

# CHILDREN'S RIGHTS AND SPORT

The United Nations Convention on the Rights of the Child makes clear that children have 3 types of rights. These apply in all walks of life, including sport.



## Developmental Rights

These rights protect and promote children's physical, mental, moral, social, and cultural development. They include the rights to education, health care, and leisure. In sport, this could mean preventing and managing injury, promoting positive behaviours, and allowing children time for school, rest, friends, and to do other activities.

## Protection Rights

These rights protect children from all forms of abuse, neglect, exploitation, and cruelty. In sport, this could mean ensuring children are free from sexual, physical, emotional, and psychological abuse and neglect, as well as making sure they are not exploited financially. It also includes protecting children from overtraining and injury.

## Participation Rights

These rights provide children with the opportunity to express their views and to be listened to in all matters that relate to them. In sport, this might include taking seriously children's opinions on their training schedule, if and how often they compete, how they are coached, if they want to leave the sport, or if they have a complaint.