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RIGHTS

KNOW YOUR RIGHTS

If you're in custody or detention you have the right to:

- Get free legal help
- Have a say in important decisions about what happens to you
- Stay connected with your culture or religion
- Keep in touch with your family
- Be treated with respect
- Keep up your education or learn work skills
- Get medical help with your physical and mental health
- Feel safe

You should not be:

- Held in custody or detention with adults
- Unfairly punished if you break the detention centres rules
- Held somewhere by yourself unless there is a good reason
- Abused or unfairly treated by other young people or adults no matter who they are, or what you have been accused of doing

**If you don't think your rights are being respected,
you're allowed to say something.**