

APPENDIX 2: Version for young people

Young People's rights in health care: Be in the Know

Young People's Rights	Details
<p>You have the right to what's best for YOU.</p>	<p>Together with you, everyone involved in your health care should always work towards what is best for you. What you value in terms of your physical (Taha Tinana), spiritual (Taha Wairua), family (Taha Whānau) and mental (Taha Hinengaro) well-being is important in deciding what is best for you.</p>
<p>You have the right to express your views respectfully, be HEARD and have something done about it.</p>	<p>You have the right to express yourself and share what you are thinking and feeling with others in any way you are able to communicate. Others around you are responsible for learning how you communicate so your views can be understood.</p> <p>You have the right to have your views heard, considered and taken seriously, especially when decisions are being made that affect you. If you feel like you are not being heard you can choose to have an independent person advocate for you.</p> <p>The right to be heard includes the right to complain about your health care. Health services should provide you with a safe and simple way to complain and a fair and speedy way to sort out your complaint.</p>
<p>You have the right to use, and receive the BEST available health care.</p>	<p>You have the right to the best health care available in all situations. The best health care available should attend to all aspects of your well-being, including physical (Taha Tinana), spiritual (Taha Wairua), and mental (Taha Hinengaro) and relationships with family/whānau and friends. You also have the right to a safe environment to help you enjoy the highest achievable standard of health. The people caring for you should understand your needs and requirements and try to meet them.</p>
<p>You have the right to be treated with RESPECT in regards to your values, beliefs, tikanga and culture.</p> <p>You have a right to be you.</p>	<p>You should be treated with respect and dignity and encouraged to respect others' rights and values. You have the right to practice your own tikanga, culture, customs, language and religion. Whoever you are and whatever your tikanga, culture, customs, language or religion, you have the right to special protections that makes sure you can practice your ways of life, unless those practices are likely to put you at risk.</p>

<p>You have a right to be with and guided by your FAMILY / WHĀNAU, unless this is against your best interest.</p>	<p>You have the right to have your parents and those important to you with you, unless this will harm you. You have the right to be given guidance by your parents and family/whānau. You have the right to have a support person of your choice with you in any situation you wish, unless this breaks the rights of others or will harm you.</p>
<p>You have the right to be FULLY informed, ask questions and be given answers about all matters concerning you. Because being in the know is important.</p>	<p>You have the right to find thing out and to be informed. This means having access to information you can understand, trust and that’s important for you to know.</p> <p>This includes:</p> <ul style="list-style-type: none"> • Being given realistic information about your condition and treatment in a way that you can understand. • Being able to ask questions and be given honest answers you can understand. • Being provided with choices for treatment, where available and realistic. • Being aware of how to access information about you, if you wish to.
<p>You have the right to be INVOLVED in making decisions that affect you.</p>	<p>You have the right to be involved as much as you wish in making decisions that affect you. Depending on the situation, your experience and understanding and the adults available to support you, you may wish to be informed, to express your views, to have your views taken seriously, to share decision making with parents and health professionals or to be the main decision maker. However you wish to be involved, your involvement should be taken seriously. If your views can’t be taken into account, you have the right to be told why.</p> <p>The right to be involved in making decision includes the right to be involved in making decisions about taking part in teaching or research and about the use, return or disposal of any bodily parts or substances removed, changed or added in the course of your health care. Health services should enable young people to be involved in decisions about planning services and developing policies that impact on young people.</p>
<p>You have the right to be PROTECTED from harm.</p>	<p>You have the right to be safe from all forms of harm. This includes being protected from anyone who would harm you, including people in your family/whānau. Some things that happen to you in health care services may be painful but things should always be done to prevent or relieve your pain.</p>

<p>You have the right to PRIVACY.</p>	<p>You should be treated with dignity. You have the right to a private life, which includes keeping your body, mental, spiritual and social life private. Health professionals should take all necessary steps to ensure your privacy during medical examinations and treatments.</p> <p>Health professionals caring for you are aware that your privacy and confidentiality are necessary if you are going to trust them. In some situations, a parent of a young person under 16 years of age will be involved in making decisions about the young person's health care and information about them may be shared with a parent. However, your parents do not have an automatic right to information about your healthcar if you not wish them to. There are some situations in which information about you cannot be shared with your parents without your permission e.g abortion or contraceptive advice." In other situations health professionals may have to share information with others to prevent a serious threat to your life or health. Health professionals should tell you what information you give them might be shared with others, including your parents, in order to provide you with the best possible care. You have the right to legal protection from unlawful or unreasonable interference with your privacy.</p>
<p>You have the right to education, rest, play, creative acitivities and recreation.</p>	<p>Whether you are well, ill or disabled you have the right to good quality education that helps you develop your personality, talents and abilities to the full. You have the right to rest, play and to be involved in things you enjoy. Sometimes you may not be able to do things you enjoy because they can harm you, especially if you have an injury or illness.</p>
<p>You have the right to planned co-ordinated health care.</p>	<p>You have the right to co-operation among the people providing health care to you. This includes having continuity of carers and support, as well as access to ongoing health services, you should be introduced to the new services and health professionals. Your transition from children's to adult services should be made as easy as possible and start early.</p>