

# Hello, we are the Center for Children's Rights and Child Protection. Or KuK for short!



We have three people working for us: Nina, Inga, and Liz. The rights and protection of children and young people are very important to us. It's good for children and young people to know their rights. Then they can get help if their rights are violated.

## Did you know that there are special rights for children and young people?



All people have rights. Children and young people have special rights. These rights exist to ensure that young people are doing fine and can grow up well. You can learn about these rights with us. If a right is violated, you can also come to us. Children's rights also apply to adolescents!

## What rights are there?

### Equality

All children are different. But: All have the same rights. This means that no child may be disadvantaged. No matter what a child looks like. Or what language he or she speaks. Or what religion he or she has. Children's rights apply to everyone.

### Privacy

Privacy is important. This means: No one may read your letters or cell phone messages without asking. No one may search your room or look at your diary. Sometimes, however, adults are allowed to check something. Because they have to protect children. Adults may want to know what children are doing on the internet, for example. They should talk to children or young people about this.

### Health

Every child has the right to live a healthy life. But what does that mean? Everyone needs enough food and drink. If a child is sick, they need to see a doctor or receive care. But health is even more! Exercise, healthy food, and sufficient rest are also part of it. Adults must ensure that children are well.

### Protection from Violence

Children and young people should not experience violence. All children have the right to be protected from violence by adults. But violence still happens and can take different forms.

- There is physical violence: This includes, for example, slapping, hitting, kicking, locking up, or pushing.
- Violence can also occur when adults do not do something for a child or adolescent. This is called neglect. For example, they don't take the child to the doctor, even though the child is very sick. Or the child doesn't get enough food.
- Violence can also be verbal: insulting, yelling, or ignoring.

- There is also sexual violence: When adults or adolescents touch a child, for example, on the buttocks, breasts, penis, or vulva/vagina. Or when adults want the child to touch them on these parts of the body. Or when adults show children nude or sexual images. Or when they want to take a photo of the child naked. This is sexual violence. This is forbidden! Even in a relationship, you can only do what both of you want. Anything else is not okay!

Children's rights are important! However, not everyone always adheres to them. Some children still experience violence. Or are not well cared for. Perhaps you are also worried about a friend. Then you can get in touch with us.



We will listen to you and look for a solution. You decide what you want to share. We work confidentially. No one has to endure unpleasant situations!



Our offices are located in downtown Göttingen (Nikolaistraße 28A). You can drop by, call us, or write to us.



You can also come with a friend. If you speak another language, we can work with someone who can translate.

You can reach us by phone at:  
0551 79 777 390



We are available Monday to Friday. Otherwise, please leave us a message on our answering machine. We will call you back!

You can find our regular telephone hours on our homepage ([www.kuk-goettingen.de](http://www.kuk-goettingen.de)).



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