

Children's Parliament First National Sitting

On 1st April 2015 Members of Children's Parliament, Youth Ambassadors and adult decision makers from across Scotland joined together to discuss what we need to do to create the best place to grow up.



What barriers are there to children being healthy, happy and safe?

At home...

- Being shouted at
- Unhappy, stressed parents
- A lack of money and healthy food – not having the things you need for living
- When you are not loved and cared for
- When no-one pays you attention
- Parents splitting up and not knowing what the future holds
- Noisy houses, noisy neighbours and a lack of sleep
- No books or internet or help with studies

In school...

- Not getting the help you need to learn
- Not having the things you need for school – uniform or money for things
- Being shouted at
- Not feeling like you belong, feeling unloved and uncared for at school
- Not getting along with your teacher
- When a teacher doesn't show an interest or doesn't like you
- Bullying
- Too many unhelpful rules
- Trying to learn when you feel unwell
- Run-down classrooms and buildings

In the community...

- Not having friends
- Bullying in the community and online
- Not having a safe place to play
- Not being able to meet other kids and do fun things together
- Vandalised, dirty streets, shops and play spaces
- Angry people, people swearing
- Aggressive dogs and dog poo
- Danger from cars
- People having a negative view of children and young people



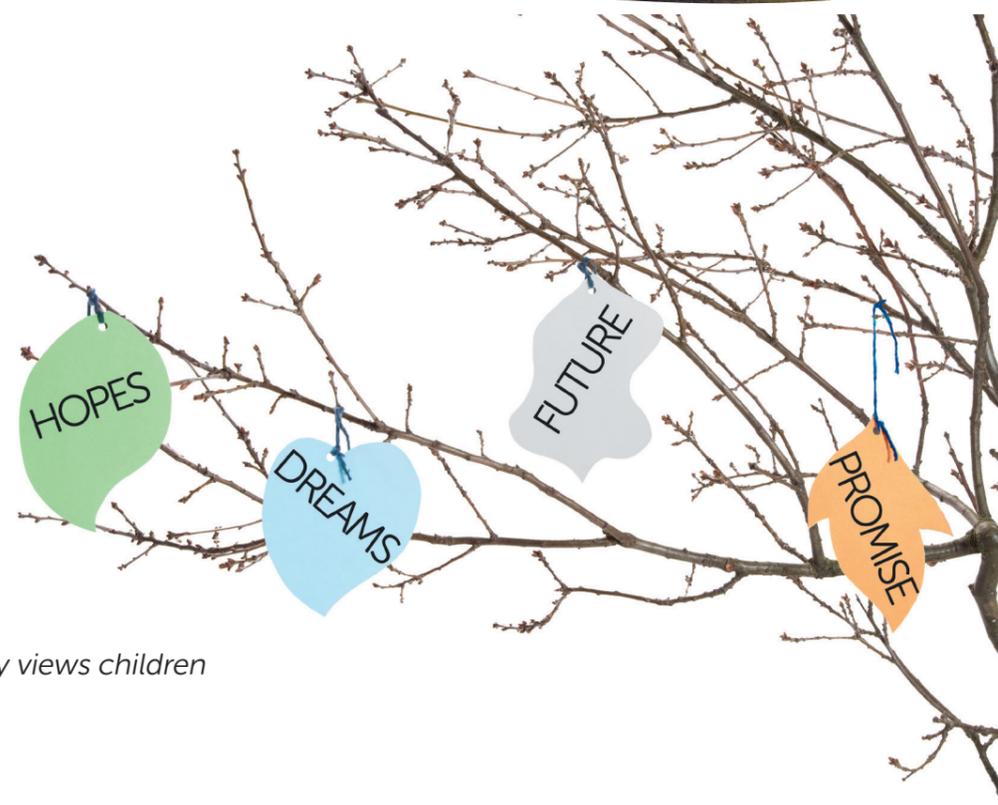
Tree of Hopes and Dreams

Children's hopes and dreams for the future...

- My wish is to give 100% in everything I do*
- Meet new exciting people*
- Have an adventure!*
- Be kind to children and give them a chance to be my friend*
- I wish to grow up in a society where I can achieve my dreams*

Adults promised to...

- Listen to children*
- Never stop learning from children*
- Always treat children as equals*
- Do their best to improve the way society views children*
- Ensure schools are nurturing*
- Love, listen and learn*



Discover more from the day by visiting
#CPsits2015
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Children's Wellbeing

A CALL TO ACTION



At home...

Help parents to talk to their children

Provide support for children when their home life is difficult

Help adults learn how to pay attention to what children say

Remind parents that children need their love

Help adults learn to cook

Encourage adults to work less and spend more time with their children

Believe children

Make sure children know where to go to ask questions and find help

Encourage parents to read to their child

Make sure every child gets good food and exercise

Get children involved in making their communities safer, healthier and happier places

Provide places to play and make every street a 'playstreet'

In the community...

Create gardens

Make sure adults know how to look after their dog

Help adults and children to learn about alcohol, smoking and drugs

Ask children what they want their community to be like and see the world through their eyes

Build community spirit, make communities safe and equal for everyone

Help adults to find good jobs

In school...

Make sure learning inspires children

Remind teachers to remember what it was like to be a child

Encourage teachers to work with children to make school the best place for everyone to learn

Stop all shouting in school

Provide breakfast clubs and a good lunch for everyone - no child should be hungry at school

Create schools where everyone belongs

Make schools full of help and understanding and not places of punishment and exclusion

Encourage and support teachers who are really interested in children

Help adults and children visit different schools to see how they do things