



Creating a Healthier Scotland For Everyone – Project Information Sheet

Join us to share your views to share your views about health-harming products - alike vapes, alcohol and tobacco - and what can be done to reduce their harm and create a healthier Scotland for everyone.

Who are we?

Children in Scotland is a Scottish charity working to improve children's lives. We believe it is important to listen to children and young people about issues that affect them. We work to make sure that children's voices are heard by people who make decisions on things that impact their lives. We've supported children and young people to have their voices heard on issues like education, health, the environment and many more.

What is this project?

Children in Scotland wants to hear from children and young people about how to create a healthier Scotland. We are running a one-day session on **Wednesday 31st of July** in Central Glasgow to bring children and young people together to share their experiences and views.



We will be talking about alcohol, smoking and vaping, and food and drink that is high in fat, salt and sugar. Children and young people across Scotland have already shared their views about some of these topics, but we would like to hear from you about what you think needs to change and what people in Scotland need to become a healthier country.

We are looking for children and young people aged 8-17 years to get involved. You don't need any previous experience to take part, you just need to be willing to come along and share your views and opinions.

What will be involved?

The session will be interesting, fun and very interactive. Children in Scotland staff will share some background information and lead a number of different activities where you can share you views in a range of ways.

Children in Scotland will provide you with lunch and snacks and we will cover your transport costs. We are also offering a £30 voucher to all participants as a thank you for taking part.

Your views will help us to create a report about what children and young people think needs to happen.

Meet the Team!



“My name is David and I am one of the Participation Officers at Children in Scotland. I work with the team to deliver a wide range of creative and fun opportunities for children to share their views. Outside of Children in Scotland, I like to spend time with friends, going to concerts and eating!”



“Hi, I’m Sophie and I joined Children in Scotland as a Policy, Projects and Participation Officer in July 2023. Before joining the organisation, I worked as a primary school teacher. I enjoy spending her free time cooking and doing yoga.”

How do I take part?

If you are interested in taking part, please contact David Yule on dyule@childreninScotland.org.uk with the following information:

- Your name
- Your age
- Where you live in Scotland
- Why you want to be involved in the session (this doesn't need to be long, just a couple reasons on why you want to take part!)



You must be available to attend the in-person session in Central Glasgow on **Wednesday, July 31st** from **10am to 3.30pm**.

If you have any support needs to help you to take part, Children in Scotland will be happy to discuss these with you.



How can I find out more?

Please contact David on dyule@childreninScotland.org.uk if you have any questions or you would like more information.

Thank you!