

The expertise and experience of young people have been instrumental in the development process of 10 FACTS. You can see, feel and hear (music by Negative) the 10 FACTS-show www.snap.fi/services/pesapuu/10faktaa/en.php. It's free to copy and share.

"The real deal about the rights of children and young people!" Children and young people are entitled to demand their rights. 10 FACTS about child and youth welfare tells us that help and support should be available for children and young people when they need it. They do not need to feel ashamed or embarrassed about their problems, nor about asking for, or receiving help. The 10 FACTS emphasise the truth that foster care is nothing to be ashamed of! They express strong opinions on the subjects of parenthood, adult responsibility, shame, guilt, loneliness and violence.

OFACTS are:

- 1. You have the right to be a child.
- **2.** You are important!
- 3. You're not alone.
- 4. You don't have to be ashamed.
- 5. You are not to blame.
- **6.** Nobody is allowed to hurt you emotionally, physically, sexually.
- 7. You have the right to speak you won't lose anything by doing so.
- **8.** Adults have a duty to listen and help.
- **9.** No one's problems are too small.
- 10. You have the right to receive help.

Demand real parenting!

Take a chance, want to live!
You'll only do it once.

Physically, sexually.

The subjects of parentinood, violence and parentinood, want to live!

You'll only do it once.

"This really is a great project. A lot of young people seem to belittle their own problems and therefore don't look for help or tell their parents or anyone about their situation. I've also heard about people not wanting to tell even their parents about their problems because they don't want anybody to worry too much about them."

SURVIVORS - team - Young people in foster care developing child welfare. The people behind the FACTS are SURVIVORS development team, a group of young women between the ages of 16-20. Between them these young women have firsthand experience of foster care that is both wide and varied. The group has been involved in development in the Pesäpuu Young people in foster care project for over a year.

MESSAGES from young people to young people. The inclusion of young people in the development process is essential, because they speak from experience and their opinions have been tested over and over again. Young people have a lot to say about their own rights and responsibilities.

More information:

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