

THE RAINBOW HEALERS:

*A Child Rights
First Response Kit*



THIS KIT BELONGS TO:



WELCOME TO THE RAINBOW HEALERS!

Who is the #CovidUnder19 team?

We are children, young people, national and international civil society organisations and academics. We believe children's rights are the foundation for building a better, brighter and greener future on this planet after the Pandemic.

Child rights are being hurt everywhere. Our CovidUnder19 team feels the pandemic opened up existing wounds, while also causing more harm.

How can you heal child rights?

It's your right to be heard and to have your opinions taken seriously. This kit will help you to campaign for your rights and build a network of allies in your community.

How to use this kit:

- Print out or use digitally: download or view the kit online together with the videos.
- Use in a group with or without a facilitator, and even independently by yourself at home.
- Read and sign your Rainbow Healers' Agreement and know where to find support if you need it.











Watch Prathit talk more about #CovidUnder19

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RAINBOW HEALERS' AGREEMENT

Becoming a child rights healer is an opportunity which also comes with risk. Stay safe while and after you use this kit.

As a Rainbow Healer, I will:

-  BE RESPECTFUL of all children, adults and their views, use positive language and be on time.
-  BE A GOOD TEAM PLAYER, listen to my peers without interrupting and support them when they need it.
-  BE FRIENDLY, treat everyone well and equally. I will never discriminate or be abusive towards other children and adults.
-  JOIN IN when I feel able to. I will share my thoughts, ask questions and take part in activities.
-  RESPECT CONFIDENTIALITY, not share any personal information (name, address or contact details).
-  TELL AN ADULT if I am concerned or upset about anything.
-  NOT SHARE VIDEOS OR IMAGES of anyone unless I have their their written consent (p.4).
-  STAY SAFE ONLINE, not share personal information, manage my privacy settings and check the identity of new contacts.

DATE AND SIGNATURE: _____



Read more about [how to stay safe online](#)

CONSENT FORM



Image Consent Form

I hereby authorize the Terre des hommes Foundation (Tdh) to take pictures (videos and photos) of me or my child, during:

Project:

Place: Date:

Name and surname of the person photographed / filmed:

The images obtained during this event may be freely used by Tdh for its own tools and communication channels, in Switzerland and abroad, with the exception of those that would undermine the security or dignity of the subject. Tdh is thus authorized, as part of its activity, to reproduce and disseminate images through: websites, magazines, annual reports, mailings, brochures, social media or any other support aimed at raising public awareness as well as to promote the activities of Tdh in the world. Tdh is also authorized to publish the aforementioned images in Swiss or international media.

Tdh guarantees its copyright for any image taken in its name.

The subject photographed or filmed, as well as his / her legal representative, confirm that, whatever the use, manner or importance of the distribution, no compensation (monetary or otherwise) can be requested. This is definitive.

The subject photographed / filmed or his / her legal representative may revoke this authorization at any time. He or she can also request the deletion of all photos / videos of or about him / her. However, the distribution of images before this revocation date (date of its reception by Tdh) or images in the process of being printed by this aforementioned date remains fully valid and the images which are derived from it cannot be withdrawn. Any request from the subject concerned or from his / her legal representative must be sent to xxx@tdh.ch or to the Tdh office at [address](#)

If no request for deletion is received, the images will be kept as historical archiving by Tdh. Any duplicates or non-selected images will be immediately and automatically deleted.

Consent of the subject photographed / filmed or of the legal representative:

Name, First name : Signature :

Reference person at Tdh :

Name, First name : Signature :

Date and place:

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1. CHILD RIGHTS CHECK-UP

MEET THE #COVIDUNDER19 FIRST RESPONSE TEAM

In 2020, we asked 26,258 girls and boys from 137 countries about their experiences of child rights under Coronavirus. This was the largest global survey of children during Covid. The Centre for Children's Rights at Queen's University Belfast led the design and analysis of the survey, involving children and partners in a unique approach to child rights-based research.

In your group, take it in turns to read our profiles out loud. You can also watch our videos here.

- ▶ Watch our Rainbow Healers' series on child rights.
- ▶ Watch our members' award-winning animation on child rights.
- ▶ Watch our interview with WHO on child rights in the pandemic.



Read the full [#CovidUnder19 survey](#).



Read [UN Child Rights Report](#) on the pandemic



Read the [Convention On the Rights of the Child](#)



My healing power is **SPEAKING UP**

ART. 12



Sophie

TAIWAN

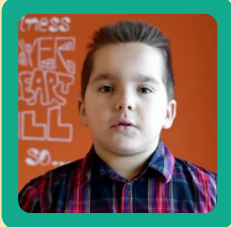
MY RIGHT TO BE HEARD

We want adults to listen to children so they can know what we actually need. 38% of children said their governments hadn't listened to them during the Pandemic. Being heard isn't just about us talking; others must listen and help us to improve our situation.



My healing power is
SHARING TIPS & ADVICE

ART. 8



Tin

BOSNIA-
HERZEGOVINA

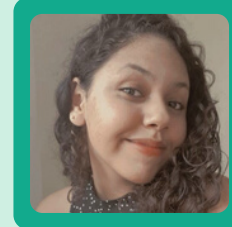
MY RIGHT TO FAMILY LIFE

Family life was so important during Covid-19. Children said they felt bored, happy and worried. Some, whose parents were key-workers, saw them far less. Others saw violence in their homes. Use music, art and talk to friends when you feel low.



My healing power is
EMPATHY

ART. 17



Carolina

BRAZIL

MY RIGHT TO INFORMATION

Information means children can learn what's happening around them to change their environment. During Covid-19, 75% of children said they were sceptical of information on social media. Reliable and accessible information can empower children.



My healing power is
AWARENESS

ART. 19



Prathit

INDIA

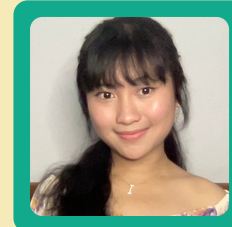
MY RIGHT TO PROTECTION FROM VIOLENCE

Every child must be protected against different forms of violence. 9% of children reported hearing, seeing or experiencing more violence during Covid-19. We must spread awareness in our communities to bring a real change to the world.



My healing power is
STAYING POSITIVE

ART. 24




Indy

INDONESIA


MY RIGHT TO HEALTH

Children's physical and emotional health is key to them reaching their full potential as adults. 21% of children said medical help was better before Covid-19. Children must work together with adults to improve children's rights.



My healing power is
BEING OPEN-MINDED

ART. 27



MY RIGHT TO ADEQUATE STANDARD OF LIVING

A good standard of living means clothing, clean drinking water, housing and so much more. During Covid-19, children suffered food shortages and lacked basic items like soap. Home is where the heart is and every child deserves a proper home.

Ojaswi
INDIA



My healing power is
WORKING WITH ADULTS

ART. 17 & 28



MY RIGHT TO THE DIGITAL ENVIRONMENT

Access to the digital age means you can fulfil your rights to education and information. 62% of children from refugee and migrant backgrounds had no internet during Covid-19. We need transparent and accessible internet for everyone.

Konstantinos
GREECE



My healing power is
COMMUNICATION

ART. 28 & 29



MY RIGHT TO EDUCATION

Keeping up with your education was a very big challenge during the Pandemic. More than half of children said their education was worse because of Covid-19. 84% of children with no access to internet found it even harder.

Vio
INDONESIA



My healing power is
LEADERSHIP

ART. 31



MY RIGHT TO PLAY, REST AND LEISURE

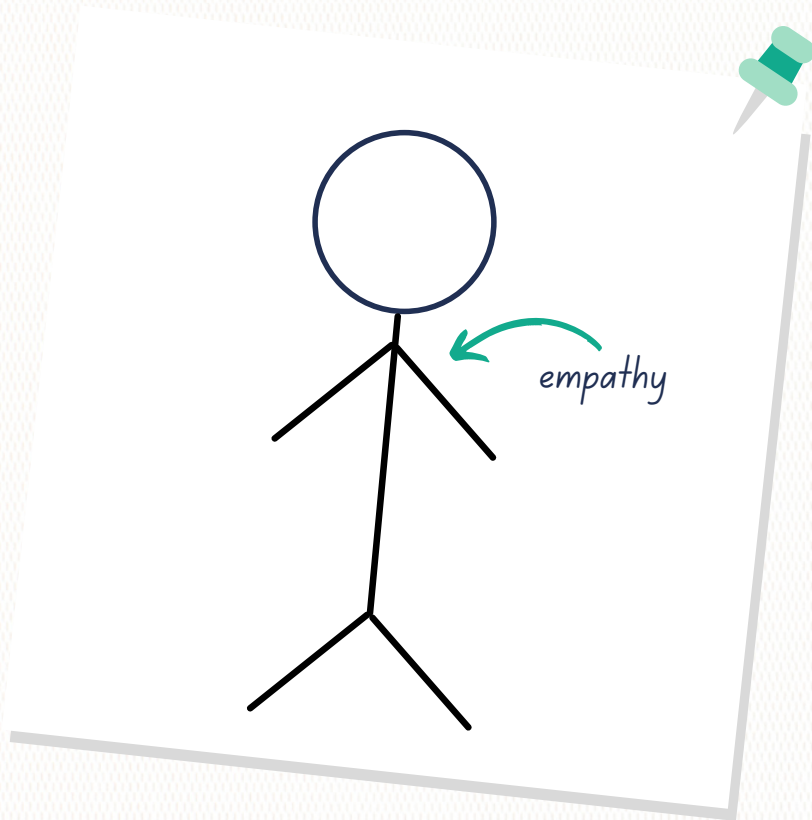
Play was so important as a distraction during the Pandemic. More than half (56%) of children said they got to talk to their friends less than they would like since Covid-19. Some children said access to free leisure activities was a challenge.

Splendor
NIGERIA

YOUR HEALING POWERS

The CovidUnder19 team talked about their powers as child rights healers.

What are yours? Are there any powers you want to grow? Create a self-portrait of your own powers as a healer.



RIGHTS RITUAL

1. Draw three crystals on paper and cut them out.

On the back of each write:

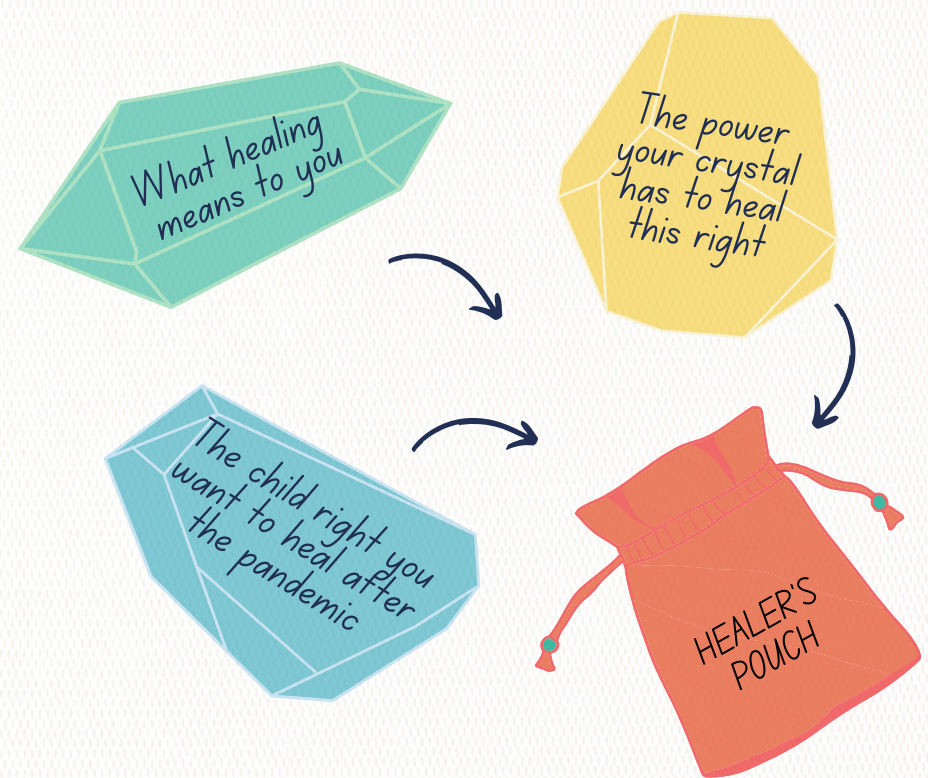
A) What healing means to you.

B) The child right you want to heal after the pandemic.

C) The power your crystal has to heal this right.

2. Stand in a circle with your group, placing a bag in the middle.

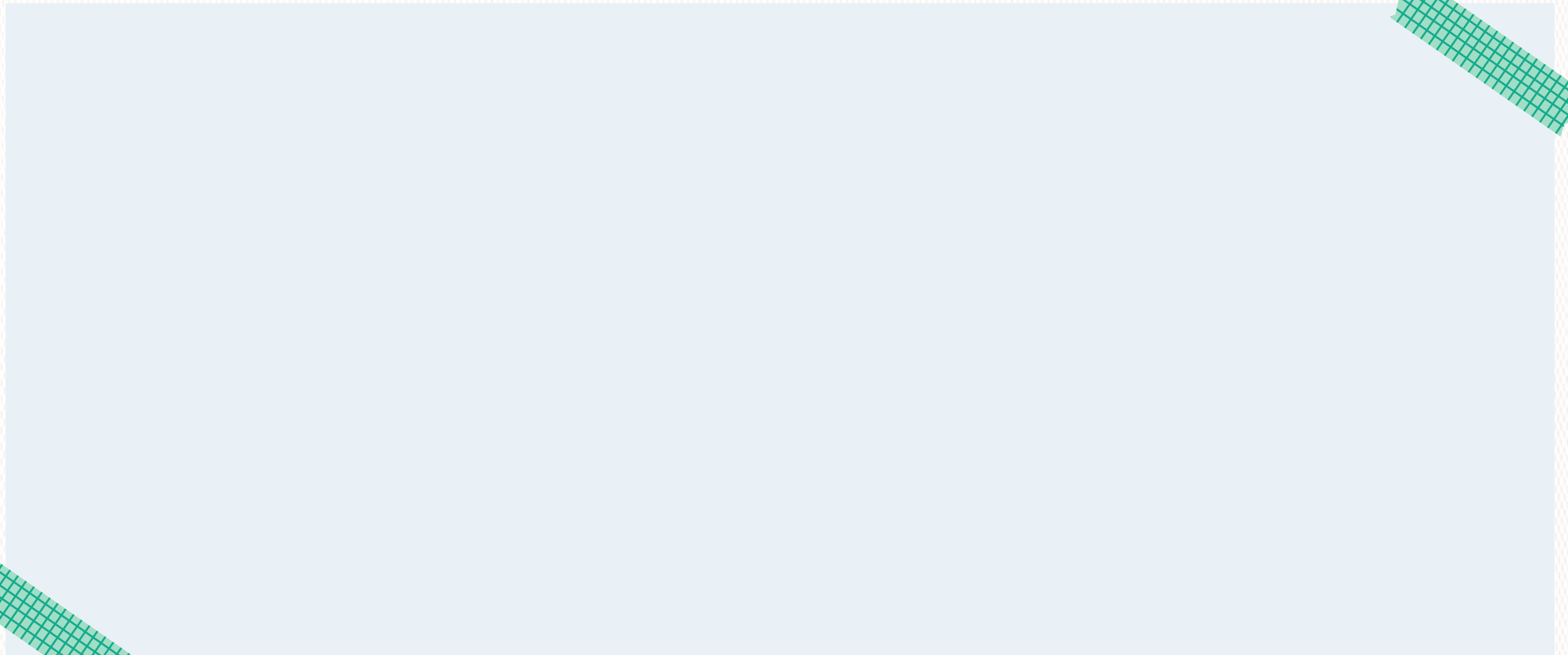
3. Share your crystals and place them in the healer's pouch.





CHILD RIGHTS INJURY CHECK

- 1. In groups, draw a map of your local community.
- 2. Pick one right each from the Meet the #CovidUnder19 First Response Team (p. 5-8).
- 3. Circle the place on the map where you saw that right injured during the pandemic.
- 4. Then, circle where you saw that right defended by child rights' healers and allies.
- 5. On the Injury Checking Scale below, circle the level of child rights injuries in your community. Then, share your result with other groups.



2. CHILD RIGHTS REMEDIES

YOUR FIRST RESPONSE ALLIES

Healing child rights is all about team work.

An ally can be a child, adult or organisation you can trust and who will stand by you when you claim your rights.

Which words come to mind when you think of a good child rights ally?



ALLIES IN YOUR COMMUNITY:

ALLIES IN YOUR COUNTRY:

ALLIES IN THE WORLD:

Ex: The Committee on the Rights of the Child,



3. THE RAINBOW HEALERS' LAB

YOUR HEALING SOLUTION

Tick the box: how will you make and share your remedy to heal child rights around the world?

LAB STATION 1

What media or platform will you use to present your healing solution?

- Art
- Video
- Speech/Letter
- Photos & Text
- Petition
- Event
- Club



LAB STATION 2

How will you share your healing solution with others?

Share Online

- Social Media post
- Email
- Online Petition

Share Offline

- Send a Letter
- At an Event
- At a Meeting



LAB STATION 3

Who you will share your healing solution with?

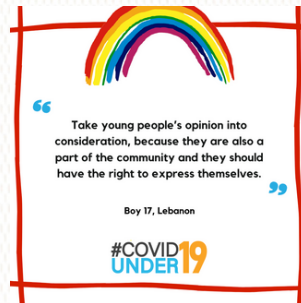
- Your First Response Allies
- Terre des Hommes
- Other:



SOCIAL MEDIA POSTS



#FactFriday campaign with statistics on child poverty



#CovidUnder19 child rights quotes



#CovidUnder19 team member photograph and quote



Promoting the #CovidUnder19 Open Letter to World Leaders





Check out more of our social media posts:



VIDEO, PHOTO, ART







TIPS FOR VIDEO AND PHOTOGRAPHY

-  Make sure there is enough LIGHT in your shot.
-  Hold your device with two hands or use a small tripod for better, STEADY shots.
-  Double-check your shot is in FOCUS.
-  If speaking to camera, choose somewhere QUIET with a nice looking BACKGROUND.



Watch Vio's video on digital advocacy

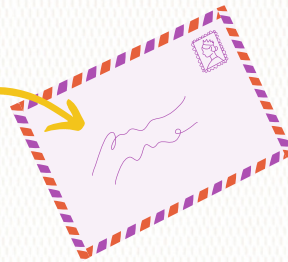
TIPS FOR ART

-  It doesn't matter how well you draw, art is for everyone!
-  Art comes in many forms: drawings, poems, collage, sculpture...
-  Make art with what you have: used paper, markers, sand, tree leaves...
-  Photograph your art if you can.



PETITION OPEN LETTER

Read the CovidUnder19 team open letter to World Leaders.



TITLE



THE CHANGE YOU WANT TO MAKE + WHY.

NAME, ADDRESS, CONTACT AND SIGNATURE (THE SAME WORKS FOR OFFLINE PAPER PETITIONS).

CHILD RIGHTS CLUB

Activists Januka and Amrit on child rights clubs in Nepal.



In Nepal, we have clubs in two places:
- At school, with a member of staff.
- In the community, with a facilitator.
To set up a club, please connect to **AT LEAST ONE ADULT ALLY (P.15)** so they can support you to find a space and run activities.

It's really important you include children from ALL backgrounds and that you decide on your mission and vision together. Try to make it as CHILD-LED as possible.

Then, you can set up monthly or weekly meetings and decide on what activities you want to do.







 Watch the Committee on the Rights of the Child invitation to children



EVENT PLANNER ONLINE AND OFFLINE



TIPS FOR ONLINE EVENTS

-  Organise your online event with an adult ally to make sure everyone can stay safe.
-  Set up an event link with a password and only share it with guests on your list.
-  Online events can also be fun! Use music, art, games and activities.
-  Don't forget to take breaks.



Quiz Event for World Children's Day



Our Child Rights Festival for World Children's Day



Watch our Child Rights Festival

IN PERSON EVENT PLANNER

Event Name: _____

Venue: _____

Date & time: _____

Number of guests _____
and Guest list: _____

Food & drink: _____

Budget: _____

CHILD RIGHTS CALENDAR



ADD YOUR
OWN DATES

JANUARY

24th: International Day
of Education

FEBRUARY

1st-7th: World Interfaith
Harmony Week

11th: International Day of
Women and Girls in Science

20th: World Day of
Social Justice

MARCH

1st: Zero Discrimination Day

8th: International
Women's Day

20th: International Day
of Happiness

APRIL

2nd: World Autism
Awareness Day

6th: International Day of
Sport for Peace

23rd: World Book Day

MAY

3rd: World Press
Freedom Day

15th: International Day
of Families

16th: International Day of
Living Together in Peace

JUNE

7th: World Food Safety Day

12th: World Day Against
Child Labour

20th: World Refugee Day

CHILD RIGHTS CALENDAR

“ During the COVID-19 recovery phase, children need to be partners and actors of positive change and not only as beneficiaries.”

Dr. Najat Maalla M'jid, UN Special Representative of the Secretary-General on Violence against Children

JULY

15th :World Youth Skills Day

18Th: Nelson Mandela International Day

30th: World Day against Trafficking in Persons

AUGUST

9th: International Day of Indigenous Peoples

12th: International Youth Day

19th: World Humanitarian Day

SEPTEMBER

9th: International Day to Protect Education from Attack

21st: International Day of Peace

28th: International Day for Universal Access fo Information

OCTOBER

10th: World Mental Health Day

11th: International Day of the Girl Child

17th: International Day for the Eradication of Poverty

NOVEMBER

9-15th: International Week of Science and Peace

20th: World Children's Day

25th: International Day for the Elimination of Violence against Women

DECEMBER

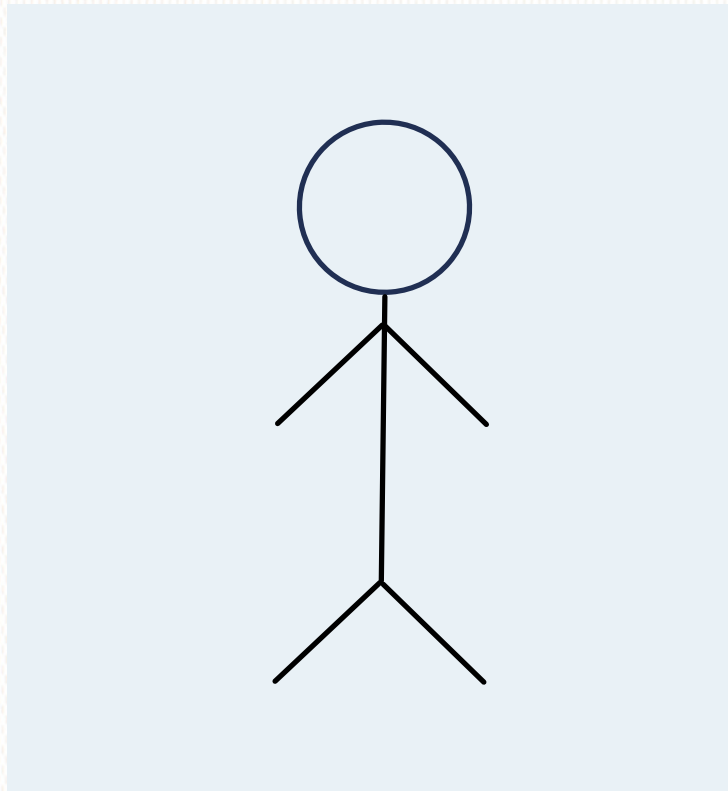
3rd: International Day of Persons with Disabilities

10th: Human Rights Day

12th: International Universal Health Coverage Day

YOUR HEALING POWERS

Make a new self-portrait to see if you have grown any healing powers since using this First Response Kit.



HEALING PROGRESS

What's happened since using this kit?

To me, personally...

Four horizontal dashed lines for writing.

To child rights in my community...

Four horizontal dashed lines for writing.

#COVIDUNDER19 CALL TO ACTION



Greetings children of the Globe!

We continue to witness how children's rights have been negatively impacted by the pandemic, particularly for children from marginalised groups. Children continue to be sidelined by those in power, and children's rights are not put at the top of government's agendas in pandemic recovery and response.

We are encouraged by increasing recognition at the highest levels, including from the United Nations Secretary General, that children's rights should be mainstreamed across all areas of work. At the same time, as parts of the world begin to return to 'normalcy', we feel that urgency for a rights-based approach to the post-pandemic world is waning.

We cannot stand idly by and watch the promise of a better world for children be left unfulfilled.

We demand that all adult duty bearers take action to respect and fulfil their obligations with respect to all children's rights, and particularly the rights most compromised by the pandemic.

This includes children's right to:

- Be heard and have their views given due weight (Article 12)
- Have sufficient resources for the fulfillment of children's rights (Article 4)
- Be protected from violence (Article 19)
- Access the highest standard of health, including mental health, and taking into consideration the dangers and risks of environmental pollution (Article 24)
- Be treated equally and without discrimination (Article 2)

We believe that recovery and renewal from Covid-19 requires investing in children and seeing them as key partners in shaping the post-pandemic world. We invite you to join us in creating a child-led manifesto for building back better! Please send us *YOUR DEMANDS* for building a better world that respects children's rights.

- What is your most urgent demand to fulfil children's rights in the post pandemic world?
- What action should duty bearers take to achieve that change? - How can children and adults work together in intergenerational partnerships to achieve this change?

Please send us your contributions in writing, video, drawing, or any other format! We may select some of the interactive content to be hosted on the [#CovidUnder19 YouTube channel](#).



Follow us on social media for the next steps!

My healing power is _____

Add a photo or drawing of yourself here

NAME: _____

RAINBOW HEALER
Child Rights First Response Team

“ COVID-19 has been devastating but it gives us a chance to reflect on what we can do better. We can work together for a better future. ”

Konstantinos, 19, #CovidUnder19 team

Toolkit and videos produced by Films For All in co-creation with Terre des hommes and #CovidUnder19

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Many thanks to the partners who have supported and endorsed this toolkit

