



Center for the Advancement
and Protection of the Rights
of Vulnerable People
(CAPRIGHTS-VP)

Child Rights Manual

**Empowering children to Recognize and Protect
their rights and those of vulnerable children**



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Center for the Advancement and Protection of the Rights of Vulnerable People (CAPRIGHTS-VP)

Founded in 2017, CAPRIGHTS-VP is a Nigerian non-governmental organization committed to justice, equality, and inclusion. We work to protect, promote, and advance the rights of vulnerable groups, especially women, children, orphans, youths, persons with disabilities, and the elderly.

At the heart of our work is a deep connection with grassroots communities. We amplify the voices of the marginalized, provide access to justice, promote education and empowerment, and create pathways to opportunities that restore dignity and improve lives.



Our Vision:

A just and fair society where everyone is treated equally, respected, and supported to live life in fullness.



Our Mission:

To safeguard the rights and well-being of vulnerable individuals and communities through advocacy, education, legal aid, and economic empowerment.



Our Core Values:

Equality: Every individual matters.

Integrity: We act with honesty and transparency.

Mutual Respect: We uphold dignity and diversity.

Accountability: We take responsibility and demand the same from duty-bearers.

Transparency: We ensure open and inclusive processes.



Our Objectives:

- ✓ Empower vulnerable groups through livelihood and economic initiatives.
- ✓ Educate and inform communities for better access to opportunities.
- ✓ Bridge the gap between marginalized people and support institutions.
- ✓ Provide access to justice through pro-bono legal services and advocacy.
- ✓ Create inclusive environments that drive sustainable development.



CAPRIGHTS-VP:

Protecting Rights · Restoring Dignity · Empowering Lives & Communities



Chapter 1

Children Have Rights

This chapter introduces children to their rights, helping them understand when those rights are violated and how unfair circumstances feel. Through practical exercises, they develop patience, courage, and problem-solving skills, which they can apply to real-life situations involving child rights violations, particularly in the case of abuse.

Who is a Child?

A child is any person under the age of 18, according to the United Nations Convention on the Rights of the Child.

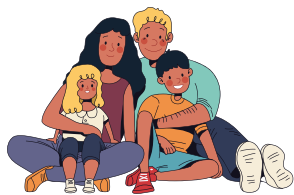
Who is a Child Domestic Worker (CDW)?

A CDW is anyone below the age of 18 who work in other people's homes outside of their family as an employee.

Do Children Have Rights?

Yes, every child has fundamental rights that guarantee their safety, well-being, and development. These rights ensure that children are protected from harm.

According to UN Convention on the Rights of the Child.



Right to family



Right to Recreation and play



Right to Good health



Right to education



Right to safety

HOW CAN CHILDREN'S RIGHTS BE VIOLATED?

Children's rights (CDWs specifically) can be violated in various ways, including

1. Forced child labour:

Exploiting children through work that harms their growth.

2. Physical, emotional or sexual abuse:

Inflicting harm or neglect.

3. Discrimination:

Denying children opportunities based on gender, disability, or background.

4. Trafficking and exploitation:

Using children for illegal or harmful purposes.

Recognizing these violations is essential to advocating for children's safety and well-being.

How do CDWs Feel When Exploited



Children exploited and does not have access to school and play.



Children who have access to school and play.

How can you identify when CDWs are Exploited?

The children can learn to recognize the signs of exploitation in child domestic workers:



Long working hours without proper rest or care.



Extreme fatigue or malnutrition.



Visible signs of abuse (bruises, emotional distress).



Being denied education or recreation.



EVALUATION

Chapter 1: My Rights

Spot the Difference Puzzle Picture-Based

Instruction:

Circle 5 things that are different from both pictures.
How do those differences make you feel?





Word Search Puzzle

My Rights

Hidden Words: Education, Health, Safety, Family, Play

Instructions: Find the 5 basic rights hidden in the puzzle.

Can you also write one way each right can be violated?

D	F	H	U	F	Z	Y	C	U	C	M	N	A	O	A
Q	I	G	Q	R	I	G	H	T	S	A	F	T	F	L
G	T	K	T	V	C	D	W	G	Y	V	S	Z	U	A
W	E	G	P	P	X	A	O	H	Y	E	A	Q	H	K
V	F	G	H	H	I	A	P	H	L	D	F	M	S	Y
Z	U	U	T	E	F	A	N	H	G	U	E	S	N	T
O	M	Q	P	A	A	F	N	L	Z	C	T	G	R	Q
S	Q	H	L	L	M	H	G	X	L	A	Y	L	Y	U
K	B	M	A	T	I	W	H	W	G	T	V	M	Z	X
C	L	H	Y	H	L	E	P	D	Y	I	P	H	J	Y
H	A	K	Q	X	Y	D	I	T	K	O	V	K	A	X
I	K	N	Z	J	D	D	S	G	S	N	Y	D	V	X
L	X	G	A	O	B	Q	Y	G	W	K	F	Z	E	Q
D	M	T	P	Y	K	C	I	C	V	P	X	K	X	V
F	L	G	M	Y	C	G	A	L	G	K	A	U	M	N



Chapter 2

Child Abuse and Exploitation

This chapter encourages children to explore feelings of vulnerability and helplessness, helping them understand different forms of abuse, recognize violations of children's rights and address their fears about reporting abuse. By providing real-life examples and engaging discussions, children will be empowered to seek help and protect themselves and others.

What is Child Abuse?

Child abuse refers to any act or failure to act that causes harm, potential harm or risk to a child's well-being. Abuse affects children's growth, self-esteem, and ability to trust others, making it crucial to recognize and prevent harmful situations.

Places where Children be abused

Children are vulnerable and depend on adults, they are at a higher risk of being abused, often without understanding that their experiences are wrong or harmful.

Children can be victims of abuse in various places, such as:



In communities

(through trafficking, discrimination, or mistreatment)



At school

(by teachers, caregivers or peers)



In workplaces

(by guardians towards their child domestic workers)



At Home

(by parents, guardians or relatives)

What are the types of abuse children are exposed to?

Children can experience different forms of abuse, including:

1 Neglect

Neglect is the failure to provide for a child's basic needs including physical, medical, educational and emotional needs.



3 Emotional abuse

Emotional abuse is any action that damage a child's self-worth and emotional health. This may include constant criticism, verbal insults, humiliation, isolation from family and friends, blaming or shaming a child, threatening harm or instilling fear, rejection, as well as withholding love, support, or guidance.
Example: An adult tells a child they are worthless, making them feel unloved.



2 Physical abuse

Physical abuse is any deliberate act that inflicts bodily harm on a child. physical injury (ranging from minor bruises to severe fractures or death) as a result punching, beating kicking, biting, shaking, throwing, stabbing, choking, hitting, slapping, or kicking, burning or cutting, restricting movement (tying up, locking away), denying basic needs (food, water, shelter) or otherwise harming a child.



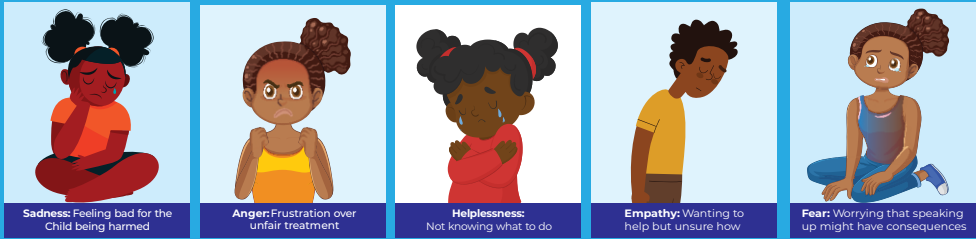
4 Sexual abuse

Sexual abuse is any act that forces a child into sexual activities or inappropriate exposure. They include activities such as unwanted touching, sexual exploitation (forcing children into harmful situations), exposure to inappropriate content or language, pressure or manipulation to engage in sexual behavior.
Example: An adult forces a child to keep a secret about inappropriate behavior,



How does it feel to see other Children's rights being violated?

Witnessing abuse or exploitation can trigger many emotions, such as:



What were you afraid of by not seeking help when you saw other children's rights being violated?





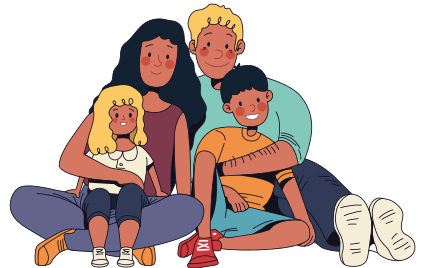
EVALUATION

Chapter 2

Circle the Red Flag – Picture Activity

Instruction:

Circle all the signs that could show a child is being abused.





PUZZLE

Chapter 2

True or False Puzzle

1. Children cannot be abused. (True / False)
2. CDWs can be victims of abuse. (True / False)
3. It is wrong to report abuse. (True / False)
4. Abuse only happens in the home. (True / False)



Chapter 3

CDW Experiences

This chapter helps children understand the factors that lead vulnerable children to become Child Domestic Workers (CDWs). Through role-playing and discussions, children will develop empathy and a deeper appreciation for different life experiences. They will learn to process others' behavior without judgment, recognizing that every child reacts differently based on their fears, conditioning, and past experiences. The module also encourages children to explore the challenges CDWs face when seeking help and how support can lead to change.

Why do children leave their Parents and loved ones to work as CDWs?

Many children become child domestic workers due to circumstances that either force them to leave their families or attract them to work opportunities. The following reasons CDWs leave their families are as follows:



- 1 Family Separation**
Loss of parents due to war, conflict or death forces children into labor



- 2 Abuse at Home**
Neglect, violence, or mistreatment may push children to leave in search of safety



- 3 Lack of Education**
Limited access to school makes children more vulnerable to labor exploitation



- 4 Poverty**
Families struggle to provide basic needs leading children to seek work for survival

The following are reasons why Children accept to go into domestic work

01

False Promises:

Guardians may lure children with promises of providing education, food, or safety.

Need for Survival:

Working may seem like the only way to provide for themselves and their families.

02

03

Social Pressure:

Some cultures in Nigeria normalize child domestic work, making it seem like a reasonable choice.

Lack of Alternatives:

Children may see child domestic work as their only option, due to lack of support or opportunities.

04

What Happens When CDWs Try to Get Help?

In this section, children explore the challenges CDWs face when seeking help through role-play activities and discussions. They will experience scenarios where CDWs attempt to escape abuse, seek assistance, or report violations sometimes succeeding and sometimes facing obstacles.

Storyline: The Journey to Help

Scenario 1: When things Go Right

A CDW confides in a kind teacher, who listens and reports the situation. Authorities intervene, placing the child in a safe home with access to school. The child finds emotional support, slowly rebuilding trust and confidence.

Scenario 2: When things Go Wrong

A CDW tells an adult, but they dismiss their concerns, saying, "That's just life." Attempts to escape lead to punishment by the employer, worsening their condition. Fear grows as the child loses hope, believing that no one will help.



EVALUATION

CHAPTER 3: CDW EXPERIENCES

Activity: Spot the Red Flags (Signs of Exploitation in CDWs)

Instruction:

Read each situation. Mark the ones that show that a Child Domestic Worker (CDW) is being exploited or treated unfairly.

Descriptions:

- 1. A CDW carrying heavy loads before sunrise**
- 2. A CDW denied food for making a mistake**
- 3. A CDW given time to rest and go to school**
- 4. A CDW locked indoors while the family goes out**
- 5. A CDW spoken to with kindness and respect**
- 6. A CDW looking tired, with torn clothes**
- 7. A CDW who says they miss their family and are not allowed to call them**
- 8. A CDW who is never allowed to play**
- 9. A CDW taken to school every day**
- 10. A CDW threatened when they ask for help**



PUZZLE

Chapter 3

CDW Experiences

Hidden Words: Poverty, Promise, Escape, Help, Trust, Support, Work, Family

P	Y	Q	X	S	T	H	A	C	L	Q	H	Q	C	U
O	D	Z	J	L	S	U	P	P	O	R	T	Q	N	H
V	J	D	J	H	I	E	D	K	E	M	B	P	O	E
E	U	B	A	V	H	V	E	R	T	V	H	S	X	Q
R	I	K	O	X	F	L	D	H	R	M	N	F	V	W
T	A	W	J	I	H	P	X	E	U	M	I	Y	L	H
Y	M	G	S	Q	N	C	P	M	S	V	N	I	W	K
W	Z	D	H	E	L	P	M	W	T	Q	U	K	P	L
D	V	G	A	A	P	L	H	O	F	F	F	S	R	H
F	A	M	I	L	Y	T	L	R	T	K	G	B	O	O
X	E	S	C	A	P	E	P	K	V	F	M	Z	M	V
L	H	H	W	G	B	E	M	E	Z	C	N	N	I	H
S	X	W	A	D	R	O	L	V	J	A	D	C	S	W
R	A	E	K	J	C	E	E	U	H	O	B	I	E	O
W	X	J	M	H	R	S	M	X	S	Y	U	A	W	G

Chapter 4:

Building Agency And Advocacy

This chapter empowers children to become change-makers by identifying challenges, creating action plans, and advocating for solutions. Through interactive exercises, they learn to develop strategies, audiences, activities, key messages, and problem-solving approaches to create real impact.

What do you think you can do to positively change the lives of CDWs around you?

Children explore their role in advocacy by identifying ways they can support and uplift child domestic workers (CDWs).

These include:



► Empathy and inclusion:

Encouraging kindness and acceptance of CDWs



► Raising awareness:

Talking to friends, family and teachers about CDW rights and dangers CDW may experience



► Reporting abuse or exploitation:

Seek help from trusted organization or authorities.



Chapter 4

Building Agency and Advocacy

Brain Work Puzzle

Match the Image to the Action

Instructions:

Draw a line from the picture description to the correct action.

Picture Description



Match with Action

Report to a trusted adult

Show kindness

Create awareness

Include others

Use your voice



Chapter 4

Building Agency and Advocacy Crossword Puzzle

Advocate, Awareness, Action, Change, Include, Kindness, Plan, Voice

N	E	M	G	Y	T	K	R	G	Y	P	L	J	A	C
V	C	H	A	N	G	E	F	V	R	I	R	X	W	E
E	Y	H	I	M	K	I	N	D	N	E	S	S	A	O
A	A	C	T	I	O	N	M	S	X	U	M	C	R	F
V	X	O	I	P	M	V	B	I	B	U	K	E	E	W
O	K	F	A	M	V	A	F	X	I	U	E	J	N	B
T	C	Q	D	F	V	P	I	N	C	L	U	D	E	Z
W	N	W	V	M	L	L	E	F	F	T	K	P	S	Q
S	R	T	O	N	J	A	C	I	F	T	J	S	S	T
X	L	A	C	Q	D	N	U	F	V	D	D	D	E	J
A	A	J	A	C	S	R	T	J	H	H	M	E	X	J
E	D	O	T	M	U	Q	D	W	T	K	G	X	O	N
W	V	S	E	N	A	F	Q	O	E	W	M	R	E	K
S	V	N	F	K	C	M	M	D	V	Q	M	S	T	Z
W	R	U	W	K	Y	S	V	O	I	C	E	J	Z	X

What Problem Have You Identified?

What Steps Have You Identified to Solve the Problem?



Child Domestic Workers Reporting Platform

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