



Your rights in the digital world



In 2021, the UN Committee on the Rights of the Child wrote a very important guide to explain to everyone that **children's rights apply in the digital world**.

It is called '**General comment No. 25**'.



General comment No. 25 explains what tech companies and governments must do to make digital technologies better for children.

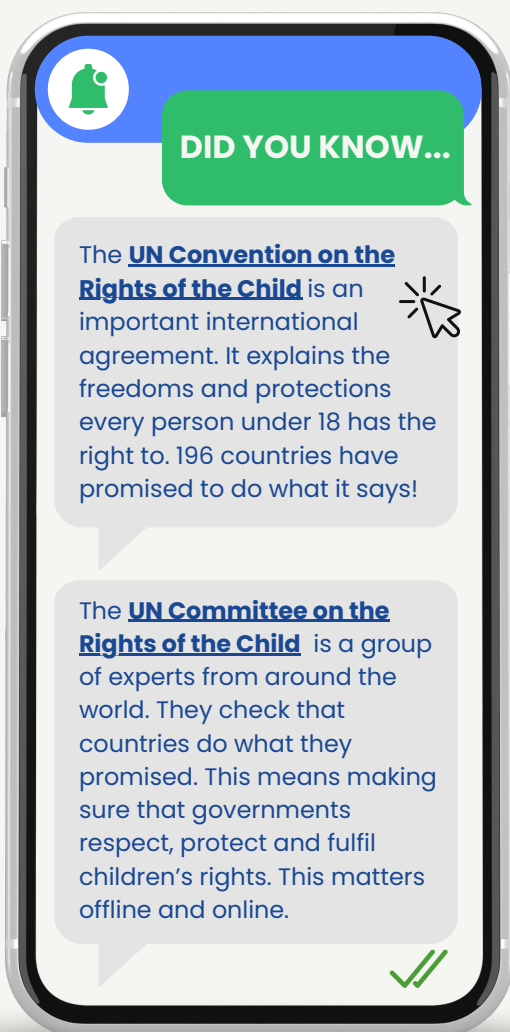


A lot has changed since then

People use all kinds of digital technologies for **learning, playing, getting information, talking to friends, and sharing opinions** – this includes digital tools and services, devices, apps and platforms.

For example, you might use a smartphone to get information and share with friends. Or you may have tried 'artificial intelligence' (e.g. ChatGPT).

- **Governments** have the duty to protect your rights
- **Businesses** must respect those rights when creating and running digital technologies
- **Teachers and parents** support you day-to-day as you learn and explore online.



Do you think enough is being done?

Your digital world, your say:

This document was made for you to know your rights, speak up about what matters to you, and imagine the kind of digital world you want.





BIG IDEAS

from the UN Convention on the Rights of the Child



WELLBEING

Do you feel well when you use digital technologies?

Children must always be supported to live safely and grow up without restrictions or harm. Your survival and development are very important. Digital technologies should support rather than harm your mental, emotional, and physical health.



CONSULTATION

Are your views listened to when adults make decisions that affect your life?

Children have important insights about their lives and about society – and about technology. You may have good ideas about the role of online educational tools, social media or ‘artificial intelligence’. Adults should respect and listen to these.

EQUITY & DIVERSITY



Do all children have the same opportunities to be included and protected in the digital world?

Every child has the right to be included and treated fairly. It doesn't matter who you are, where you come from, your family, what language you speak, or whether you have a disability. No one should experience discrimination.



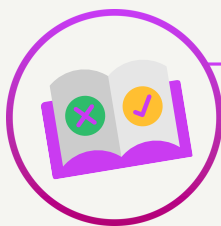
BEST INTERESTS

When deciding things about children's lives, do adults put your needs first?

Governments, companies and adults must think about what helps you to grow, learn and stay safe. What is best for children should be the main factor guiding laws, businesses, and technology design. It shouldn't only be about making a profit.



Your rights online are important,
this is what General comment No. 25 says about them:



RESPONSIBLE

Governments have the main duty to protect you and your rights. They must also make sure

that digital businesses respect your rights from the start and fix things if they go wrong. They must also give you information you understand and offer help when you need it.

Whose responsibility do you think it is to make sure the digital world works well for children?



AGE-APPROPRIATE

As children grow older, they need different kinds of support, freedom, and protection. This

could mean explaining things clearly when you are younger and giving you more control as you get older.

What makes digital technology feel 'just right' for someone your age?



PARTICIPATION

You have the right to speak, learn, find truthful information, and join communities safely. The digital world should support you to share your opinions, creativity, and culture

without fear, lies, or bullying.

Can you participate freely, express your opinions, and find reliable information online?



PRIVACY

Businesses should not take your personal information: you have the right to privacy and to protection for your data and identity.

Privacy builds trust, and it lets you explore and take part in the digital world without being watched or having your information used in ways you do not know about or understand.

Do you know who sees your personal information and how it is used?



SAFETY

Every child has the right to be safe from violence, abuse, and exploitation. Risks and

harm online should be prevented and stopped before they can hurt you. Adults should make sure you know where to get help, and they should act fast if something goes wrong.

Do you feel safe and protected from harm online?



DEVELOPMENT

Every child has the right to education, rest, play, and culture. Digital technologies should

spark creativity, curiosity, and friendship, helping you discover who you are and what you can do. They should also support you to learn and explore so that you can grow and thrive, instead of targeting you to make more money.

Does technology help you learn, play, and belong?



AGENCY

You have the right to make your own choices and to be free from manipulative or exploitative designs. Digital technology should support your decisions, not pressure

you to spend too much money or time, or trap you in endless scrolling or spending.

Do you feel in control of your digital world?

The future is a place we are all going to — and your voice matters!

Let's speak up and work together to make sure it is a place we want to be.

Here are some questions for you:

You know a lot about your own needs and experiences.

What would you like to explain to the adults who make decisions about digital technologies?

Digital technologies should be designed and used in ways that work well for you.

What do you want to tell tech companies to make a better digital world in the future?



Now it's your turn!

Share your ideas, speak up, and help create the digital future you want.

This child-friendly summary of General comment No. 25 (2021) was co-created by 5Rights, the Digital Futures for Children centre, and the UN Human Rights Office (OHCHR).

It builds on the child-friendly summaries produced by 5Rights in consultation with children, available [here](#) and [here](#).

Find out more about your rights online [here](#).

