

## **Children's Rights as a Key to Better Medicine: Why Participation Increases Knowledge**

**Claudia Kittel, Head of the Monitoring Office for the UN Convention on the Rights of the Child in Germany**

The talk highlights the core idea of the UN Convention on the Rights of the Child: Children are rights-holders from the very beginning. They should be seen not only as part of their family, but also as independent individuals. This applies equally to medicine. Making decisions about or for children without including them contradicts this principle. Children and young people bring their own perspectives, experiences, and opinions – and these are precisely what is needed in order to truly decide in the best interests of children. Participation is therefore not an optional addition, but an indispensable quality feature of good medical practice.