

## INTELLECTUAL

Help me to think for myself.

*When you read with me it grows my mind for life. TV and video games can never give me the same language and social skills that you can.*

When my family is involved with my learning and education, it makes me a better learner.

*Help others make decision that are in my best interest.*

We can teach each other new things.



National Commission for Protection  
of Child Rights  
<https://ncpcr.gov.in>

### NAUPANGTE HUMHIMNA DANTE:

- United Nations Convention on the Rights of the Child:
  - ❖ He dan hi naupangte engti zawng pawha tihnat an nih lohna tura venhimna dan a ni.
- Prevention of Children from Sexual Offences (POCSO) Act:
  - ❖ Naupangte mipat hmeichhiatna lam hawia khawihchhiatna laka venhimna dan a ni.



**CHILD RIGHTS PROTECTION CELL**  
DIRECTORATE OF  
STATE COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING  
SCHOOL EDUCATION DEPARTMENT  
GOVERNMENT OF MIZORAM

## Supporting THE RIGHTS OF CHILDREN

means

THINKING ABOUT THE WHOLE WORLD



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YOU ARE NOT ALONE



## EMOTIONAL

*Encourage me – help me accept others for who they are and to celebrate their differences.*

*Let me try by myself, that's how I learn*

Sometimes I need special help.  
Sometimes my family does too.

*I need at least 5 people in my life who are crazy about me.  
Are you one of these people?*

My feelings are real and matter.

## SOCIAL

Let me play, it's how I build social skills like sharing and problem solving.

*Ask me what I think when your choices affect me.*

Sometimes I like to play with dump trucks and sometimes I like to play with dolls, both are OK.

*Please treat me with dignity and respect. I understand these ideas and care about fairness and equality.*



## PHYSICAL

I need AT LEAST two hours of moving my body every day. Help me find times and places to run, jump, and go crazy! It's good for my body and brain.

*My body and mind need rest. Help me notice when I am ready for quiet time.*

Spending time in nature is good for me. It heals me and makes me more creative.