

Happy, Healthy and Safe

Adolescent wellbeing, the views of 15 to 20 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 young people need:

- A good education
- A stable family and to be loved
 - Someone to go to/trusting people
 - Friends and feeling part of something
 - Doing things that make you happy
 - Having support
- Feeling emotionally balanced and managing stress
 - Getting outside – Playing!
- A safe environment where you won't be harmed
 - Check-ups at the GP and Dentist
 - A healthy diet
 - Going to the gym or swimming
 - A positive attitude
 - To keep things private online
 - Be streetwise
- To know how to deal with situations by yourself
 - Have a good appearance
 - To be comfortable
 - A phone and social media
 - To feel successful
- To have people believe in you and trust you
 - A college place
- Good role models that give you support and confidence
- Alcohol (makes your problems go away for a while)
 - Music you can relate to and escape with
 - A place to be heard and fit in.

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

- Being isolated
- Bad relationships and break-ups
- Being in foster care and constantly having to adapt to new communities
- Seeing people from the past you don't get on with
- Alcohol and drugs – people using and buying them for young people
- Angry neighbours
- Unhealthy food
- Feeling like there is nothing to do
- Being too old for youth clubs
- Weapons being carried by people
- Speeding cars and motorbikes.

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

- Support in the community for people who have been bullied
- Support after you leave school
- Chances to meet different people
- Youth clubs and drop-ins where parents and children can talk confidentially and share experiences
- Activities in the community for older teenagers
- Foodbanks if you need them
- Counselling services
- Sports facilities
- Opportunities to volunteer
- Police in the community
- Better street lighting and CCTV
- Whistles – if you need help
- Young women to be safe and choose what you wear
- Safer road crossings and speed cameras
- Stop discrimination and stereotypes of teenagers
- Change people's perceptions of teenagers.

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

- No stability, strained relationships
- Violence
- Too much responsibility and pressure
- Poverty, not having the basics
- No trust or respect
- Being ill, eating poorly
- Disability
- Mental health issues/depression
- The people who come into your home
- Lack of sleep
- Substance abuse
- New parents - new siblings - changes your family
- Moving home, having to make new friends
- Anti-social neighbours
- Feeling abandoned or neglected, that no one is listening
 - No one suitable to look after you
 - Not being active.

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

- Easier access to support groups
- Helplines for children and people experiencing domestic violence
- Help for individuals that need it
- Learning how to cope with stress.

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

- Exams – your future on one piece of paper
- Bullies – cyber, emotional and physical – impacts on everything and on every relationship
- Influence from home – worrying when you are at school or college, being scared
- Anxiety and panic attacks, stress
- Not having up-to-date clothing
- Stereotypes about appearance
- Bad teachers – always moaning, having favourites, don't give you support, they have given up trying.

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

- A better understanding of health issues for everyone
- More financial support for young adults in education or work placements
- Study support groups and tutors
- Ban designer brands where you learn
- Raise awareness of bullying
- Improve counselling and PSE at school and college
- Education professionals that take feelings into consideration
- More group work in learning
- If young people were supported to have ambitions and be optimistic.

 **Children's Parliament**

giving ideas a voice

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