden at home. Scrap paper could be cut into squares to write messages or reminders to family members, etc.



Write up this motto in large letters and paste it up on the wall where you can be reminded everyday:

# Reduce! Reuse! Recycle!

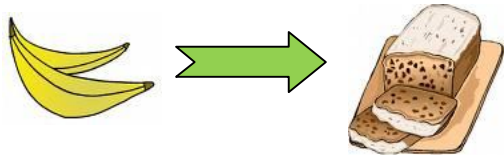
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## Economics, Commerce and Finance

As part of the right to adequate food and water; and their responsibility not to waste these commodities, your child should be aware of the family budget.

Explain how all family members should not waste food and water. Draw up a simple family budget of food and grocery items bought on a weekly or monthly basis. Add pictures to the budget list for younger children.

When out shopping, make your child aware of the prices of the grocery items. Ask your child's opinion on how they think the family could save on food and water wastage. For example: left-over food from dinner could be packed as a school lunch the next day. Or, instead of throwing over-ripe bananas away, bake a banana loaf!



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## Heritage, Arts and Culture

### Learn about other cultures and religions:

When discussing your child's right to freedom of religion and the responsibility to respect others' beliefs and religions, why not invite a few people around who have religious beliefs different to your own e.g. Hindu, Moslem, Jewish, Christian, etc. and openly discuss the differences i.e. beliefs and religious traditions

Make an informal social occasion of the gathering! Your child will also observe your eagerness to find out more about other people's belief systems. What a wonderful characteristic to instill in your child!

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## Health and Wellbeing

All children have the right to humanity and respect and also the responsibility to show respect to others.

Call a family meeting to discuss the topic of bullying. Ask whether your child feels as though

someone is bullying him at school or in the family. If so, ask them to tell you about it.

Another activity would be to role-play (act out) a scene of bullying with your child as if you were both playing on the field at break time. Act out some bullying behavior. Ask how it makes him/her feel. Then talk about any bullying that they are aware of taking place at school. Encourage your child to report all bullying behavior to an adult that he/she trusts.

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## Civic Issues

Let's focus on the right to special care for specific needs. Chat about how people who have a special need, such as being blind or wheelchair bound, have equal rights, for example to access places just as able-bodied people have.

Take the children for a walk around a local shopping area, bus or taxi pick-up area and let them point out which areas and facilities need improvement to allow easy access for all. Together decide what you could do about it, for example write a letter to the manager or a local newspaper.

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## Leadership and Management

Once your child knows and understands his/her rights and responsibilities, arrange for some of the children in the community to meet and let your child take the initiative of informing them as well. Together they could do some of the activities listed in this newsletter, just as you have done with your child.

### Reminder...

### I'm A Writer Competition

New closing date:

30 November 2008

See Entry Form Below

### Contact Us

E-mail: [outreach@sabc.co.za](mailto:outreach@sabc.co.za)

Phone: 086 22 22 592

Fax: 086 51 45 592

Write Us: SABC Education Outreach

Private Bag 345

Melville

2109

Web: [www.sabceducation.co.za](http://www.sabceducation.co.za)

Win cool  
SABC Education  
hampers!

## I'm A Writer Short Story Competition



SABC Education wants to hear all those wonderful stories from the past as told by our honoured elders.

Ask your grandparent, an older family member such as an aunt or uncle, a friend or elder from the community for a story from their past. Perhaps they have a sad or uplifting story about the days during the Apartheid era, perhaps a funny story about their childhood or even a good old fashioned love story....

*Everyone has a story to tell, so let's hear it.*

### Categories

- ❑ **Littlelies:** Under 9 years old (no more than 200 words and you may include a drawing with your story)
- ❑ **Tweenies:** 9 – 12 years old (200 – 300 words)
- ❑ **Teens:** 13 – 18 years old (300 – 500 words)
- ❑ **Open:** Over 19 years old (500 – 700 words)

### Rules!

- ❑ Short stories can be handwritten or typed.
- ❑ The story may be in any of the 11 official South African languages.
- ❑ An entry form **MUST** accompany your short story.
- ❑ No plagiarism. The story must be in your own words and not copied from someone else.
- ❑ You must use your own name as the author.
- ❑ All children under the age of 18 must have the entry form signed by their parent/ legal guardian.
- ❑ The entry form must be posted, faxed or e-mailed to SABC Education (see contact details on entry form) by **30 November 2008**.
- ❑ Proof of age may be required if requested by the panel of judges.
- ❑ The judges' decision is final.
- ❑ Winners will be notified via sms and/or fax. The winners' names will be published in the SABC Education Newsletters.
- ❑ Copyright remains with the author and SABC Education reserve the right to publish the stories on the SABC Education website and in a **FREE** short stories booklet.
- ❑ The author will allow photos and footage to be taken and used by SABC Education for non-profit purposes relating to the competition.



Send your entries to:

**E-mail:** [outreach@sabc.co.za](mailto:outreach@sabc.co.za)

**Fax:** 086 51 45 592

**Write Us:** SABC Education Outreach  
Private Bag 345  
Melville  
2109

Still not sure about  
something, contact us:

**Phone:** 086 22 22 592

**Download this Entry form:**

[www.sabceducation.co.za](http://www.sabceducation.co.za)

# ENTRY FORM

## I'm A Writer Short Story Competition



### Who Wins?

Cool!

- ❑ Everyone who enters a short story will receive an 'I'm A Writer' certificate!
- ❑ A panel of language readers will evaluate each short story per language category and select the following:
- ❑ Bronze finalists – Promising Writers! These finalists receive a Bronze certificate
- ❑ Silver finalists – Great writers! These finalists will receive a silver certificate and could have their stories published in a short story booklet and on the SABC Education website.
- ❑ Gold Winners – Top writers! These winners will each receive a gold certificate and an SABC Education hamper! Their stories will be published in a short stories booklet as well as on the SABC Education website.

These winners will be selected per age group, per language - now that's a whole lot of winners!

### Competition Entry Details

Closing Date: 30 November 2008



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

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Older person's name (Who told you this story?): \_\_\_\_\_

Postal address: \_\_\_\_\_

\_\_\_\_\_ code: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Telephone no.: \_\_\_\_\_

Language of story: \_\_\_\_\_

I hereby agree to all the rules of the SABC Education 'I'm A Writer' competition as detailed on the previous competition rules page.

\_\_\_\_\_  
Print name

\_\_\_\_\_  
Signature (Parent/Legal Guardian (for all entrants under the age of 18 years))