

Happy, Healthy and Safe

Adolescent wellbeing, the views of 10 and 11 year olds

The Scottish Government asked Children's Parliament to talk to children and young people about their wellbeing, exploring what influences wellbeing and what actions can be taken to improve it. This poster is one in a series representing children and young people's views, find them all at www.childrensparliament.org.uk

To make Scotland the best place to grow up and flourish children need:

- A family
 - To be cared for
 - Drinking water
- Warm, clean clothes
 - A warm bed
 - A smoke-free home
 - Parents that help
 - Not to be alone
- A nice house that isn't crumbling around you
 - Enough sleep
- A chance to co-operate with others
 - Exercise and keeping fit
- A good education that teaches you lessons for life
 - Time to do your favourite subjects at school
 - Art
 - To play with friends
- To have boundaries so you know where you can go
 - To join things and not be left out
 - A mobile phone
 - Trips with family and friends
 - To be part of the Christmas show
 - Not to talk to strangers
 - To be with safe people in a safe home
 - To be streetwise
- To know your way around so you don't get lost.

But what can get in the way of wellbeing in the community?

- A stranger asking you odd or rude questions
- Sugary food
- Bad examples like people swearing
- Having no friends
- A bad government
- Greedy rich people taking the land
- Not feeling safe
- Being nervous when you first join something.

So, what can we do? What actions would improve wellbeing in the community?

- Someone to walk to school with and more lollipop people on the roads
- Constructive things to do
- Good food for reasonable prices
- Good doctors and enough of them
- Help if your parents are fighting
- Free education
- Get the right change from shopkeepers
- More recycling
- Community orchards
- Someone to call if you are being abused and care homes for abused or neglected children
- More care for nature – don't let big companies destroy forests
- Don't start a fight, try to resolve conflict
- Avoid strangers and don't share personal information.

But what can get in the way of wellbeing at home?

- Having to move
- Being neglected or abused
- Not having clothes for school
- Having to wash your own clothes
- Worrying about how parents get on
- Parents arguing
- Parents splitting up
- Living in 2 houses
- Feeling scared
- No-one to play with
- Parents never at home
- Bad parents
- Second-hand smoking
- Being forced to eat food you don't like.

So, what can we do? What actions would improve wellbeing at home?

- Every child needs a place to stay and sleep
- Children have toys, computers and proper clothes
- Parents buy food for their children
- Every family has life essentials like kitchen equipment and a washing machine (they might need help then they can pay it back)
- Support for parents like parenting classes
- Proper lunches for all children
- Higher childcare benefits and lower childcare costs
- No bedroom tax
- Exercise for everyone
- Social workers to help children not in the right conditions
- Children who listen to their parents and keep in touch
- No-one steals
- Stop parents smoking
- Pets so children can be responsible.

But what can get in the way of wellbeing at school?

- Moving school
- If work is too hard
- Bullying
- Not getting the attention you need
- Irresponsible children that others copy
- Falling out with friends and feeling lost
- Being afraid to tell the teacher something
- When disabilities can stop you doing certain things.

So, what can we do? What actions would improve wellbeing at school?

- Make sure everyone is remembered
- Anti-bullying means protection by teachers and friends
- Be able to go to the toilet when you need to
- Everyone is treated equally
- Buddy systems
- Make sure everyone has friends
- Give a healthy school dinner to everyone so no-one is hungry
- Teachers that listen to you and let you explain
- Being able to apologise instead of being punished
- Playing outside and clubs at lunchtime.

 **Children's Parliament**

giving ideas a voice

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