

1. You and your family always have enough money to meet your needs.
2. You live in a decent place with a telephone and television.
3. You are not teased or excluded because of your different appearance or disability.
4. The people you live with ask your opinion about major decisions that concern you.
5. You go to a good school and belong to after-school clubs and sports.
6. You take extra lessons after school in music and drawing.
7. You are not afraid of being stopped by the police.
8. You live with adults who love you and always have your best interests at heart.
9. You have never felt discriminated against because of your or your parents' origins, background, religion or culture.
10. You have regular medical and dental check-ups, even when you are not sick.
11. You and your family go away on holiday once a year.
12. You can invite friends for dinner or to sleep over at your home.
13. When you are older, you can go to university or choose any job or profession you like.
14. You are not afraid of being teased or attacked in the streets, at school or where you live.
15. You usually see people on TV or in films who look and live as you do.
16. You and your family go on an outing to the cinema, the zoo, a museum, the countryside or other fun places at least once a month.
17. Your parents and grandparents and even great-grandparents were all born in this country.
18. You get new clothes and shoes whenever you need them.
19. You have plenty of time to play and friends to play with.
20. You have access to a computer and can use the Internet.
21. You feel appreciated for what you can do and encouraged to develop all your abilities.
22. You think you are going to have a happy future when you grow up.