



Your Rights with Your Parents or Guardians

What do parents or guardians have to do?

In Minnesota, parents and guardians must care for their children until age 18. Parents can also make and enforce reasonable rules. You have to follow the rules your parents set. You have the right to expect your parents to keep you safe and take care of you.

Reasonable Rules

Your parents can set rules like:

- When you have to be home
- Where you can go
- Who you spend time with
- What chores you do at home
- If you can have a job
- If you can go to after-school programs like sports or clubs



Reasonable Force

Parents can use reasonable force to restrain or correct their child. If your parents use force that is not reasonable, see **How to Get Help** on the next page.

Illegal Acts

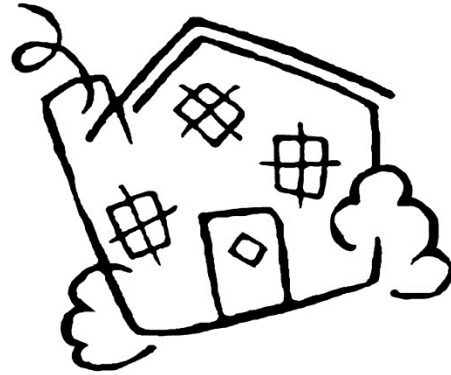
It is illegal for parents to:

- Use or threaten unreasonable force or cruel discipline
- Not give a child needed food, clothes, shelter, health care, or supervision proper to the child's age
- Knowingly allow physical or sexual abuse of a child
- Let a child be in a harmful situation on purpose
- Knowingly let their child be where anyone sells or has illegal drugs
- Let their child live in a harmful or dangerous place
- Abandon their child

Leaving Home

Usually, you can't move away from home unless:

- Your parents agree to it
- You turn 18
- You join the military, or
- A court allows you to



If your parents abuse or neglect you, call for help!

How to Get Help

Does your parent or guardian neglect you or abuse you physically, emotionally, or sexually? Do they let others abuse you? If so, you can get help from the court, the county child protection office, the police, or your legal aid office. 2-1-1 is a statewide agency that gives you information and phone numbers to get help.

Call them at: 2-1-1 (statewide)

Or chat online at: www.211unitedway.org

You can also text your zip code to them to find help in your area at: 898-211

If you are hurt or in immediate danger, call 911!

Help for Kids in Hennepin County

In an emergency, call 911. For non-emergencies, or if you have questions, or if you have not been able to get the help you need, call the Youth Law Project at the MMLA intake line at (877) 696-6529. Or email us at youthlawproject@mylegalaid.org.

Fact Sheets are legal information NOT legal advice. See a lawyer for advice.

Don't use this fact sheet if it is more than 1 year old. Ask us for updates, a fact sheet list, or alternate formats.

© 2025 Minnesota Legal Services Coalition. This document may be reproduced and used for non-commercial personal and educational purposes only. All other rights reserved. This notice must remain on all copies. Reproduction, distribution, and use for commercial purposes are strictly prohibited.