



# THE SDGS AND ME!

# LET'S LEARN TOGETHER!

Let us support one another so that all children in Rwanda can learn and play together!



This booklet contains information to help us understand disability and some of our rights.

This includes something called the Global Goals for Sustainable Development to help countries including Rwanda help build a better world for everyone.

We will learn to understand the Goals and why it is important that children with disabilities are also included.

We must all work together – you, your brothers and sisters, your parents, your neighbours and your teachers – to make sure everybody can benefit from a better future through the achievement of these Goals before 2030!

There are 17 Sustainable Development Goals, but today you will learn about four of them.



# WHAT IS DISABILITY?

## THINGS TO REMEMBER:

Some children might become ill and as a result have a disability.

Some children are born with a disability.

It is not always possible to see a disability.

Disability is not a curse on a family.

You cannot get a disability by touching a person with a disability.

There are people with disabilities all over the world, not just in Rwanda.

If someone finds it difficult to do something because of their disability, this does not mean they find it difficult to do everything!

## Remember!

Everyone has strengths and weaknesses!  
Nobody can do everything, and we should help each other so that everyone can be included.

### DO

Be respectful – It is not nice to call people bad names or use bad language towards someone.

Focus on the things that you **CAN** do together.

Support others so that everyone can learn and play together.

Encourage your friends to include children with disabilities.

Treat children's supports with respect, such as a wheelchair or hearing aid.

Ask a child how you can help them if you are not sure.

### DON'T

Stare at people. It is okay to notice somebody, but it is not nice to stare.

Call people bad names.

Hurt somebody because of their disability.

Tell somebody that they cannot do something.

Exclude children from playing with you. There is always a way that everyone can join in and play together.

Laugh at anybody who has a disability.

# What are Some of the Different Types of Disability?

There are different types of disabilities.

They can affect children and adults in different ways.

Sometimes, it is easy to see that a person has a disability, but this is not always the case.

Disabilities cannot always be seen, and it is important that we are patient and take time to understand how we can all support each other together.

Some children might have more than one type of disability.

ALL children should be included and if you aren't sure how to help somebody so that they can play and learn with you, remember that you can always ask them!

Here are some different examples of disabilities...

## Physical Impairment

Some children may not be able to move around as easily as other people.

They might need to use a wheelchair or crutches to help them to move around more easily.



It is important to make sure we help children with a physical impairment to move around as easily as possible so that you can all learn and play together.

Some children may appear to have very pale skin, eyes and hair colour

## Albinism

It is possible for children all around the world to have albinism and it can affect people of all races.

Sometimes, people with albinism may also have trouble with their eyesight, but they are just as healthy as anyone else.

This is because their bodies haven't produced enough of something that is responsible for eye, skin and hair colour.

It is only their appearance that is different. Children are born with albinism and it is not contagious, which means that you cannot catch it from someone else.

Some children might wear something called a hearing aid to help them hear.

Some children with a hearing impairment may communicate with their hands using sign language.

It really helps if you look at your friends so that they can see your face, and you can ask them to teach you sign language too!

## Hearing Impairment

Some children may not be able to hear as well as other children.

They might not be able to hear anything at all, or they might be able to hear some sounds.

Sometimes, children may not be able to hear out of one ear, or both.

Some children may find it more difficult to learn, develop social skills or be able to care for themselves as well as some other children. They may struggle to communicate or not be able to read or write.

## Intellectual Impairment

Other children might behave differently to some children in your community, or they might not be able to cope very easily with daily activities such as washing or travelling to places.

It is very important that we are all patient and take time to understand how other children might need your help and support in the community so that they can be equally included.



## Visual Impairment

Sometimes, children might not be able to see to their side, or they may not be able to see anything at all.

Some children may not be able to see things clearly when they are close by. Other children might not be able to see things clearly when they are far away.

You might see children or adults who have a visual impairment wearing glasses.



If a person sees very little, they may use a white stick. This white stick is called a white cane and it helps people to feel what is around them so that they can move around more easily

Some children are born with restricted growth, which means that they are shorter than people who are an average height.

Little people can have shorter legs and arms.

Usually, little people do not require additional support and can do all the things that people who are an average height can do without any problems.

## Little Person

Most little people are completely healthy, which means that they live long and fulfilling lives.

Remember, there are many more types of disabilities and it is important to talk to people so that you can understand the different ways that you can support people in your community! It is always good to ask questions.



# SUSTAINABLE DEVELOPMENT GOAL



This Goal hopes to:  
End poverty in all its forms everywhere!

DID YOU KNOW?

Half of ALL people in the world live in poverty.

HOW CAN WE  
**END**  
POVERTY

We can make sure there is equal access to things like...

**Employment** – this means job opportunities for ALL.

**Education** – that means that everyone can go to school!

Health care

Technology

Land

All of these things like education, health care, job opportunities and technology need to be... Inclusive!

What About Children With Disabilities?

This means that children with disabilities also need to have equal access and must receive the right support to do so.

By 2030, countries including Rwanda aim to end all extreme poverty.



**4** QUALITY  
EDUCATION



# SUSTAINABLE DEVELOPMENT GOAL

This Goal hopes to:

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all!

**DID  
YOU  
KNOW** ?

**ALL** children have the right to go to school and learn in a safe and positive environment!

**BUT  
HOW**

Teachers must be trained and motivated to support children.

For older children, they can receive financial support to go to university.

**ALL** children should be in school. This means that children with disabilities should also be in school because they have **EQUAL** rights.

This also means that schools must be **INCLUSIVE** and have teachers that are trained to support children with different needs.



# SUSTAINABLE DEVELOPMENT GOAL

8 DECENT WORK AND ECONOMIC GROWTH



This Goal hopes to:

Promote sustained inclusive and sustainable economic growth, full and productive employment and decent work for all!

What Does 'Decent Work' Mean?

## IT MEANS...

Everyone accesses an enjoyable fairly paid and secure job.

Employers try to keep down costs by using things like solar power instead of electricity. People access training to improve chances of getting a job.

Nobody is excluded from work opportunities! This means that it does not matter who you are, you should have the same opportunity.

Children ARE NOT made to work! Remember, all children should be in school, not working. Everybody is able to benefit from the growing economy in Rwanda.

WHAT ABOUT CHILDREN WITH DISABILITIES?

All children with and without disabilities have the right to the same opportunities so that everybody can get a job when you reach the age to get a job.

**We all have the same rights!**

**10** REDUCED  
INEQUALITIES



# SUSTAINABLE DEVELOPMENT GOAL

This Goal hopes to:  
**Reduce inequalities within  
and among countries!**

## WHAT DOES THIS MEAN?

**Every person in Rwanda should have  
their rights protected and respected.**

**HOW  
WILL  
THIS  
HAPPEN**

People living in poverty should get support  
and access so that they can get a job.

The Government make sure that the laws and practices in  
Rwanda include everybody and do not discriminate.

Children and adults who need more support,  
including children with disabilities, are protected.

People who either come to Rwanda to live or move to another  
country can benefit from laws that help protect them.

# LET'S PLAY TOGETHER!

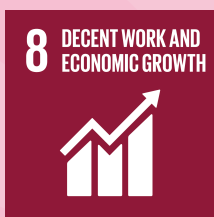
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**FIND THE WORDS:**

FRIENDS	DISABILITY
POVERTY	EDUCATION
RESPECT	EQUALITY
	TOGETHER

## MATCH THE PICTURE TO THE GOAL!

Draw a line to match the Goal to the picture!



**CONTACT  
INFORMATION**



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**AbleChildAfrica**

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**UKaid**  
from the British people

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