

Happy, Healthy and Safe

Adolescent wellbeing, the views of 17 to 22 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:

- Freedom to express themselves
 - Laughter/joy
 - Friends
 - Relationships
 - Music and films
- Water, oxygen, trees and nature
 - Financial security
 - Education
 - Internet access
 - Cuddles and hugs
 - Good sex
 - Masturbation
 - Contraception
 - Cosy jumpers
 - Family
 - Money - having food in the fridge
 - Cats and dogs
 - Being able to talk about feelings
 - Equality
 - Exercise
- NHS – GUM clinic – easy access to health info
 - A balanced home and social life
 - Me-time
 - Established boundaries
 - A home/shelter
 - Safe places
 - Blankets and pillows
 - Stability
 - Acceptance
- Someone trustworthy to talk to about your feelings
 - Banter
 - Pizza
 - Food
 - Safety
 - Shelter.

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

- Discrimination and bigotry
- Anger and road rage
- Religious differences
- Chavs
- Drunks
- Not feeling safe when walking home
- Homophobes
- Emophobes
- Drivers not indicating.

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

- Education
- Controlled confrontation
- Better Police force that are more educated and kinder
- Better controlled public transport
- Equality and acceptance
- Erasure of stigma through education
- Better security
- Free internet everywhere
- Flat pavements for disabled people – fix the roads and pavements
- More free public toilets
- Bus drivers being nice
- ATMs not charging for cash withdrawals
- Better more consistent street lighting
- Places to legally create street art and spray-paint
- None of that mosquito noise machine high frequency stuff
- More lit bus shelters.

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

- Loneliness and isolation
- Not Having a home
- No financial stability
- No locks
- An empty fridge
- No sex
- Arguments, violence or domestic abuse
- Bad parents
- Lack of privacy
- No Wi-Fi, TV signal or Netflix
- Neighbours.

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

- Being able to invite friends round
- Respect is a two way street
- Boundaries that are set especially if you are in care because they change, or they are unclear or contradictory
- More accessible food banks
- Education sites for parents – parents that are open-minded
- No shouting matches, violence – good relationships
- Trying to see things from the other person's perspective – be considerate
- Have nice neighbours
- Free and doo insulation
- Talking things out with people you live with.

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

- Unfit, unsupportive, indifferent staff
- Stress, assignments, surprise tests and deadlines
- Lack of good education
- No support
- No lunch money
- Depression or anxiety
- Repeating things done last year
- Early mornings
- Falling behind, not understanding or not enjoying the work
- Bullies
- Lack of sleep
- Not getting along with staff or peers
- DRAMA!
- Being bored
- Restriction and exclusions.

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

- Correctly trained and accepting staff
- Proper support in place – safe spaces
- Ability to safely comment on a member of staff and teaching
- Later starts in the morning
- A more relaxed learning environment
- Strictly enforced no bullying system
- Guidance staff or counsellors you can speak to, guarantee of confidentiality
- Extensions on deadlines if needed
- Sex education – good education
- An eclectic group of peers
- Trans-education for everyone
- Healthier and cheaper food
- Easier, accessible information
- Personal records should use the name and gender you live as.

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giving ideas a voice

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