

Unicef



UNITED KINGDOM

OutRight Campaign

2022/23

Children's right to the best possible health



RIGHTS

RESPECTING

Outright



Outright is a youth campaign run by **UNICEF UK**.

It aims to help children and young people to speak out about their rights both in the UK and around the world.

This year, the focus is the right to the best possible health.



The importance of the best possible health for children



Article 24 of the UN Convention on the Rights of the Child (CRC) says: all children are entitled to the best healthcare possible, and they should have information about how to stay safe and healthy.

Half of the world's population goes without access to the healthcare that they need (WHO)

Having a strong health system provides protection to vulnerable children and sets a stable environment for them to grow up in, protecting them.

It is also important that information about health and wellbeing is accessible to all so that children can stay healthy and get help when needed.

The pandemic has affected health systems all over the world and the health crisis is affecting children's lives currently and in the future.

How CVC promotes physical health:

- Provides healthy food choices
- Runs sports clubs throughout the week
- Celebrates Healthy Eating Week
- Covers health topics, such as vaccinations, in the PSHE curriculum





Mental Health



. Under this year's focus of Best Possible Health for Children, Article 12 says that: ***'Children have the right to give their opinions freely on issues that affect them.'***

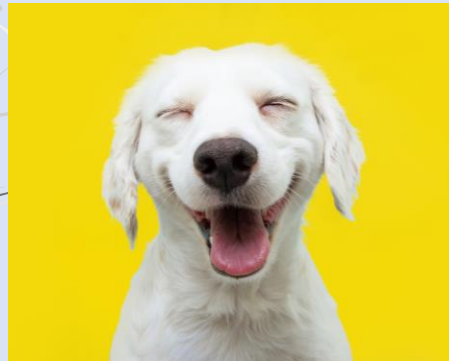
. This is linked with Mental Health and Wellbeing, as we know that it is important to share issues that affect us with people who we trust.

. The theme of 2022's World Mental Health Day, 10th October, was:

'Make mental health and wellbeing for all a global priority'.

- Mental Health is just as important as Physical Health. It is so important for being over-all healthy to have a healthy mind and good Wellbeing. 😊

What can YOU do to support yours and others' Mental Health this autumn and winter?



. CVC promotes Mental Health by being open about it.

. You can spot lots of posters around the school about where you can find help if you are struggling.

. You can always talk to Form Tutors, Heads and Assistant Heads of Year, or any staff who you feel you can trust.

. WCCYM have a drop-in group on Wednesday lunchtimes in the Henry Morris Room if you would like to talk about something with a Youth Leader who will listen and help you. :)

How to get involved

You can contact outright@unicef.org.uk to ask any questions, including about how to get involved.

Also, the RRSA encourages young people to voice their opinions and concerns by contacting decision-makers.

For the school's area, the MP to contact is Anthony Browne and the local councilors can be contacted via the **South Cambridgeshire District Council** website.

Where to access support



- Childline includes a 24-hour helpline for anyone under 18 on 0800 1111.

Full details on the support and information it offers can be found at:

www.childline.org.uk/?adlt=strict&toWww=1&redig=313CB52D6E9E4E7D84213095DE6D3785

- The Carers Trust helps young people, who might be looking after family members with health issues, to find local support: carers.org

