

# Putting Children and Young People at the Heart of Planning

## What do children need and what gets in the way?

### What do children need to be healthy, happy and safe at HOME?

- To be happy and cared for.
- A loving family.
- To be able to trust your parents.
- Good parents or guardians who are responsible.
- People that are there for you no matter what.
- Hugs.
- Someone to speak to.
- To be warm.
- To be listened to.
- To feel safe at home.
- The right care for your disability.
- To stay clean.
- To get outdoors.
- To play.
- Learn how to do chores.
- Taught to say 'no'.
- Hobbies and interests.
- Exercise.
- Learn how to save money.
- Proper health care – medicines if you are ill.
- A good night's sleep.
- Healthy food.
- Books.
- Fun games to play.
- Pocket money.
- Rewards of you are good.
- To know your rights.
- To be encouraged.
- To be in contact with your family and your friends.

### What do children need to be healthy, happy and safe at SCHOOL?

- To be cared for and loved by everyone.
- A nice supportive teacher who is kind and encouraging.
- Someone to talk to.
- Friends.
- To be safe.
- After school clubs.
- Space to calm down.
- To be taken seriously.
- Someone to help with problems.
- Exercise – the daily mile.
- Teachers who listen to your problems.
- A good education.
- To know your rights.
- PSAs to help.
- Empathy.
- Homework.
- Resilience.
- No bullying.
- Good security.
- Being creative.
- Teachers that trust you.
- Assistance for multi-language pupils.
- A school library (that is well organised).
- Free school lunches.
- Clean bike shelters.
- Longer playtimes.
- Water fountains.
- A playground and equipment that works and gets fixed.

### What do children need to be healthy, happy and safe in the COMMUNITY?

- More respect for children.
- Youth clubs.
- Free sports and playgrounds and parks.
- Have fun.
- Get included.
- Clean streets – no litter – no vandalism.
- No-one drinking in the park.
- People who know you.
- Someone to talk to.
- Don't talk to strangers.
- Flowers.
- No smoking.
- Cycle paths.
- To not feel scared/to learn how to keep safe.
- No drinking.
- Self-defence.
- Having chances.
- No dog poo.
- Shops.
- Help for people who take drugs or who are alcoholics.
- Police officers who are friendly and you can talk to but that protect you.
- Libraries.
- Good government.

### What gets in the way at HOME?

- Not having what you need like a bed or clothes.
- Parents not being interested in you or set a bad example.
- Parents working too hard.
- Not being able to speak to anyone about being bullied.
- Not having enough food.
- If you are not given a chance.
- Not learning about risks.
- A parent being ill.
- Mum and Dad arguing.
- Brothers or sisters getting into trouble.
- Parents splitting up.
- Not getting the right food.
- Over protective parents.
- Not enough sleep/no set bedtime.
- Shouting makes you sad inside.
- Adults smoking at home.
- Bullying and online bullying.
- Stress if you are the main carer.
- When being in care doesn't work out.
- If you think the same as your parents because they are your biggest influence.
- Social media.
- Rising house prices.
- When adults lie.
- Neighbours who make noise, get drunk and shout so you can't sleep.
- Lack of personal space.

### What gets in the way at SCHOOL/COLLEGE?

- Worries.
- People not believing in you.
- Being bullied.
- Pupils disrespecting the teacher or disrupting the class.
- Teachers shouting at us.
- Not having friends or falling out.
- Feeling depressed.
- Teacher embarrassing or picking on someone.
- If a teacher ignores you.
- Having to ask if you can have a drink.
- Not being able to go to the toilet.
- When PE is cancelled.
- Not having a reasonable time to get changed in PE.
- Gender makes a difference in school.
- Not enough money to go on trips.
- Being tired.
- Boring lessons.
- Too much homework/not getting any homework.
- Pupil Council not doing what they say they do.
- Boys and girls not working together.
- PSAs not helping enough.
- Bad sportsmanship.
- When you feel invisible, sad and ignored.

### What gets in the way in the COMMUNITY?

- Bad people.
- Swearing in front of kids.
- No clubs to go to.
- Not being fit.
- Drunk people and drugs.
- Big worries.
- Smoking and cigarettes everywhere.
- Domestic abuse.
- Littering.
- Not having someone to trust.
- No cycle paths.
- Power cuts.
- Dangerous drivers.
- Being scared.
- Not being included.
- Being alone.
- Not being healthy.
- Threatening teenagers.
- Feeling scared by the news you see on the TV.
- Not getting enough exercise.
- Kidnappers or thieves and strangers that scare you.
- Violence.
- Sexism - held back by your gender.
- Dog poo.
- Racism.
- Vandalism.