

An Introduction to Wellbeing

For community groups, clubs and other local organisations working with children and young people across Scotland.





What do you do to
ensure children are

Safe

Healthy

Achieving

Nurtured

Active

Respected

Responsible

Included...



Getting It Right for Every Child

Community groups, clubs, societies and other organisations across Scotland provide a range of activities and support for children and young people. If you work with children, young people and families in your local community, you will already be making an important contribution to their wellbeing.

Every child has a right to be **safe; healthy; achieving; nurtured; active; respected; responsible;** and **included**. This is how we define 'wellbeing' in the Children and Young People (Scotland) Act 2014.

This leaflet provides an introduction to wellbeing. It will help you to:

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- **Understand** how your work contributes to children and young people's wellbeing
 - **Plan** to improve how you support children and young people's wellbeing
 - **Explain** to others how you support children and young people's wellbeing
 - **Know** where to go for further information
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You can work through the steps in this leaflet individually or gather together your team and explore your work in more depth using the Wellbeing Card Game.

The Wellbeing Card Game can be downloaded at:
www.childrenscotland.org.uk/introducingwellbeing

Step 1

The statements below may describe some of the things that you help children and young people achieve.

Tick all that apply to the work that you currently do.

- You can think about your work with an individual child or young person, or with a group
- You may also provide support for parents and carers which will contribute to the wellbeing of children and young people. Please tick these areas as well.

The list is not exhaustive. There may be other things that you would like to help children and young people to achieve, which can be added to the list later on.

My work helps children and young people:



- Develop trust
- Make safe decisions
- Look after each other
- Know where and who to go to for help
- Know when they are being treated badly
- Sort out problems
- Play safely
- Look after themselves

My work helps children and young people:



- Look after their health
- Cope with change
- Be more confident
- Cope with anger
- Feel less isolated
- Talk about their feelings
- Know about drugs and alcohol
- Have knowledge of sexual health

My work helps children and young people:



- Be ready to go to school
- Cope with moving
- Enjoy learning
- Be involved in after-school activities
- Not be excluded from school
- Meet their potential
- Gain a qualification
- Develop independence

My work helps children and young people:



- Improve their social skills
- Develop new interests
- Go on a short break
- Get involved in new activities
- Enjoy time with their family
- Meet new people
- Play safely
- Take exercise

My work helps children and young people:



- Understand different cultures and faiths
- Stay out of trouble
- Respect others
- Have responsibility
- Challenge discrimination and bullying
- Make a contribution
- Settle into a new community
- Try out new ideas

My work helps children and young people:



- Live in a safe home
- Get on better with their family
- Get the support they need
- Return home
- Have someone they can trust and talk to
- Feel they matter
- Feel important
- Have contact with their family

My work helps children and young people:



- Make decisions
- Speak up for themselves
- Get involved in the community
- Be involved in running the group
- Voice their opinions
- Provide their peers with support
- Know their rights
- Feel listened to

My work helps children and young people:



- Overcome barriers
- Find and keep a job
- Find and keep a home
- Be involved with their own children
- Access benefits and grants
- Feel accepted
- Celebrate their culture or faith
- Develop friendships

Step 2: Count how many statements you have ticked in each list above and fill in the sheet overleaf.

Step 2

Count how many statements you have ticked in each list on pages 5 and 6. Write the number in the corresponding circles below.

- TOTAL**
-  **SAFE** Protected from abuse, neglect or harm at home, at school and in the community.
 -  **HEALTHY** High standards of physical and mental health; support to make healthy, safe choices.
 -  **ACHIEVING** Support and guidance in learning – boosting skills, confidence and self-esteem.
 -  **NURTURED** Having a nurturing and stimulating place to live and grow.
 -  **ACTIVE** Opportunities to take part in a wide range of activities.
 -  **RESPECTED** Given a voice, and involved in the decisions that affect their wellbeing.
 -  **RESPONSIBLE** Taking an active role within their schools and communities.
 -  **INCLUDED** Getting help and guidance to overcome inequalities; full members of the communities in which they live and learn.

Safe; Healthy; Achieving; Nurtured; Active; Respected; Responsible and Included are the eight indicators of a child and young person's overall wellbeing.

The statements you have ticked in the lists on pages 5 and 6 are outcomes that help contribute to a child and young person's wellbeing.

It doesn't matter if you find that you have put more ticks in some lists than others or if some have no ticks at all.

The support that you provide might contribute to only one or two of the wellbeing indicators. That's ok. Different aspects of a child's life will affect their overall wellbeing in different ways – their individual circumstances, and the support they get from their family, services and the wider community.

What's important is that you are aware of a child's right to be safe, healthy, achieving, nurtured, active, respected, responsible and included, and understand how your work contributes to this.





The Getting it Right For Every Child Wellbeing Wheel features:

The Wellbeing Wheel

Featuring the eight wellbeing indicators.

People working with children, young people and their families in education, health, social work and other areas, use the Getting it Right for Every Child Wellbeing Wheel (opposite) to plan activities and support for a child or young person that will help them to realise their full potential.

When everyone who works with children, young people and families has a common understanding of what wellbeing means, it is easier to build a complete picture of a child's life and share relevant information.



Step 3

Use the flowchart below to help you think in more detail about how you support children and young people to achieve the wellbeing outcomes.

1 | Pick one of the statements you have ticked in Step 1. This is an outcome that you want to help a child or young person achieve.

2 | Describe what you need to do to support children and young people achieve this outcome. What kind of activities might you offer? What kind of support will you provide?

3 | What would you expect to see or hear if the activity was making a difference for the child or young person? And then, what did you see and hear?

4 | Think about the impact your support has had.

Does it work?

Is there anything you could do to improve what you are doing to help a child or young person achieve the outcome?

You can repeat this exercise with other outcomes. You may also like to think about other outcomes that you would like to help children and young people achieve. Use this exercise to help plan for this.

Supporting Children's Wellbeing

You have completed An Introduction to Wellbeing.

You should now feel confident that:

- You understand wellbeing as it is defined in the Children and Young People (Scotland) Act 2014
- You understand how your work contributes to promoting and supporting the wellbeing of the children and young people you work with
- You can describe to others how your work promotes and supports the wellbeing of children and young people
- You can identify areas you might wish to improve upon and plan where improvements could be made.

You can find lots more information, links and resources on wellbeing and the Getting it Right for Every Child approach on the Scottish Government's website here: www.gov.scot/Topics/People/Young-People/gettingitright

Find more information about the work of the National Third Sector Getting it Right for Every Child (GIRFEC) project here:

www.barnardos.org.uk/thirdsectorproject

Follow us on Twitter [@NTSGirfec](https://twitter.com/NTSGirfec)

Download An Introduction to Wellbeing and the Wellbeing Card Game here:

www.childreninscotland.org.uk/introducingwellbeing

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