ANNUAL DAY ON THE RIGHTS OF THE CHILD

United Nations Human Rights Council
March 2027
Geneva, Switzerland

UNITED NATIONS HUMAN RIGHTS
OFFICE OF THE HIGH COMMISSIONER



PROMOTING CHILDREN'S MENTAL HEALTH AND WELL-BEING

An intergenerational dialogue

children and adults of all ages, together

well-being = feeling good in your body and your mind

WHAT IS THE HUMAN RIGHTS COUNCIL?



- The United Nations Human Rights Council is a forum within the United Nations system made up of 47 different countries.
- It takes decisions to advance the promotion and protection of all human rights and addresses human rights violations across the world.
- The Council meets 3 times a year, around March, June and September.

Find more info on the Human Rights Council here

WHAT IS THE ANNUAL DAY ON THE RIGHTS OF THE CHILD?

It's a day focused to discuss important issues affecting children all over the world and find solutions to support every child's full enjoyment of their human rights. Different countries and organizations from all over the world come together at the United Nations Human Rights Council Geneva.

A panel is an event where experts share opinions on a topic and the audience can ask questions and make comments.





WHAT ARE THE RIGHTS OF THE CHILD?

Children's rights are special rules that ensure every child is safe, healthy, treated fairly, and has the opportunity to learn and grow, regardless of background.
These rights are written in the Convention on the Rights of the Child. It says every person under 18 has rights, like the right to be safe, to go to school, to play, and to have their voice heard.

Take a look at the child-friendly Convention

Morning panel: what affects children's mental health and how they feel?

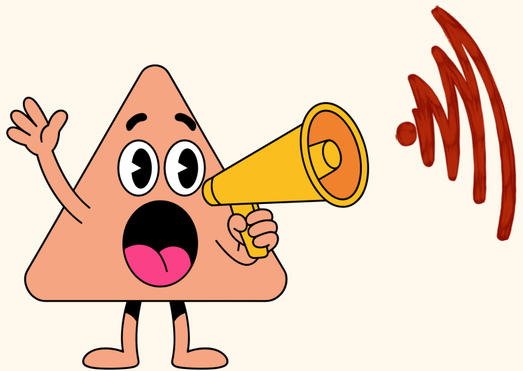
What things in children's lives affect their mental health and well-being, like discrimination, being left out, violence, poverty, family life and school?

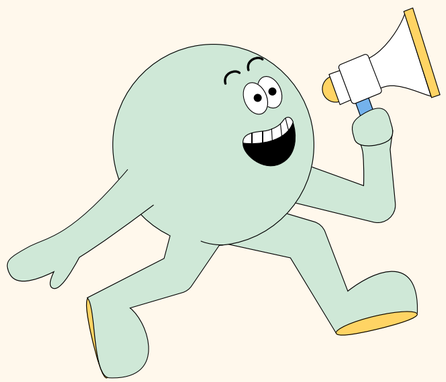
How is it different for children who are often left out, like children with disabilities, children living through war or emergencies, and children whose needs are not understood or supported?

Afternoon panel: how can we support children's mental health so they can thrive?

What do children need to feel well and grow at home, at school and in their communities?

What should governments and others do so every child has support that is easy to reach, high quality and right for them? How can children's own ideas lead the way?









MENTAL HEALTH IS ABOUT YOUR RIGHTS

Half of all mental health conditions start before the age of 18. That's why caring for how children feel matters so much.

WHO and UNICEF, 2024

Mental health and well-being are about how you feel, how you think, how you cope with challenges and how you get along with others. Everyone has mental health, just like everyone has physical health.

Many things helps you stay mentally healthy and feel well: your family, your school, your friends, feeling safe, included and treated fairly, and being able to get the right support when you need it.

When your rights are respected, like your right to be heard, to learn, to be safe, to be healthy and to get the care and support you need, you are more likely to have what you need to grow up happy and healthy and develop and thrive.

Mental health is not a "side topic." It decides whether [we] can learn, dream, and live with dignity.

A child's message to the United Nations

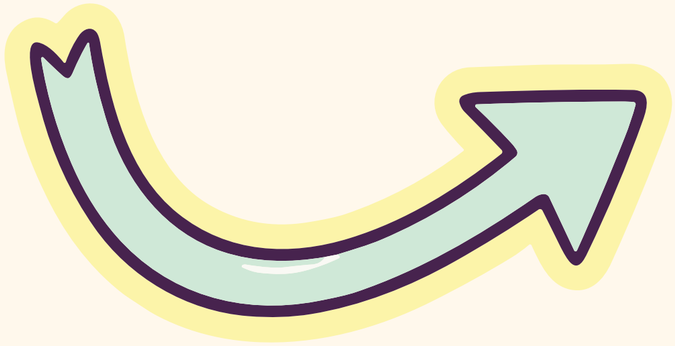


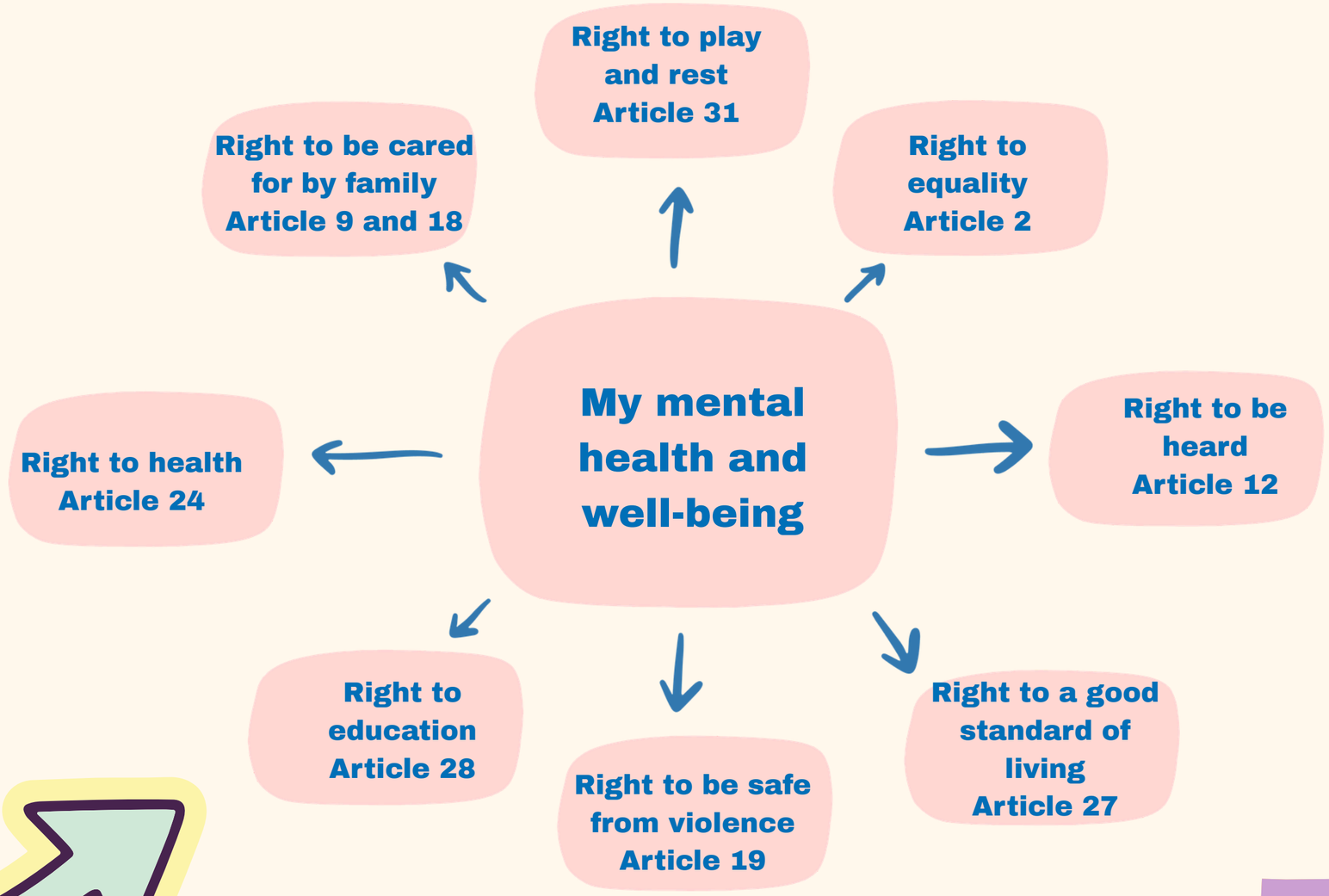
Supporting children's mental health is not just a nice idea. **It's the law.** Every country must protect these rights, with no exceptions.

YOUR RIGHTS AND YOUR MENTAL HEALTH GO HAND IN HAND

Mental health and human rights are closely connected. When children's rights are not respected, it can harm their mental health and well-being. And when children are struggling with their mental health, it can be harder for them to enjoy their rights. That's why supporting mental health and protecting children's rights go hand in hand. Here are some of the rights in the Convention on the Rights of the Child that matter most:











DO YOU WANT TO PARTICIPATE?

New to this? Learn how the UN helps children

Who can take part?

01 You will be under 18 years old by April 2027.

02 You already speak up for children's mental health and well-being, for example at school, in a group led by or focused on children and children's rights, or online.

How?

03 You can't sign up alone. Team up with a group that can register you: your country's representatives at the UN (called a *State delegation*), a civil society organization, or a national human rights institution.

04 Share your ideas by giving a short speech in the meeting room or sending a video with your message.

Just want to watch?
Follow it live on United Nations Web TV too.

- **Civil society organization = a group of people working together to make things better, like groups led by or focused on children and children's rights.**
- **National human rights institution = an independent body in your country that protects human rights.**
- **State delegation = the people who represent your country at the United Nations.**

USEFUL RESOURCES

Check out this guide here!

What you need to know if you are:

If you have any questions about the annual day and how to participate you can send an email to helen.griffiths@un.org cynthia.mafoua@un.org

Non-governmental organizations (NGOs)

- Information Note for NGOs. You can find it here.
- Guidance note on video statements. You can find it here.
- Guidance note on the list of speakers. You can find it here.
- Child participation consent form. You can find it here.

National Human Rights Institutions (NHRIs)

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