

Happy, Healthy and Safe

Adolescent wellbeing, the views of 16 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:

- Food and water
- Good mental health
- To be free from exam pressure
- Education, support at school, teachers to talk to
- Exercise – good PE classes
- Good health and ability to get better
- Money
 - Free prescriptions
- Access to a GP, dentist and hospitals
 - Good diet
- Enough choice in the school canteen
 - Stability
- Sporting opportunities
- Help with family issues
 - A better future
- Hard work that pays off
- Things to keep you sociable and occupied
 - To have your own opinion
 - A chance to try new things
- Friendship
- Family
- Being confident, not self-conscious to do things
 - To be safe at school
- Good relationships and trust
 - Police
- Links between community and school to keep you safe
 - Communication at home
 - No rough areas
- Need to know who to stay away from
 - Always having someone
 - Boundaries.

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

- Unstable family
- Not enough money
- Crime and prison
- Bad relationships and not wanting to go home
- Becoming rebellious
- Arguing and depression
- Lack of trust
- Over protective parents means missing out on opportunities
- Pressure from pushy parents
- Caring for younger siblings
- It's harder if you are the oldest
- Living up to expectations.

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

- Help people look after themselves better
- Make hospitality and life skills an essential subject
- Help people with responsibilities like young carers feel more confident
- Help parents have more trust
- Make time to talk with family
- Share meals
- Bond with parents
- Have alternative places for support like extended family.

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

- Bullying - comments more than violence make you feel bad. If you tell it might get worse
- Different groups of young people don't understand or appreciate others
- Stress because of amount of work
- Teachers not understanding our other commitments or responsibilities outside school
- Feeling embarrassed to talk about problems
- Lack of money stops you doing and joining things
- Unhealthy food at school.

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

- Whole school projects to bring us together
- Improve the food available in High School
- Schools that help parents to understand pressure and exams
- Get teachers communicating with each other about workload
- More support for school work and stress
- More peer and buddy support
- Better information and help in school if you are being bullied online
- More relevant PSE topics and up-to-date resources.

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

- Having to avoid bad areas or places that feel unsafe (like passing people outside pubs)
- Stereotypes – young people are often seen as dangerous. You get judged. Boys especially are seen as trouble.
- Feeling like you are in a bad area – vandalism, stigma, council housing, rumours about places, newspaper stories about them, people looking poor.

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

- Have places for isolated people to go
- Getting the vote for young people means we were seen as grown up – adults talked to us and took us seriously
- More awareness of community centres and facilities and what goes on
- Improve the physical environment
- Help everyone be safe in their community whatever that is, local or around the city
- Make areas nice areas – where you trust neighbours and streets are well lit, well-kept and have cameras
- Focus on good things
- Things for teenagers to do
- Volunteering – doing stuff for your neighbours
- Building trust for young people
- Have a police presence
- Attract new people to places
- New facilities, nicer houses.

Children's Parliament

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