

RIGHTS RESOURCES for professionals working with young people

This briefing contains a range of resources on young people's rights for use by professionals working with young people. It includes not only resources on health and social care rights, but also resources relevant to related social determinants of young people's health.

All resources have been assessed for inclusion by Youth Access against a range of quality criteria, including relevance to young people specifically and legal reliability. However, the law is complex and can change, and published resources can become out of date, so you are advised to check the accuracy of information with a lawyer where appropriate.

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General resources

Resource	Description	Format	Publisher and web link
Citizens Advice Young People's Rights	Information on young people's rights relating to a wide range of legal issues.	Website	Citizens Advice https://www.citizensadvice.org.uk/law-and-rights/civil-rights/young-people-s-rights/
The Mix	Information and help on a wide range of issues (including, benefits, housing, money, health, relationships and legal rights) for 16-25 year olds.	Website with info., email advice, chat, discussion boards Helpline: 0808 808 4994	The Mix http://www.themix.org.uk/
Lawstuff	Online legal information specifically aimed at young people covering a wide range of topics, including education, crime and the police, children's rights and leaving home.	Website	Coram Children's Legal Centre http://www.lawstuff.org.uk/
Child Law Advice	Online legal information, factsheets and telephone advice on child, family and education law targeted at professionals.	Website Downloadable factsheets	Coram Children's Legal Centre http://childlawadvice.org.uk/
AdviceNow - Know How Guides	A comprehensive resource of the best information available to help you understand your legal rights and options. Includes factsheets and guides on a wide range of legal advice issues.	Website Downloadable guides	Law for Life http://www.advicenow.org.uk/know-how
Young Citizen's Passport	Pocket guide to the law for 14 - 19 year olds with accompanying teaching resources	Printed booklet to purchase + teaching resources	Citizenship Foundation http://www.citizenshipfoundation.org.uk/main/resource.php?s418

Health rights

Resource	Description	Format	Publisher and web link
Children & Young People's Health Rights in England: Shared Messages	Report highlighting core messages on what children and young people should expect from health services in England.	Downloadable guide	National Children's Bureau https://www.ncb.org.uk/sites/default/files/uploads/handw_docs/shared_messages.pdf
Your Rights – Mental Health & Treatment	Information for young people on their rights when accessing mental health services. Covers confidentiality, consent, complaints and advocacy.	Website	Young Minds http://www.youngminds.org.uk/for_children_young_people/unhappy_with_treatment
Sexual Health Services – Know Your Rights	Information on rights relating to sexual health services, including: confidentiality, requesting a different GP, contraception, medical records and making a complaint. Plus rights and responsibilities when it comes to relationships and sex.	Website	Brook http://www.brook.org.uk/our-services/category/sexual-health-services-your-rights
Your Rights Under the Accessible Information Standard	A guide to your rights under the Accessible Information Standard, setting out what health and social care providers in England need to do to make sure they provide information in accessible formats and offer communication support where needed.	Printed guide	Change http://www.changepeople.org/Change/media/Change-Media-Library/Blog%20Media/AIS-Wordbank.pdf
Get Your Rights	A website setting out information about the Rights in the NHS Constitution. Also includes a resource pack and toolkit which helps professionals support children and young people to understand their NHS rights in the context of their local area.	Website Downloadable guide Printed toolkit	National Children's Bureau / Council for Disabled Children http://www.getyourrights.org/

<p>Health Care Standards for Young People in Secure Settings</p>	<p>The standards apply to children and young people aged between 10-17 years on both welfare and justice placements. A poster has also been designed for young people to explain what they can expect from healthcare in secure settings.</p>	<p>Downloadable document and poster</p>	<p>The Royal College of Paediatrics and Child Health (RCPCH) http://www.rcpch.ac.uk/cypss</p>
<p>Migrant Children's Project Factsheets</p>	<p>Three specialist factsheets covering access to and eligibility for primary and secondary health care and mental health services available to young refugees and migrants.</p>	<p>Website Downloadable factsheets</p>	<p>Coram Children's Legal Centre http://www.childrenslegalcentre.com/index.php?page=migrant_children</p>

Social Care rights

Resource	Description	Format	Publisher and web link
Help at Hand	National advice line for children and young people who are in care, leaving care, living away from home or working with children's services.	Website Advice line: 0800 528 0731.	Office of the Children's Commissioner http://www.childrenscommissioner.gov.uk/learn-more/help-at-hand
Coram Voice	Advocacy support for looked after children and young people (including young refugee and asylum seekers who are receiving support from social services). Includes a wide range of online materials and publications for both young people and professionals.	Website Helpline: 08088005792 Downloadable guides	Coram Voice http://www.coramvoice.org.uk/young-peoples-zone/faq
Staying Put: What Does It Mean for You?	A guide for care leavers and their workers, outlining the legal duty of staying put and a list of top tips.	Downloadable guide	Catch 22 http://www.catch-22.org.uk/publications/
Care Advice Line Factsheets	Three free factsheets for children and young people in care: All about the money , focusing on financial support that care leavers are entitled to The name game , which introduces children and young people in care to the different professionals they might meet from Children's Services Pathway to success , which explains what a pathway plan is and how to get the most from one.	Downloadable factsheets Advice line: 02070178901	Who Cares Trust http://www.thewhocarestrust.org.uk/news.php/490/new-factsheets-launched-for-young-people-in-care-and-care-leavers
Migrant Children's Project	Specialist website for issues affecting refugee and migrant children, includes free factsheets and resources.	Website with Downloadable factsheets	Coram Children's Legal Centre http://www.childrenslegalcentre.com/index.php?page=migrant_children

		Advice line: 020 7636 8505	
Seeking Support (Separated Children)	Outlines the rights and entitlements of refugee and migrant children in England, and provides advice to professionals on how to support young people in accessing those rights.	Downloadable guide	Coram Children's Legal Centre http://www.seekingsupport.co.uk/
Your Rights, Your Future	An interactive training session designed for any practitioner working with children and young people on the SEND reforms.	Toolkit (download or purchase options)	Council for Disabled Children www.councilfordisabledchildren.org.uk/yryf
Know Your Rights, Know Your Benefits	Outlines the specific support available for young care leavers within the benefits system in England.	Downloadable leaflet	Catch 22 https://www.catch-22.org.uk/news/know-your-rights-know-your-benefits-new-edition/
Sorted and Supported	A welfare rights guide for all young people leaving care, designed and written for young people. Includes information on financial support and young people's rights under the Children (Leaving Care) Act 2002.	Downloadable leaflet	Coram Voice http://www.coramvoice.org.uk/download-area/publications-download-or-buy
Education Support for Care Leavers	A booklet providing information and advice for young people about the duty to support care leavers with their education and training up to the age of 25 years.	Downloadable booklet	Catch 22 http://www.catch-22.org.uk/publications/

Carers' rights

Resource	Description	Format	Publisher and web link
Know your Rights: Support for Young Carers in England	A guide for young carers and young adult carers about their rights and the support available to them.	Downloadable guide	Carers Trust https://carers.org/sites/files/carerstrust/media/know_your_rights_0.pdf

Education rights

Resource	Description	Format	Publisher and web link
Child Law Advice Service	Online legal information and advice on education law in England. Targeted at professionals and parents / carers. Includes the law on bullying, transport and home education, school admissions, exclusions and Special Educational Needs.	Website	Coram Children's Legal Centre http://childlawadvice.org.uk/
Migrant Children's Project Factsheets	Two factsheets covering further education and access to higher education for young refugees and migrants.	Downloadable factsheets	Coram Children's Legal Centre http://www.childrenslegalcentre.com/index.php?page=migrant_children

Employment rights

Resource	Description	Format	Publisher and web link
Worksmart	Information on a wide range of issues relating to employment rights, including specific information for young workers.	Website	TUC https://worksmart.org.uk/work-rights/young-workers
Acas (Advisory, Conciliation and Arbitration Service)	Free and impartial information and advice to employers and employees on all aspects of workplace relations and employment law.	Website Helpline: 0300 123 1100	Acas http://www.acas.org.uk/index.aspx?articleid=1461
A Survival Guide for Young Workers	Aimed at 15 - 22 year olds this guide explains what rights you have at work and how to make sure you are being treated properly by your employer.	Downloadable guide	Law for Life http://www.advicenow.org.uk/guides/young-workers-0

Equality and Human rights

Resource	Description	Format	Publisher and web link
CRAE	Website dedicated to children's rights and the law.	Website	Children's Rights Alliance for England http://www.crae.org.uk/childrens-rights-the-law/
RightsInfo	Website dedicated to human rights information, news and views, includes useful videos.	Website	RightsInfo http://rightsinfo.org/

My Rights Passport	Pocket-sized booklet of all the articles of the Universal Declaration of Human Rights.	Printed booklet	Amnesty International UK https://www.amnesty.org.uk/resources/my-rights-passport-ed112#.V6BvfHarQdU
Our Human Rights Act for Children and Young People	A short film focussing on how the Human Rights Act works to protect the human rights of children and young people.	Film	The British Institute of Human Rights https://www.bih.org.uk/childrenyoungpeople
Getting with the Act	A whistle stop tour of where human rights come from, the European Convention and Court of Human Rights, and the Human Rights Act.	e-Book	The British Institute of Human Rights https://www.bih.org.uk/hraebook
Your Rights (LGBT)	Information and updates for lesbian, gay, bisexual and trans people on: The Equality Act 2010; civil partnerships; same sex parenting; and international rights.	Website	The LGBT Foundation http://lgbt.foundation/information-advice/
Know Your Rights	Information and advice on your rights under the Equality Act 2010 and how it protects different equality characteristics.	Website	Equality and Human Rights Commission https://www.equalityhumanrights.com/en/equality-act/know-your-rights
Stonewall	Online information service providing details on lesbian, gay, bi and trans rights and issues affecting LGBT people.	Website	Stonewall http://www.stonewall.org.uk/help-advice

Housing and Homelessness

Resource	Description	Format	Publisher and web link
Shelter YouTube Channel	A series of short information films with a Shelter Helpline adviser explaining the answers to the most commonly asked questions regarding housing and homelessness.	YouTube videos	Shelter https://www.youtube.com/watch?v=MxnjNGJUVBI
Shelter Housing Advice for Young People	An online wealth of resources to help with general and specific queries related to housing, including sample letters to adapt, factsheets, guides and checker tools to help work out rights and understand options.	Website Advice line: 0808 800 4444	Shelter http://england.shelter.org.uk/get_advice/housing_advice_for_young_people
Shelter Legal	An online law resource for professionals working in housing and homelessness. It guides you through housing law in language that is clear and easy to understand, explaining how legislation and case law work in practice.	Online resource (paid subscription)	Shelter http://england.shelter.org.uk/legal/home

Money & Debt

Resource	Description	Format	Publisher and web link
National Debtline	A wide range of information guides, factsheets and sample letters for dealing with debt and money issues.	Website Downloadable factsheets Advice line: 0808 808 4000	Money Advice Trust https://www.nationaldebtline.org
Step Change	Information, help and tailored advice for dealing with debt, including your rights and options, money advice and an online benefit calculator.	Website Helpline: 0800 1381111	Step Change https://www.stepchange.org/Howwecanhelpyou.aspx
The Money Advice Service	Free information, help and support on all aspects of money advice. Includes advice guides and calculators.	Website Helpline: 0800 138 7777	The Money Advice Service https://www.moneyadvice.service.org.uk/en
PayPlan	Free, confidential online chat with debt help experts, plus a wealth of online resources.	Website Helpline: 0800 2802816	PayPlan https://www.payplan.com/
My Money Steps	Free online debt advice service developed by National Debtline.	Website	Money Advice Trust https://www.mymoneysteps.org/

Welfare rights

Resource	Description	Format	Publisher and web link
Young people and benefits	Online information on benefits for young people	Website	Citizens Advice https://www.citizensadvice.org.uk/benefits/children-and-young-people/young-people-and-benefits/
Turn2Us	Information on benefits rights and entitlements.	Website	Turn2Us https://www.turn2us.org.uk/
RightsNet	Online welfare rights news and case law for advisers. Plus peer to peer casework support for welfare rights advisers.	Website	RightsNet http://www.rightsnet.org.uk/
Child Poverty Action Group	Online information and advice service for any adviser and other professionals working with benefit claimants in any setting.	Website Publications to purchase Advice line for advisers: 020 7812 5231	Child Poverty Action Group http://www.cpag.org.uk/advisers

Women's rights

Resource	Description	Format	Publisher and web link
Rights of Women	Information, legal guides and handbooks aimed specifically at women on a wide range of legal issues including violence against women, family and criminal law and asylum and immigration.	Website	Rights of Women http://rightsofwomen.org.uk/
Help for Teenage Girls	Information and advice on violence against teenage girls and young women.	Website Helpline: 0808 2000 247	Refuge http://www.refuge.org.uk/get-help-now/help-for-teenage-girls/

Youth Justice

Resource	Description	Format	Publisher and web link
Youth Justice Legal Centre	<p>A website providing information about youth justice law for lawyers, professionals and young people, their families and carers.</p> <p>Includes three short films for young people explaining:</p> <ul style="list-style-type: none"> • what a young person can expect to happen at the youth court • what happens if a young person is arrested and taken to the police station • young people's rights and what to expect if they are stopped by police 	<p>Website</p> <p> </p> <p>Films</p>	Just for Kids Law http://www.yjlc.uk/

<p>The Howard League for Penal Reform</p>	<p>Legal service specialising in the legal rights and entitlements of children and young people in custody. Includes a free, confidential advice line for young people in the criminal justice system who are locked up or in the community. Professionals making a referral, should call the main office number.</p>	<p>Website</p> <p>Helpline (for young people): 0808 801 0308</p> <p>Tel. for professionals: 020 7249 737</p>	<p>The Howard League for Penal Reform http://howardleague.org/legal-work/</p>
<p>Y-Stop</p>	<p>A comprehensive range of information and resources covering young people's rights and the tools needed to handle a stop and search and interact with the police safely.</p>	<p>Downloadable resources, incl. films, app, lesson plans</p>	<p>Release http://y-stop.org/</p>

About The Young People's Health Partnership

The Young People's Health Partnership works with the Department of Health, Public Health England and NHS England as a strategic partner to raise the profile of the health agenda across the voluntary sector. The partnership includes Addaction, Ambition, The Association for Young People's Health, Brook, CLIC Sargent, StreetGames and Youth Access.

We work to:

- influence and shape the health system to understand young people's needs for age-appropriate services
- equip the voluntary youth sector to work in partnership with the health system
- support young people to exercise empowered and active voices in the healthcare system

<http://www.youngpeopleshealth.org.uk/yphp>

About Youth Access

Youth Access is the advice and counselling network. We promote the Youth Information, Advice and Counselling Services (YIACS) model as part of local services for young people everywhere.

Youth Access works for our members and the young people they work with.

We do this by:

- Providing YIACS with the tools they need to deliver high quality services to young people
- Building the evidence to shape policy and services that meet young people's needs
- Promoting young people's right to be heard.

www.youthaccess.org.uk

About Make Our Rights Reality

Make Our Rights Reality is a national programme led by Youth Access aiming to equip young people to manage their everyday problems and engage in civic society through an innovative integrated approach to public legal education and youth social action.