

My data protection rights factsheet:

Why are data protection rights important?

We all have a number of rights when it comes to our personal data. **Adults and children have exactly the same rights**, and these rights apply both in the real world and the online world.

It's important that you know what your data protection rights are because **this will help you have control over your personal data** and will also help you spot if companies are not treating your data fairly.

Who is in charge of my data protection rights?

You can "exercise" your rights, in other words "use" your rights yourself, at any age but only if it's clear that you **understand your rights** and that **letting you use them yourself is the best thing for you and doesn't cause you any harm**.

Young children will likely need their parents or guardians to look after their data for them and the older you get, the more likely you are to use your rights yourself. But just because you're in charge of your personal data, doesn't mean you can't ask your parents for help. In fact, there might be some situations where it's best to ask your parent or guardian to help you use your data protection rights.

For example, your parents might have set up a savings account in your name so they can put away some money for you for when you're older. As the account holder, you can of course ask the bank to give you your data. However, some of this information might be very technical and difficult to understand.

In this case, **it's a good idea to ask your parent or guardian or an adult you trust to help you make this request**, to make sure that you fully understand everything and can talk to someone about it.

What data protection rights do I have?

You can find more information about all your data protection rights on the DPC's website: <https://www.dataprotection.ie/en/dpc-guidance/childrens-data-protection-rights>