

The Convention on the Rights of the Child

The United Nations Convention on the Rights of the Child is an international agreement. It explains the rights that we (all children up to 18 years old) should have. These rights help us to be healthy, happy and protected and take part in all sorts of activities and decisions that affect us.

Article 31

The Convention is divided into sections called "articles" that explain the rights that all children should have. Article 31 says that we have the right to rest, leisure, play and recreation and to take part in cultural and artistic activities.

The committee on the Rights of the Child

The Committee on the Rights of the Child is a group of people from all over the world who are experts in children's rights.

UN General Comments

This committee is allowed to write "General Comments" to explain what the Convention means. General Comments give governments and other people good ideas and information that make it easier to protect and support our rights.

General comments on Article 31

A General Comment for Article 31 was written to help governments and other people to understand how important playing, recreation, culture and the arts are. It also helps governments make sure that all of us can enjoy these rights.

Article 31 is important to children and young people

- We must have space and time for play, recreation and relaxing.
- Playing helps us stay safe, healthy and happy.
- Governments MUST find ways to get rid of things that get in the way of time for play.
- We must have opportunities to explore and understand our own culture
- We should be involved in cultural and artistic activities and be able to go to places like museums, festivals, theatres, concerts and libraries.
- Governments must make sure that none of us are left out.
- If Governments take all of this seriously, our lives will be happier and healthier.

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Promoting the Child's right to play

