

ME + US

Children's Parliament

Exploring cultural identity, heritage and sectarianism from the perspective of children; helping to make Scotland a safe and inclusive place to grow up.



Seen + Heard

Children's Parliament is unique in Scotland. Children's Parliament promotes the idea that every human being is important and has something valuable to contribute. By understanding and respecting human dignity, children are more likely to become active citizens and oppose injustice and discrimination in their lives. By learning how to listen, plan and problem solve from a place of compassion, fairness and respect children are able to appreciate the necessity of forming their own value systems. These systems allow children to engage meaningfully and productively with others.

Children's Parliament works with children from the early years to the age of 14. This also means engaging with their families, schools and communities. We use arts to engage participants within a thematic and holistic approach. Reflecting our commitment to equality and social justice the children we work with come from diverse backgrounds across Scotland.

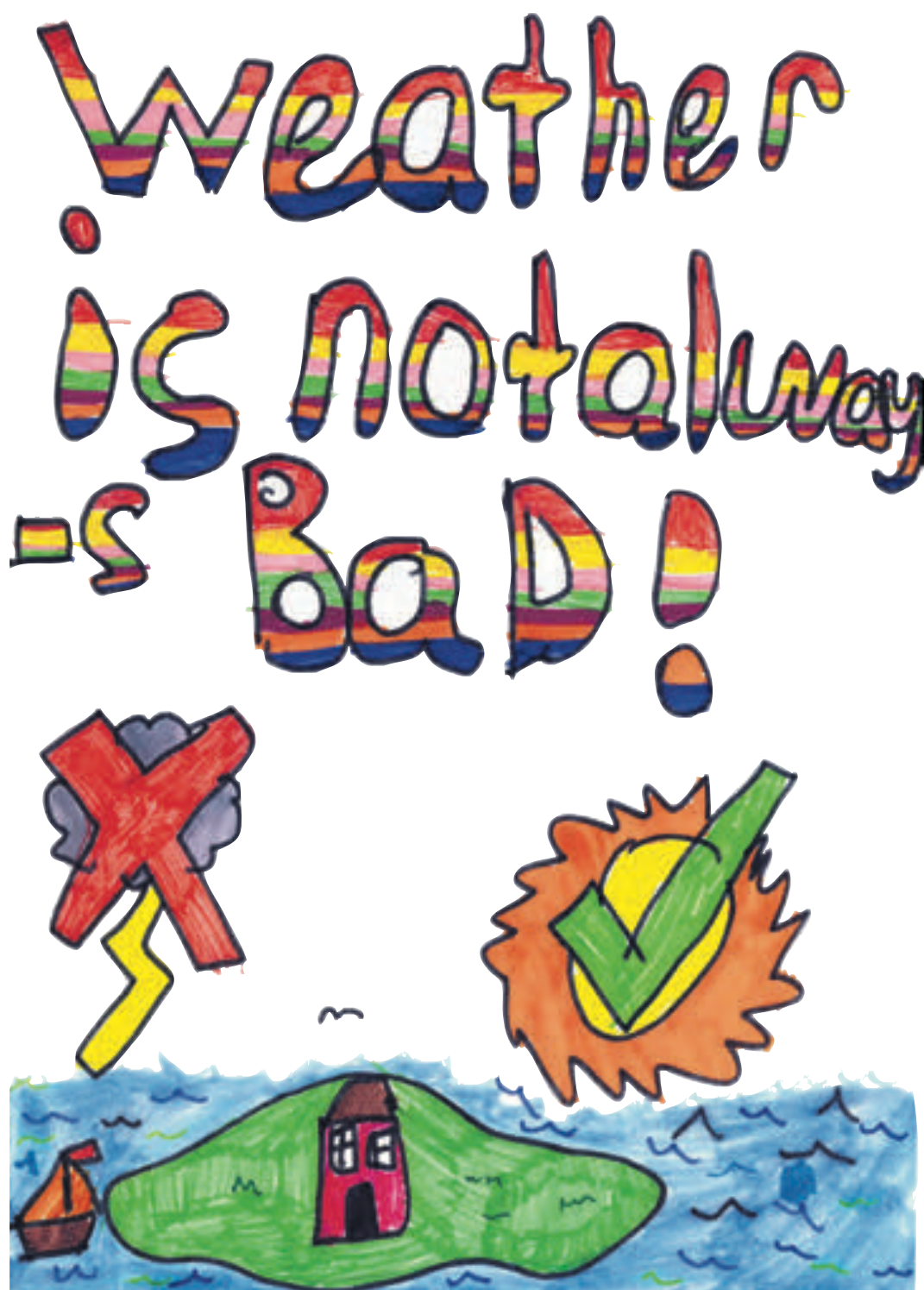
We develop open and honest relationships with children; valuing their worth and their views. We create opportunities for children to feel safe, challenged and trusted. Through participating in our programmes children gain knowledge and skills that help to develop the behaviours needed to enjoy positive relationships. While children learn skills that allow their lasting participation in our social and political landscape, adults are provided with a unique and valuable insight into what children are thinking and feeling.

Me + Us

Sixty children from six communities across Scotland took part in the Me + Us project. Meeting in groups and individually with Children's Parliament facilitators Chelsea Stinson and Ross Robertson children were given the opportunity to explore personal and shared interests and histories. Me + Us participants engaged with peers and family to investigate a range of issues including the meaning and experience of identity, culture, nationality, individuality, discrimination, empathy, heritage, symbols, patriotism, inclusion, tolerance, stereotypes, racism, prejudice, respect and sectarianism.

Adopting a contemporary spin on portraiture children used collage, photography and technology to create striking self-portraits. Within their self-portraits children chose to depict individual characteristics, signs and symbols, memories and memorabilia, surroundings and emotions. These images represent aspects of the children's cultural identity and heritage. Along with their self-portraits, the children wrote artist's statements to help guide the viewer in their interpretation of the work.

The Me + Us project will be exhibited across participating communities as well as in the Scottish Parliament. A teaching and learning pack, along with examples of the children's work, is available on the Children's Parliament website - www.childrensparliament.org.uk.



Visit Scotland because...

Me + Us Investigators designed posters with slogans to express how they would like others to view Scotland.

Me + Us: 10 things we have learned

1. The Me + Us project explored whether there is scope to **locate our understanding of and response to sectarianism within a broad and positive exploration of what identity and belonging mean to children.** At Children's Parliament we start from a perspective that ignorance and prejudice are learned and thrive when we fail to prevent them or challenge them through education. This understanding sits firmly within the view that to make Scotland an inclusive nation and to address discrimination and bullying, early intervention and prevention are crucial.

2. **A commitment to early intervention and prevention means starting in childhood.** From the age of 8 to 14 the child's world is centred on their life within their family, school and community. These then are two important contexts for learning.

3. **Children learn from the adults around them.** Adult language, anger and intolerance of difference can puzzle and frighten children; in time they may feel they have no alternative but to accept it too.

4. Children learn that some language, values and behaviours from home or community are not allowed in the classroom. Equally, messages from school about equality and inclusion might not be shared at home. **It can be difficult for a child to work out what they believe when they receive mixed messages about equality and inclusion.**

5. Scottish education has a proud legacy of promoting equality, children learn about ideas of social justice, global citizenship and anti-racism. However, children can lack understanding of why intolerance or prejudice occur, they are taught **not to say** certain things but they do not necessarily understand why. The focus of learning can often be on other societies, or learning about historical events. **Learning for equality and social justice needs to be relevant to the lives of children in Scotland today.**

6. Children are curious about the world adults have created for them. In the context of workshops **children reported that it's good to talk about discrimination and a range of issues in**

a space where nothing is taboo. This space allowed children to ask questions and to build their understanding through open and honest discussion.

7. Adults need support when considering how to navigate through the cultural complexity of a modern and inclusive nation; if education professionals or parents are anxious they cannot help children learn openly and honestly. In this understanding it is important that **adults too must make time to consider their own histories, language, behaviours and beliefs, and how these might impact on children.**

8. **Children are keen to explore what being Scottish means;** for them the exploration of national identity is a grand idea that is inclusive and fluid. Children are very aware of national stereotypes, and although they can deal with these with humour there is also a sense that these representations of **Scottishness** dominate the space within which further reflection might take place. The Me + Us workshops have only touched on the potential which further work in this area might offer.

9. A common theme across the Me + Us programme has been children's experience of

bullying. **For children the experience of bullying, or being a bystander, captures the harm, injustice and exclusion that the mistreatment of human beings can cause.** Children need adults to address their worries and experiences within a shared national commitment to make Scotland the best place to grow up.

10. The Me + Us workshops confirm that **for children to understand the overarching idea of human dignity requires adults to support children to join up the different forms of ignorance, bigotry and violence that leave their mark on Scotland's communities.** Bullying, whether that be racism, misogyny, sexism, negative views and mistreatment of people with disabilities, or discrimination based on age, sexual orientation or religious belief, must first be understood before it can be prevented.



Xander

Primary 6

Identity is your own self. No two people can be the same, even twins! In my self-portrait, the Los Angeles hat represents my identity. When you're dancing it is important to wear the right gear for your style. It makes me feel good when I'm dancing because it's a personal thing. Dance gives me confidence. If I can do all these crazy moves, then I can do anything else in life too. Everyone should be proud of their identities because if you don't have pride in yourself, you won't have the confidence to try new things.

Stereotyping is where you judge someone by what you think they should be or do, like girls liking dolls and boys liking football. If someone keeps being told that they shouldn't like things because they're a girl or boy, then they might start to doubt their identity and change who they are to fit what they're being told. I think people should do what they want to do and ignore what others say about them. People are different and we should just be able to live life and not be stereotyped into doing things.

To stop people from doing things in adulthood, it would be good to try to change them when they are younger. Kids who have been bullying other kids could be buddied with someone who is nice and helpful and it might change how they act. It might influence them to not be as rough. I also think it's important that kids get a say in life instead of having to wait till they're older to really be heard.

I hope people understand that I'm not bad because I like dance, graffiti, hawks and other tough stuff. I am fast and strong and energetic and I don't want people to judge me because of my height. People doubt me because of my height, but I want to prove them wrong and that I can do stuff. I want people to see me as a nice and helpful person.



HELP WHO
BREAK THE TRADITION

Rosie

Primary 6

It's good to see my learning in a place for public to view. Words like sectarianism, heritage and identity are new to children, but adults might already know them. Adults have had more experience than children because they might have been through different situations. But adults can learn from children too because they might have different experiences of being a child.

Respect is important because sometimes it can be scary and embarrassing to say sorry. It's worrying because the bad things you have done might be hard to forgive. But if you apologise and show that you trust people enough to forgive you, then I think it shows that you really respect them.

When I surveyed people for Me + Us I got a lot of different answers about pride. But I agree with my dad's explanation that pride is something that you feel when you have worked really hard to achieve something. It is about being happy and feeling good about something you have been aiming for and finally achieved. Interviewing people has meant that I have learnt more about them, it's not stuff that we would usually talk about, but it's brought us closer together and I have made new friends now.

Part of my collage's background is made up of peat, my family gets together each year to collect the peat and it is all about teamwork. There are three stages to collecting peat. My family first goes up onto the moor to cut the peat. Then we stack the peat and make the stacks into little houses to help dry the peat out. Then finally we bag the dried peat and take it home to burn for heat. We have an area on the moor that we collect the peat from each year, my relatives had to cut the peat too and I think that it is part of my heritage.



Heritage (n.) Things that you get from your family and where you are from.

Kaitlin

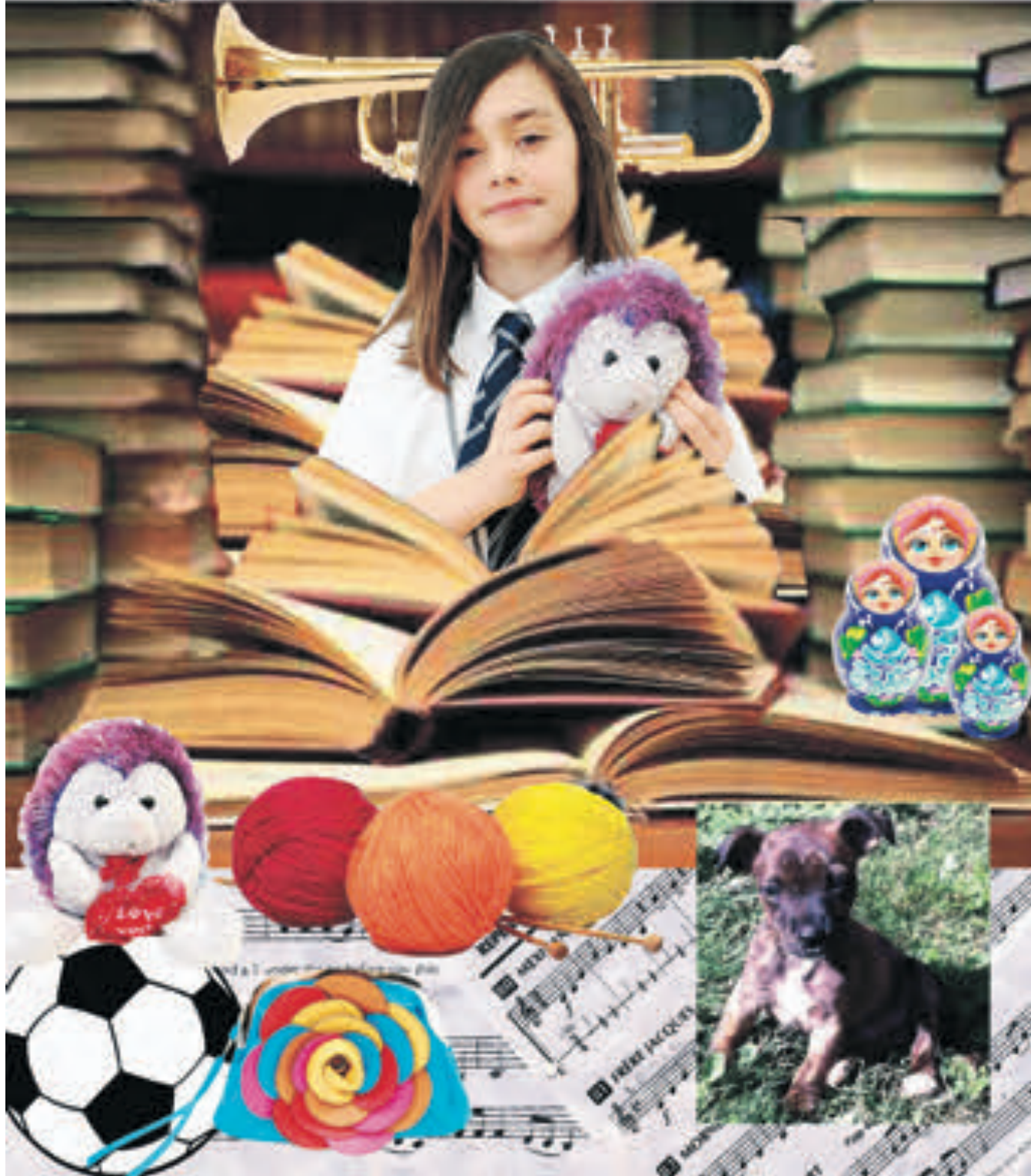
Primary 7

I think my heritage is really individual. My mum is American, my dad is Scottish, I have family that live in other countries and I was born in England. That's what I love about my family - we're a little bit of everything! I like that they pass on all these different things to me. In my self-portrait I included a dolphin, which I bought and plan to pass on to my children as an heirloom. We don't have any family heirlooms anymore and I would like to start one.

But heritage is only one of the things that makes me who I am. I am my own self and there are lots of little things that make up my identity. However, a big piece of my identity is being a twin. My twin brother is a big part of my life and I guess he is my other half. I like being a twin because it is rare to be a twin and it's really cool because we have the same birthday and we get to say happy birthday on the same day!

In the future, I hope that Scotland is a better place with no fighting and no sectarianism. Sectarianism is being rude and nasty to someone because of differences between your religions. I think it is particularly bad in Scotland because of the rivalry between Celtic and Rangers, but it's a bit stupid because you don't have to be Catholic to support Celtic or Protestant to support Rangers. I've experienced sectarianism in my community before when people fight about which team is better, but they're never going to agree. Sometimes it comes from families. My friend's family all support Celtic and she's forced to support them too. They wouldn't be very happy if she didn't. I don't support any football team. I play football and I love it, but I don't watch it because I don't like that any team is better - no, my team is better - stuff that goes on. I don't want to be caught in the middle of all the fighting.

I want Scotland to be a calm place where people are polite to each other. This self-portrait shows who I am and I hope people see that I am a good person.



Take a Moment
To See our point of View!



I enjoyed talking about stereotypes during Me + Us. I thought it was funny to realise that stereotypes are not really true. I know someone who is gay and they are just totally normal. When I found out that they were gay I was really surprised to hear it. Before I knew about them being gay I only really knew what I had heard about gay people. Things like they wear pink and always hang around boys. It's the kind of stuff that you hear on TV. I think it's the TV that makes stereotypes. I think they use stereotypes in TV shows to make the characters more interesting, but it's not like they are real. Sometimes there can be an element of truth in stereotypes. But just because they can be true for one person, it doesn't mean they are the same for everyone.

Scotland is not a big place and there aren't many people, so it's not like it's always in the media. I would like people to know more about Scotland and it's history. I think that's what Scotland is; it's a historical place with an amazing landscape.

My mum is from Mexico and I go there on holiday sometimes. This year I am going to Mexico by myself, I am going there to visit my family. When we were discussing stereotypes during Me + Us it made me think about the Mexican stereotype of big hats and poncho outfits. I have been to Mexico quite a lot and I don't think I have ever seen anyone wear those things. I guess it is a bit like the Scottish kilts and see-you-Jimmy hats, it's only the tourists who really buy them. It's not what the country really is.



Stereotype (n.)

is putting a large amount of people in the same category (positive or negative) because they have one thing in common.

Scott

Primary 6

We decided that stereotype means judging someone by one aspect of his or her personality. For example, some people think people wearing hoodies are criminals, this is unfair because maybe the hoodie wearer thinks it's okay to wear hoodies, maybe they think it's cool or maybe it's cold outside. I think people judge hoodie wearers as secretive or like they have something to hide. But all criminals aren't secretive, for example Joker and the Riddler are criminals and they make a big song and dance about their crimes.

I also want to talk about racism. Racism is judging people by their skin colour and I think it's got to stop because people are waging war on each other just because of a different skin colour. I personally don't know anyone of a different race and have never experienced racism in my life. The first time I heard of racism is on the BBC news. Since then I thought about it in 2012 and it made me think about why it even exists. People who make fun of the skin colour of others should just accept differences exist and move on.

Scotland could be better if more people considered coming here to work, lots of people already know about Scotland because of the movie Brave. In 2014 Lithuanians will be allowed to come and work in Scotland, I think that it's good that other people can come and live here. I like the idea of learning new languages. I hope I can live and work in another country when I am older.



I think that it's good that other people can come and live in Scotland

SCOTISH
It's healthy, Literally!!!!



WATER

Harry

Primary 5

I think stereotype has been the most interesting word to learn about. I really enjoyed the activity and my group chose to represent a stereotype of French people. We made frogs legs and snails and a dish from paper, and then we took photographs and picked a background to make a collage on Photoshop. I know that not all Scottish people wear kilts and play bagpipes, but when I think of a Scottish person that's how I think they look.

I think stereotype can be about one person as well as lots of people. I think stereotypes can be fun, but they can also hurt people. It all depends on the person whether they get upset. I think everybody is different, and I think that is ok.

Everybody in Scotland is different to each other, there are white people and black people and I think everybody deserves to be treated the same. I think I am different because I was born in England, but I feel like I am Scottish because I can't remember being born. I can only remember living in Scotland. I think people have the right to be different, like when I like rugby but my friend doesn't, that's ok because we can still be friends.

I hope people think that I am happy when they see my portrait. I don't think that there is anything more that adults could do to make Scotland a better place; I think it is great just as it is.



Racism (n.)

It is making a big deal of peoples appearance from a different country

Kieran

Primary 7

I think racism is an important word. I think if someone is different then you can still be their friend and talk to them. If I saw someone being picked on because of their skin colour I would try and be a friend to them and ask them if they want to play with me.

To make Scotland better I think the Scottish Government should give us all iPads so we can learn better. We had iPads in my school, but we have had to share them with other schools now because they can't afford their own. I like using an iPad because it helped me with maths, learning shapes in maths is difficult because I can't see what they are like, but with an iPad I can see the shapes and it makes sense to me. The iPad can also speak to me, I can even repeat what it says and make it say it slower, and I can speak back to it, so it helps me understand.

The most important thing in my life is my dog, Cassie, when my family got her it was a complete surprise to me. I play with her as much as I can, when I am on my hog (trike bike) we play chase. She is my friend, she is a dog.

Family Crests...

Me + Us Investigators created symbols to represent their family.



Rosie

Secondary Year 1

During this project I have learnt new things and met new people with different views. For example I've enjoyed the discussions on different subjects. We talked about stereotypes and judging people automatically on one thing. I realised that sometimes I do this. I now try to stop myself by thinking of everyone as an equal.

I'm passionate about individuality and why I love it so much is because it makes all people different. I feel like I am an individual because I always stand up for my beliefs and what I love. For example I love God and stand up for being a Christian. I also stand up for my friends in arguments and fall-outs. I try and listen to what everyone's got to say.

One thing I'm against is when someone mimics another person's individuality. It feels like people who mimic others are being dishonest. They are disrespecting their own individuality.

Smurfs are at the centre of my collage because my Dad noticed how I loved reading the bible and encouraged me with a smurf for every chapter I read. Eventually his big box of smurfs turned into my big box of smurfs!

My message is that we should encourage each other to respect our individuality. We should celebrate it!



Individuality (n.) Your uniqueness, your quirkyness. How you're different from others.

Eve

Primary 7

One of the pictures in my collage is a dog collar. The reason I chose it was because it represents the park in the area that I live in. The reason I chose the cross and the lily is because my religion means a lot to me and so does the environment and I feel that in a way they are linked. Also, in the future I want people to respect other's beliefs.

If people don't respect others beliefs then they might not be respected in return. Without respect they could turn into enemies. I feel like other people respect my religion and I respect theirs. You don't have to have religion to have beliefs. People could believe that if everyone didn't use the car so much then it would help to stop the holes in the ozone layer. Often people don't let children have a say in what concerns them and I think that should change.

The Scottish Government could definitely help make people more aware of how to be more eco and demonstrate good lifestyles. For instance one of my beliefs is that Nestlé is a bad company because they cut down the rainforest and send powdered milk to hospitals in poorer countries. This is bad because when mothers are in hospital they begin feeding their babies on powdered milk, but when they leave hospital they are not able to afford the powdered milk and their babies starve!

In our country the government could send specialists into schools to give talks on issues like breastfeeding and Nestlé's role in the world. This would help make people more aware of issues affecting others. They shouldn't tell people not to do things, but they could tell people what's bad about it and the people could make up their own minds.



Stereotypes...

Me + Us investigators worked in groups to create scenes depicting a chosen stereotype. Here the 'Geek-group' conjure Eve as the spirit of Frankenstein's monster.



James

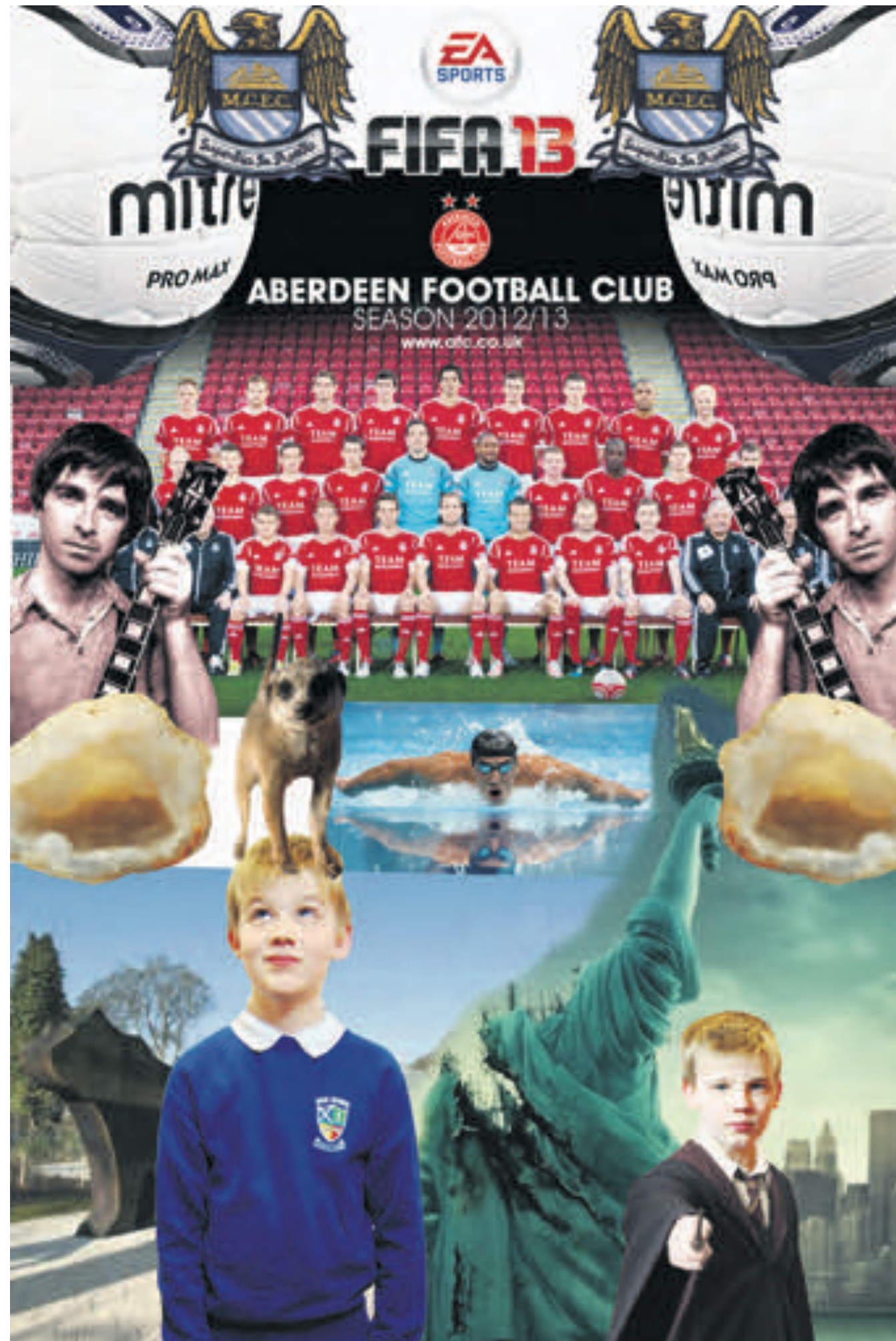
Primary 6

Bullying is taking the mick out of people and making their lives harder. I don't like bullying because sometimes people get hurt - both inside, their feelings, and proper hurt, like bleeding. People are bullies because they've had a hard time themselves or they're trying to act cool and hard. Bullying happens quite a lot, in school and everywhere actually. Having empathy would stop bullying because it might make them friends and build trust between people.

I think empathy is important because it means trying to understand other people. Instead of getting mad when someone snaps at you use empathy, it might help calm you down. When my best friend's parents split up, he was having a rough go of it and when he got upset I knew why. It was good that I knew what was going in his life because then he realised he could trust me. If more people had empathy, then there wouldn't be as many fights and people might just talk.

I think Scotland is a good place for children to grow up. People in my community are nice to me and look after me. The police, the fire service, hospitals and the SSPCA to keep us safe and make our lives better. The Scottish Government could help make Scotland safer by getting more security cameras in parks because lots of fights happen there after school. People are scared to report when stuff happens because if it gets back to the wrong person then they might get battered. They should be urged to tell someone when something happens.

Adults should remember that it's fun to be a kid. I don't think we should be able to do whatever we want, but it would be good to have more of say sometimes. We're crazy and funny, but it's good for children to make choices about what we want to do.



Empathy (n.)

Being able to put yourself in someone else's shoes.

Josh

Primary 7

The CTR ring in my portrait is from my church, the Church of Jesus Christ and Latter Day Saints. It represents my beliefs and it stands for "choose the right". My beliefs are important to me because it helps me choose the right path. I think everyone has the right to religion. It doesn't matter what you believe in as long as you always respect other people's beliefs. Sectarianism means discriminating against religion and I don't think people who do this are compassionate. I don't think sectarianism is a problem on the island where I live, but it might be a problem in the big cities.

The I.D. bracelet was from when I was born. It tells my name and when I was born. I think this bracelet relates to the word identity. Identity is what makes you, you. It is all the small things that make you who you are, like your favourite book or TV show. Your identity starts when you are born and grows with you throughout your life.

Culture is what makes us, us. The Famous Five book is one of my favourite books and I think it relates to culture. I think culture is when I share something that is important to me with the people around me. Books are part of culture because you can share them with others and discuss them. I think books help us because we can learn lessons from them. The Chess Piece Magician is a book that is set on the island and stories like this have some of our heritage in them.

I think the island is a good place for children to grow up because it is a safe place and there are hardly any crimes committed here. Scotland is basically alright the way it is, but they could make Scotland safer so that children can go outside. They could have police out more often to patrol the areas that are most infected by crime. I wish all people were generous and kind so it would be easier to ask for help if you need it.

My message is don't hide yourself or your religion. I wish people could be confident and have pride in themselves. I don't think it would feel good to hide who you are. I hope people see that I am an interesting person who is adventurous and likes to spend time outside. I am a nice person and I help people when they need it. In the future, I hope that Scotland is green, clean and happy.



I wish people could be confident and have pride in themselves.

Kayleigh

Primary 5

Stereotyping is like bullying. I am bullied by these boys in my street and they are always saying bad things to me. When they say stuff to me, I feel scared and upset. If anyone else is treated this way, I'm sure they feel upset as well. I don't feel safe in my street any more so I usually go around to my friend's to play. If you aren't nice, you won't get respect from people. If you don't respect people, who will be there for you if something is wrong? Treat people with respect and you will get respect back.

In Me + Us we talked about beliefs and sectarianism. My faith is really important to me and the angel in my self-portrait symbolises that I am a Christian. It reminds me that people are watching over me, like my papa and family members I never got to meet and God. Even if I can't see them, I know they are by my side. Faith helps you get through life and it guides you to make choices. It doesn't matter which religion you follow. Sectarianism isn't fair because everyone has the right to follow their own religion and to have their own opinion. Not everyone is the same and we should respect that.

In my school we are good at respecting each other, but I think in the community and in Scotland, we could be better. Scotland would be a better place for children to grow up if there was no bullying for any reason and we treated people with respect.



Sectarianism (n.)

Judging people on their beliefs.

Morgan

Secondary Year 2

I think culture is really important. I feel like I am a part of Scottish culture, but I think there are times when people are left out or made to feel different. There's a lot of violence around football and the two sides fight because they support different clubs. I wish they would stop fighting and being mean to each other. Also people are mean to people from other countries and if they are a bit different. My deaf friend was picked on because she didn't understand English very well. I think that sign language should be an option in school and that people should respect deaf people as they are the same as everyone else. Everybody has to study English and deaf people should be able to do qualifications in British Sign Language too because BSL is our language and it would help young deaf people to be able to communicate with their friends better. Some young deaf people find it difficult to make friends so there should be more signing classes for hearing people to go to if they want.

I think everyone should be treated the same, no matter where you come from or which football team you support or what religion you follow. We're all part of one Scottish culture and everyone should be treated with respect so that everything feels fair. I wish people would always look to see what people are like on the inside instead of just judging them by what they see on the outside. It makes me upset when I see my friends and other people I know being made fun of.

This doesn't happen all the time though. I am deaf, but I've never felt excluded. Even though there are stereotypes about deaf people, I've never felt like people treated me differently. I've always thought of myself as the same as other kids. It's not just Morgan. I go to a dancing class, I enjoy it because it keeps me fit and is a good place to make new friends. I would like to have a local Deaf Club instead of having to go to Glasgow, but I don't think that will happen because most of my deaf friends are in Glasgow. My life is good the way it is though. I am lucky because some deaf people are treated differently and this is not fair because they are the same as me.

When people look at my portrait, I hope they see that I am healthy and active, creative, and confident. Art and dance are really important to me because they are



all about emotion and expressing yourself and I want to continue to study them in the future. I hope to get a good job and I am able to travel the world. In the future I

hope all young people feel included and respected and they get the best help they need to make sure they have a happy and successful life.

Struan

Primary 5

Respect means looking after our property and treating other people how you would like to be treated. I would like to be treated nicely so I believe that if I treat other people nicely then they will treat me nicely back. People some times don't treat each other nicely, it could be that they some times just want to bully. Some times it is the bully's fault that they are a bully, other times a bully might have been bullied by other people and they might not have felt nice then. They might have taken the idea to bully people from the person who was bullying them. They could choose to be nice instead. Being nice is good because it means that people will want to be your friend and you will be happier because more people will like you. I don't like bullies, but I think some times other bullies like bullies and some times they can be in a gang to bully others.

Most of the time bullies are teenagers or kids and I think that they deserve some punishment for being bullies, like not being trusted to go outside on their own. I think maybe their mum or dad should be with them when they are out of house, because I think that would make the bully scared of getting into big trouble. But they can earn trust back by trusting other people and showing that they can be responsible.

We have cameras in the school and they help stop teenagers from breaking the fence and school property. The teenagers know that the cameras will catch them if they try to break anything again. I think more cameras could be used to help stop people from doing bad stuff.

Bullying (n.)

If someone is jealous or insecure and takes it out on others

Ruari

Primary 7

My faith tells me what to do and it leads me my way, it also helps me to know myself better. I feel proud of my faith and I am happy to share my beliefs with others. It wouldn't be the first thing I talked about with new people that I meet, but I would definitely talk about it if they asked me. The only time I really hear anything sectarian is when I am at football matches. I think it is mostly from the older men chanting racist things at the players or saying things like, 'the famines over, why don't you go home?' I don't really understand what they mean and it's not really something I have heard outside of football.

I respect people's religious beliefs because that's what they want to do and anybody who doesn't respect beliefs should be corrected and talked to. The government and police should be stricter with football fans when they are racist and there should be stricter rules on swearing at football matches. I think politicians in the government should invest in better facilities for young people who enjoy sports like football and I think they should help make football matches more family friendly, things like having a family stand in every football stadium would help.

In my portrait my main focus is on a picture of my little brother and me. I like to feel responsible for him sometimes and I like to make time to play with him. I think he teaches me a lot about myself as he reminds me of me when I was that age. I have also included a picture of my Gran's crochet because it was a wedding present to my mum and dad, it is one of the last pieces of hand knitting that she did. My Gran just had her 100th birthday I think she represents my heritage. My family means a lot to me.



I respect people's religious beliefs because that's what they want to do



Tablet
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thing you
will ever
try
DON'T mess
out on tablet.

I really like maths and last week I got to take home the maths medal. I felt proud when I wore it. I like science at school too, like getting wires and making light bulbs work. It's good fun. When I get big I'd like to be a pilot and be able to visit new places, like Turkey.

Nationality is where you are from and what country you are in. It's also being proud of your country. When I was three I moved from England to Scotland. I really like living in Scotland because there are better things to do and more places to go.

Sometimes people make fun of you if you have a religion. I feel sorry for people when they are picked on for their beliefs. I see it in the media and that and I feel like people just pick on them for one thing but they don't really know them.

There's a bully in my school and I feel sorry for the kids he picks on. When I saw him bullying my friend, I told him to leave my friend alone. I can stick up for myself and for my friends because I do boxing at the welfare centre. I told my friend he should start boxing so he could stick up for himself in the future and stick up for me too.

People bully because they think it's fun, but it makes people cry. To stop bullying we should tell people to stop picking on each other. More people should stick up for their friends and go tell someone you trust, like a teacher or a parent or a friend.



Beliefs (n.)

Beliefs can be guided by religion or what is defined as right.

George

Primary 7

Pride is being happy about doing something new or an achievement. I am proud of running cross-country and winning my swimming medals, I am proud of being a part of Me + Us. Pride is important because it makes me braver and less scared to try new things. I think that having pride and knowing I am important makes me help people more, like younger children so they don't think they're rubbish.

When I am disrespected, I feel sad and uncomfortable, like no one is listening to me and no one cares about me. I think you have to treat people nicely. What is the point of going up to people and treating them badly? You should respect everybody - your parents, teachers, baby brother or sister, the Queen. There will be less fighting and wars or stealing if people treated others with respect.

I was born in Greece and I stayed there for seven years. Then I moved to Derby and now I live on the island. To me Greece means family and we speak Greek in my house. Being Greek is my nationality and a big part of my identity. In England and Scotland, I made a lot of friends. The people in Scotland are friendly and I haven't had any bullies here. I might not have been born in Britain, but it's a very important nation to me.

The Scottish Government should ask people what they want so everyone will be equal, including children and adults. The government should also talk to other nations and work with them. They should add more information about landmarks so people know more about important places in Scotland.

Scotland is a good place and I hope there are more visitors from other countries in the future. It's too bad they can't do anything about the weather!



Empathy (n.)

Trying to understand other people.

Ellie

Primary 6

As I am nearly in the oldest class in the school, I feel like I am a role model for the younger children in the school. My friends and I like to have this responsibility and I like to think that people can trust me. It's great being a role model because I can use my experiences of growing up to help the younger ones by watching out for them in the playground.

I try to make sure everyone feels included in games and activities. I see that we are all really delicate and sensitive, even the older children in Primary 5 and 6 need a buddy sometimes. I try to use my experience of growing up to help people because that is how I would like to be treated if I was in their position.

One of the images that I have included in my portrait is of me being baptized by Father Dennis. I included this because I feel being Catholic is an important part of my heritage and family tradition. Most of my family has been baptized and a few of them have made communion. I have made my communion and now I serve mass in my local church. During Me + Us we spoke about sectarianism and I think that it's wrong that people should fight over their beliefs. I am a Catholic and I understand that other people of Christian faith have different ways of worshipping God. I think it's important that we tolerate people's different beliefs.

Individuality is what makes you different from everyone else and what makes you unique and special, I have tried to express my individuality through my portrait.

History of Scotland

Come to Mary King's Close
and discover secrets that
History of Scotland.

Step into the
past!! u ♥



Cara

Primary 6

In Me + Us spoke about sectarianism for a while and I think it means bullying and it has a lot to do with football. But it isn't just with football it is with other stuff as well. Me and my friend Lucy are part of a group called Nil-by-mouth, it is all about anti-sectarianism and we run an activity about it each year at the RRSA (Rights Respecting Schools Award) Road show. It is very fun.

I think the Scottish government should do something to try and stop bullying in the community. My suggestion would be that they could stop it by getting them to speak about it on T.V or doing an advertisement in the paper. I think the Government should make sure everyone is included no matter what their background is, I think this is the main thing to help stop sectarianism. At the minute I mostly hear about sectarianism on the news.

I did a drawing of lots of workers and you can see some of them in my portrait. I did the drawing because I hope that everyone will get a good job in the future. I hope it happens to me as well. Out of all the workers I would pick to be the Asda worker because me and my brother Lewis and sister Amy like to play shops at the house. Or maybe I would like to be the baker; in school at the minute we are doing a Dragon's Den project where my friends and I bake cakes to sell.



I hope that everyone will get a good job in the future. I hope it happens to me as well

Megan

Primary 5

Identity is who you are, what makes you you. People should value their uniqueness, but sometimes it's hard for people and they try to hide it from other people instead of letting everybody see who they are. My identity is being a really bright person and enjoying being on my own or in the company of others. I also think that I am one of the few people who actually like school! I like books and I love to write, which is why I put so many notebooks in my portrait. Another part of my identity is that I really like moustaches!

To me prejudice means picking on other people because they are different from you. You shouldn't pick on people because they're foreign, or they're gay or lesbian, or if they've got a different colour of hair, skin, or eyes, or if they're a boy or girl, or if they've got a different religion, or if they're just different. These things aren't bad. The world would be better if people weren't prejudiced.

I think Scotland could be improved by doing the classes by ability, not by age. By that I don't mean put the smart P6s into S4, but within the age group, so the work isn't far too easy or difficult for people. Another idea is that the benefit money that goes to people without jobs could be raised a bit. This would make Scotland a more inclusive place and I think those people would feel very relieved because they wouldn't have to worry about having enough money for food or clothes. And if they're not worrying about those things, they could be enjoying life.

I think children should have a voice. Most adults don't take children seriously, even when their ideas make sense. Sometimes children's ideas are silly things like to make the world out of candy floss and adults usually think that all children would be silly like that, but some of us take things seriously and our ideas can make things better.



Identity (n.) Something that makes you you.

Ross

Primary 6

When I think about Scotland now I think it is a land shrouded in mysticism. I feel proud of our heritage and culture with all our castles and lochs dotted around the land.

We have spoken about sectarianism, racism and prejudice. I think that most of the island is quite a tolerant place and I am glad that these things aren't really a problem here. But I have heard of some people spoiling it by messing around by drinking and fighting. I think the people that spoil it for others are just stupid.

I think respect is the Me + Us word that means the most to me because it shows trust. Respect and trust go hand in hand. You have to trust someone in order to respect them and they should respect your trust. If somebody betrays your respect then it just devastates you. This happened to me once when I was at football training. We were inside a sports centre on a hard wooden floor and I tripped over my laces and really hurt myself. I was really upset and when I came back from the first aid room someone I thought was my friend started laughing at me. I was devastated because they made me feel really stupid, a friend shouldn't do that. People could be more respectful if they checked on each other to make sure they were ok. If people thought about others before they did things and didn't just think about themselves then I think Scotland would be a more friendly place.

It feels like the Scottish Government doesn't really think about what is happening in the Outer Hebrides. I think Scotland should stay with Britain. We are already a great nation and I want to continue being great as Great Britain. Being part of the UK makes us safer as the British military is one of the strongest and best in the world. My brother is a refueler in the RAF, I look up to him and he makes me proud.

I hope that in the future people will respect others as much as themselves. People need to show some trust in other people. Then the world would be a safer, happier place.



You have to trust someone in order to respect them and they should respect your trust.

Erin

Secondary Year 1

Identity is all the little things that make you an individual. People may have similar interests, but they are not the same as you. There's a stereotype that all girls love shopping, but I don't. I like reading and nature. I spend a lot of my time outside in the garden or even in the woods looking for wildlife. Scotland is where I come from originally and it has beautiful scenery. I follow the country's traditions, like celebrating Robert Burns Night, and also my family's traditions, like travelling to historic places. And even though they often represent Scottish stereotypes, I like the knickknacks in the wee shops because I think they show the country's humour.

Nationality is important to me because it is where you come from and where you get your traditions and heritage. People are sometimes ashamed of their nationality, but they shouldn't because it is special and it represents who you are. I think that is important because it helps people know where you are from and it could give them a picture of what you are like. When I was on holiday a girl asked me where I came from because of my accent and I was proud to tell her that I am Scottish.

I think talking about stuff like prejudice and stereotypes helps things get better. Everyone can pitch in their ideas and share their experiences and then maybe people will start to agree on stuff. The Scottish Government could improve Scotland by building more places for children to go to have fun, like parks and cycle paths. This would help keep children entertained and out of trouble. In the future, I hope Scotland is a calm, peaceful and exciting place to live. I hope people would treat each other how they want to be treated themselves.

Prejudice (n.)

Judging someone
you know them.

before

Ryan

Primary 7

In my self-portrait, I have included my favourite colour, my dog, my favourite food, hobbies I enjoy, and my favourite TV show. All of these things represent my individuality. I have also included my football team because football is a massive piece of my culture, identity and life. As soon as I was in nursery my dad got me into a team because it is really important to him and my family's culture. The reason I love football so much is because I am happy and focused when I'm on the pitch. When I play in a proper game, winning or scoring a goal makes me feel amazing inside.

The only thing that I don't like about football is that in Scotland the two main rivals are Celtic and Rangers. Some fans can take the rivalry a bit too far like throwing bricks through windows or lighting fires, which is basically sectarianism. Sectarianism is disliking someone because of their religion. I would never think of ever throwing bricks through a player's window because it's pointless and it's not going to help your team whatsoever. I don't mind cheering and singing songs at the stadium, but out of the stadium people should just treat everyone the same no matter the team or religion.

I think Scotland would be a better place if it was a bit safer. At night there are drunk people about and there have been a few nights when I finished playing football late, I would walk to my friend's house and ask my dad to pick me up because I don't feel safe walking home by myself. It would help to have night guards to keep an eye on things and banning people from drinking so much or at certain times at night would help.



Collage:

all different pieces joined together

Lucy

Primary 6

Treating people the way they deserve to be treated and to treat people with respect is very important. Everyone deserves to have a nice childhood and a nice adulthood. I don't believe in the saying that children should be seen and not heard because we are people too. It's not just adults who should have a say in things, we should have a say too. It's our world as much as it is theirs and it's just not fair if we don't get to have our say.

I understand that children aren't allowed to do some things, like vote. I think it's because children don't have a very good understanding of politics, I think adults maybe have a better understanding of what that's all about. There are some things that children do understand though and I don't think adults realise that some times. Imagine you were a child and you knew for a fact that you do understand something, but adults are telling you that you actually don't. If I hear that then I ask the adults why they don't believe me. Children are people too, we're not just little people that run around. You know? Children can affect adults as much as adults can affect children.

I.D Collages...

Images were collected from newspapers and magazines to create identity collages.



Scott

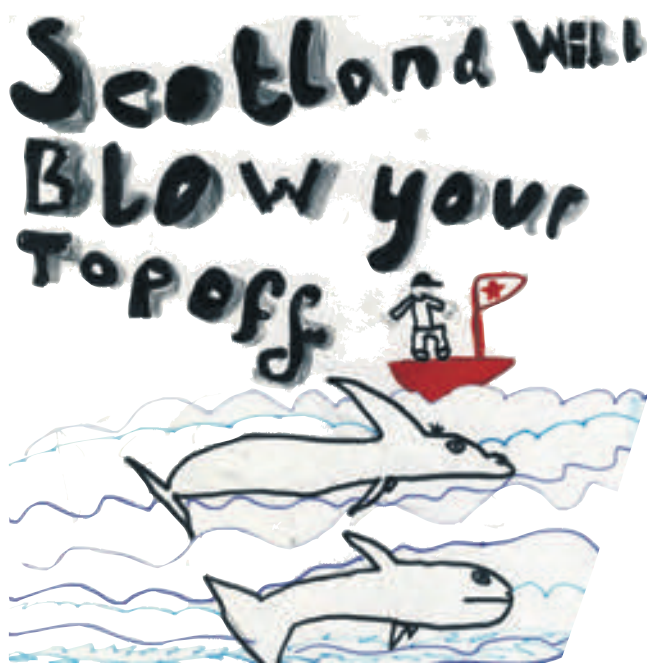
Primary 5

To me, empathy is important. My family often goes to Spain on holiday. I feel that people there accept us and are friendly to people no matter where they are from. We know lots of people from many different places who are now friends and they welcome us back. I wish more people were as welcoming. It would be good if people from different nationalities and religions came together as friends instead of fighting and going to war. They should live peace.

My family is a big part of my identity. They mean everything to me because they are loving, supportive and helpful. They represent safety and honour and a good reputation. I feel lucky that my family are together because not all families are together like mine. All children should have a loving family so that they know that someone is there for them when they need them.

I think Scotland would be a safer place for children if people would stop leaving glass in the street. It takes away children's right to play in a safe environment and they might take an example and leave glass and rubbish in the street when they are older. I also hope that people stop fighting in the street because more and more people join in and it becomes a riot. When this happens I feel unsafe and worried. I wish people would treat each other nicely and respectfully instead of violently.

Sometimes I feel ignored when people don't listen to what I have to say so I hope people will see my self-portrait and take the time to understand more about me. I hope people see that I am an adventurous, kind and caring person who does a lot of hobbies. I feel proud when I accomplish new things.



I wish people would treat each other nicely and respectfully instead of violently

Cara

Primary 5

I put a picture of my family in the middle of my portrait because I love them. When we took this picture I said to my dad "It is our family tree!" My family is important to me because they take care of me and when I'm sad they make me feel better. I like to spend time with them and go on holiday together. I think every child should have a family who loves them to help them through life.

My whole family loves to be outdoors and we travel all over the highlands and islands on holiday. We go camping and we fish, build fires, sleep in tents, play in the water, canoe and eat lots of food. Being outdoors is part of our heritage. It is important to my family because it's fun and it makes us feel free. I like being outside because you can run around, cook on a fire and be in the fresh air, but inside you can't do that stuff. I feel at home when I am outside.

During Me + Us I learned about prejudice. I don't think it is nice when people are judged. It might make them feel sad when they are judged because they don't look right or they are a different age. Like they are too young or old or too big or small to play. Sometimes at playtime I feel like I get left out because I am so small. It happened a lot in P1 and P2, but my friend Isla was nice and we played together. When I got left out, I felt sad and alone. Now I have lots of friends and we play together. I think we all should be nice to people. People are mean because they think it makes them look cool or popular, but that's not true.

When people look at my portrait, I hope they see that I am a fun and adventurous person and a good friend. In the future I want a happy life and for my family to be happy. When I get big I want to stay on the island. I know my way around and I like living in a small town. Even though lots of people want to go to the mainland, I don't want to leave. Living in the islands is a big part of my identity.



Identity (n.)

Who you are, what makes you you.

Calum

Secondary Year 2

I think some people in my community sometimes treat people differently because of their skin colour or where they come from in the local area. It's not right and it shouldn't be done, but I am afraid that there is nothing I can do about it and that I just have to get on and lead by example. I am worried that the situation will be made worse now that I heard the Police Station is closing. The Police are a deterrent for people who might be disrespecting the law. I reckon that respecting people should be made a law.

I think that if Scotland is going to be a better place in the future then we need to start trying to understand people's beliefs and religions. Instead of just saying that someone smokes or that they drink we should try to help them overcome their addictions to become healthier. The government could help by providing communities with funds to run awareness workshops and help with medical advice.

I am part of the Rights Respecting Steering Group at my school and we have just produced a leaflet that explains what the school is trying to do and how people in the community can get involved and help the young people who are learning about it. I am worried though that people will think it's just another thing the school is trying to do to get awards. I don't think parents will understand, I don't think it will be taken seriously at first. I know we need to keep trying. One of the words in our school's Visions and Values is resilient and that is what we strive to be. We need to keep people talking about respecting each other.

I don't think you can please everybody all the time and I think you need to treat different places in different ways. I know it's a stereotype, but for example the highlands are quite rural and seem to like to keep themselves to themselves so maybe big billboards wouldn't work there, but a letter through the door or a notice in the local library might be better. In Glasgow billboards might work better. I think you have to respect the culture of the place and the people who live there.

When people look at my portrait I hope they see that there are lots of different sides to my personality. I hope I am seen as a really resilient person. I stick with things. For example I started playing handball at Primary school before I joined a club. To keep with



the sport I have had to move clubs a couple of times because they keep getting shut down. The skills that I am acquiring now will hopefully help me throughout my life so I will be successful at whatever I eventually choose to do.

Nathan

Primary 7

Tolerance means acceptance and it is important because I don't think I have always accepted people or that others have accepted me. Some people think that all boys need to play football, but I like playing basketball and dodgeball. When I moved to my new school it was hard to make friends because I didn't want to play football and they thought that was weird. I think people should accept that others don't always like the same things or look the same or come from the same place. I am different to everyone else and I have my own personality. Everyone has something weird about them, everyone is not the exact same person and that's good.

I am Catholic and go to a non-Catholic school and some people might think this is wrong and that I should have gone to a Catholic school. But it is my choice which school I want to go to because it's about education, not just the religion. Sectarianism is judging someone by their religion and I don't think it should happen at all. When people fight over religion in football it is not actually the religion they are arguing over. They are just finding a fake reason for fighting instead of admitting that they are just unhappy over the score or how the team played. I feel angry that this happens because their faith does not define their whole life.

Patriotism is having a strong faith in your country, liking your country and not wishing that you lived in another place. I am happy living in Scotland. It's a good place to grow up and I feel safe because we get a good education and there isn't a crime every hour like in some places. But I think the government should have a plan to save the environment, companies should cut down fewer trees, there should be more bins to encourage people to not litter and more people should get electric cars. This would make Scotland a better place for the next generation of Scots.



Tolerance (n.) To except whats going on around you.

Hannah

Secondary Year 2

Identity is everything that makes you, you. But without tolerance and respect for someone's identity, prejudice builds. When someone is prejudiced against me, I feel like I lose a little bit of my identity because I begin to conform to other people's stereotypes. If they stop seeing you as you, then you stop seeing you as you. People expect me to get top scores and do everything right just because I'm smart. It's annoying and I don't like having to live up to others' expectations. I should only be living up to my own expectations, but it's hard when everyone is pressuring me to squeeze into their image of who I am. I have many faces; I'm not just the one thing.

I hope that adults see that kids are not just what they seem and are not all the same. In every person there's a characteristic that may seem trivial but is actually the key to their whole identity. We should respect and tolerate other people and to do that we have to respect and tolerate ourselves. We have to look at ourselves and see our flaws and look past them to the good parts. Once you do this to yourself, it's easy to do this to others and the circle continues.

Bad news comes up all the time; it casts a gloomy shadow over our view of the world. There are so many good things, but nobody reports them because that wouldn't be interesting news. Everyone gets hung up on the negative and the world drops for lack of positivity. We have to tell it like it really is, the positive and negative, rather than fuelling people's prejudices. For example, there's an area by me that is thought to be dodgy and dangerous. But people still live there and they turn out fine. It's the media and the gossip that have led us to believe that it's dangerous, not actual fact. The media is a powerful tool and we need to use it properly. If we do that then maybe we can begin to brighten people's perspective whilst still making them aware of the world.



Respect (n.) Respect is caring for people and their property

Emma

Secondary Year 2

In my school, we share the building with another school. There were 5 pupils from each school that took part in Me + Us. I feel that I wouldn't really have had the chance to meet the pupils from the other school if it wasn't for Me + Us, as the two schools don't usually mix. Clubs should be set up to help ease the tension between the two schools.

When we first came to the school we didn't know anything about the other school so we just made an image in our heads of what it was like by hearing rumours. If we were actually shown around or told about the other school it wouldn't allow the rumours to happen and there would be no prejudice or stereotypes about the other school and its pupils.

In my portrait I included a picture from Ireland of my friend Laura and I on a farm. Laura is more than a friend to me she's like a non-blood related cousin! When most people think of a family, they think of relatives like mum, dad, granny, etc. But a family can be more than that. Family can be people who you know a lot, but aren't actually related to. For instance, my family and Laura's have been friends for more than 50 years, and even though I don't see her very often, she feels like a really close cousin. I would still call her and her family my relatives, because it really feels like it.



Nationality (n.)

"No matter where you go,
your place of nationality
is where you are always welcome!!"

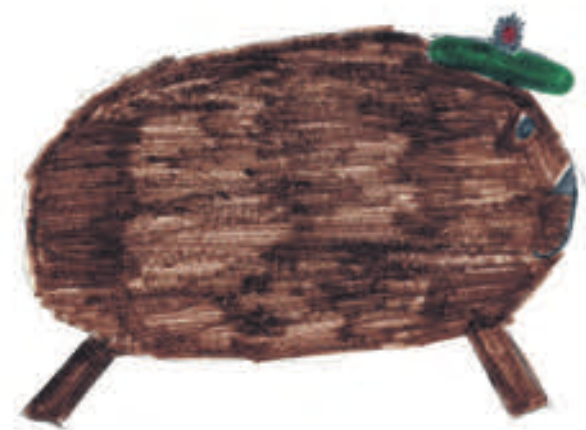
Frankie

Secondary Year 1

Stereotyping is when you think someone is something because of where they were brought up or their hair colour or skin. In some ways stereotypes can be good e.g. Scottish people are brave, but they can also be bad e.g. the Scots are fat. I don't think stereotypes should be used at all because everyone is an individual. Stereotyping has affected me in many ways, but I think you should not beat yourself up about it, it's just what people think and they mean no harm.

Sectarianism is when someone judges someone else based on his or her belief. It is horrendous. Silly people have made comments about me they say that because I am a Catholic I am all goodie-goodie. It's sometimes annoying to hear these comments.

In my portrait I am wearing a costume that I wore for a stage show called, Oloyp, performed by my drama group. In the group everyone is important no matter how big their part is. From main to chorus we all feel included and I think Scotland should follow this lead. In my portrait there are three images of me; musical me, funny me and religious me, these are the things that make me who I am and I hope that people accept me for who I am.



In my drama group everyone is important no matter how big their part is. From main to chorus we all feel included and I think Scotland should follow this lead.

Lucy

Secondary Year 2

Identity is very important and knowing who you are helps you to be able to accept other people's differences. In my family I am very different to both my sisters, even though we do share some of the same interests, and I am glad that I'm not exactly like them. In my self-portrait I used lots of images to show different aspects of my individuality. For example, I have grown up with Harry Potter and even if people might make fun of me for being a Harry Potter fan, it has still influenced me who I am. I don't think there is any point in making fun of somebody who isn't exactly like you. It's just unfair and there is bound to be things about you that are different to others. You shouldn't try to take away someone's individuality.

I feel like beliefs are a really good thing to have in life. Even if you don't have a particular faith, still having something to believe in can change the way you feel about things. Being a Catholic helps me to feel like I have somewhere to go even if I don't believe in everything the Catholic Church says. This isn't to say that if you don't have a strong faith that you have nobody to turn to, but for me I feel a sense of comfort that I am a part of that community and I hope that is what it's like for people with other religions.

I feel like Scotland is quite a tolerant and accepting country, but that could be because of the lack of diversity we have in some parts of Scotland. I do think that there is quite a lot of religious segregation between different groups of people, for example football teams. Something that could be changed is the concept of having separate Catholic schools and non-religious schools. Having separate schools might mean that young people don't get to mix properly. I feel like being tolerant of differences is something that could be taught to people from an early age to help them understand diversity.



I feel like being tolerant of differences is something that could be taught to people from an early age to help them understand diversity.

It feels like being part of the Me + Us project has given me a voice of my own. It gives young children a chance to have their say even though they don't have the right to vote. Adults say they want to help the kids of today, but it feels like we don't get a say in how they help us. I know we probably wouldn't understand a word of what is happening in parliament, but if they are serious about giving the kids of today a better life then they should ask us about what we want and like.

I think the Scottish Government could make Scotland a more tolerant and inclusive nation by asking people what they want and how they feel about stuff. Ask people if they want to join in. If they don't want to join in then you can't force them, just encourage them to join in more. You have to be tolerant and to respect the choices that people make.

My family is from this area and I have included my school crest to represent them because my brother, my dad and my mum all went to my school. The island is home for me, but it doesn't have many shopping stores. I think it would be a better place if there were more choice of places to go and things to buy. I need to do a lot of waiting if I order anything from the internet, especially if the weather is rubbish because then the boats and planes don't even come!

When people see my portrait I hope they see that I have represented myself with pride. My portrait is a symbol of my identity.



Pride (n.)

a feeling in side that makes you feel good about your self

F on

Primary 6

Learning about sectarianism stuck out to me because it's about religion and my religion is important to me. I go to a Catholic school, but there are lots of other religions here too. No one has been mean to me because I am Catholic. I think that judging people by their religion is wrong. People have their own beliefs and if they believe in a different god than you, then you should respect that.

I feel that people generally respect each other in my community, but I'm not sure about all of Scotland. Some people might think other people's beliefs and traditions are weird or eccentric and they may not understand certain things. It would be better if you knew people from different religions because then you might understand them better. I think that pubs and terraces are good places to live because you are close to your neighbours. People should be encouraged to spend time together and have street parties and then they'll have better relationships with people who live in their area.

I included photos of my family in my portrait because they are so important to me. I like having a big family. We have gatherings at my auntie's house and being around my family makes me feel happy. Whenever I visited my gran we would bake together, so now baking is how I remember her. It's important to have a family because if you're having a problem then you have someone to talk to and you feel more welcome. Adults should ask children about their opinions and I hope that after seeing my portrait that people think children should be listened to about what's going on in their community. I hope that people see that I try to be kind to everyone and I feel that everyone should be respected. I think everyone is different and that's okay.



Sketchbooks...

Me + Us investigators used sketchbooks to keep track of their ideas, thoughts and opinions during Me + Us.



Aidan

Primary 6

Empathy is trying to understand other people in tough situations. It helps you know how you react and what to say to each other. It's like that thing in the back of your brain that helps connect things in your ears and eyes. I think it's important to have empathy because then you might know what someone else is thinking or feeling and you can do the right thing.

Racism is making a big deal of someone's colour of skin and it's not okay because no one should have to deal with racism. If you think about it, we're all the same. Everyone deserves a chance and to be treated like a person. Nobody should make someone feel like they're scum or discriminate against them. A boy I know is racist and he calls my friend who is black bad names because of his skin colour. When this happens, I feel sorry for my friend and I feel angry at the person who is saying those nasty things. Even though I want to say something to stop it, I don't say anything sometimes because I don't want to be a part of it and I feel like I can't because he might try to hurt me too.

Nationality is where you are from, even if you're maybe not born there, it's where you live and you feel connected to a place. My nationality is Scottish and I've lived here all my life. I like being from a place that no one's really heard of outside Europe so we feel special because we have a unique Scottish spirit. I am very proud of being Scottish and I think that everyone reading this should be proud of their country too. When you think about that place it brings back flashbacks and memories and it will make you happier.



Nationality (n.)

It may not be where you were ~~born~~ born but it is where you feel at HOME!!!

Matthew

Secondary Year 2

Culture is a main part of Scotland, from our Celtic ancestors to modern day. Although people stereotype Scotland, like kilts, haggis, red hair and bagpipes, playing the bagpipes is a big part of my life and I'm really proud of it. I started playing the chanter two years ago and received my bagpipes last year. I think it is important to keep up tradition.

Racism is big problem in Scotland and there is no excuse for it. I am friends with people of different races and it really doesn't bother me in the slightest. It isn't anyone's fault for being black or white, but it is the bully's fault that they have let themselves become a racist. I get upset when people are racist to my friends. Being a victim of bullying myself, I know what it feels like to be pushed around and picked on. It gets you down. It's unlikely ever bullying will stop completely, but it's possible to get some people to stop if you tell someone in the early stages before it gets out of hand.

People also get bullied because of their religion, but it shouldn't be a big deal. I'm Protestant, but I go to a Catholic school and once we took a trip to a church for Mass. At the end, everyone was crossing themselves and a friend asked why I didn't. I told him that I was Protestant and that was that. He didn't care at all. It was a good experience to see how other people celebrate their faith. It's different from how we do things at my church, but that's okay.

Scotland is a good place to live apart from problems with drugs. I think drugs are a problem because young people think it's cool to use drugs and take an example from older people that use them. The government should really take action against it to stop it becoming a bigger problem in the future. I hope adults take into consideration that not all kids in Scotland are bad just because of the music they listen to!



William

Primary 7

I chose the football and the rugby ball because it portrays my sporting personality and being active is a lot of who I am. In sport you have to want to achieve a good result to get one, it's not like you can just stand in goal and expect to win, you have to get out there and make it happen.

For my collage I imitated a picture of my Grandpa in his post as a newspaper editor. I think my Grandpa is my heritage. He died when I was 3 so I don't necessarily remember him, but he is still my role model. I think everyone should have a role model. My grandpa is my role model because he wanted to achieve and he went out and achieved lots of things, he didn't just sit back and expect it to happen for him. Knowing what he achieved in his life makes me want to go out and achieve things too.

My Scottish heritage also comes from my grandpa because he was a Scot and he was proud of it. I am also proud of being a Scot. I feel most at home in my local community because it is where I live and I always have lived. It is also where all of my friends live, they are all just 5 minutes away.

At the centre of my collage is my family. My family is at the centre of my life. We do a lot for each other and there's something good between us that will never go away. I hope people realise that this portrait is not just about me. There are lots of important people in my life who contribute to who I am. My heritage is who I am and that comes from my family and where I live.



Culture (n.)

The things that define a society

Andrew

Secondary Year 1

During Me + Us I have felt like my opinions matter, not just to the people around me, like my family and friends, but to people who don't know me too. It's a new thing to me to feel like more people care about my opinion.

I think most people like me don't really care about religion or beliefs in schools anymore, I think that on the street you don't really know what religion people follow, but in football you know that a Celtic fan will probably be a catholic or a Rangers supporter will probably be a protestant. I don't think that people are sectarian outside of football because you can't tell if someone in the street is a Muslim or a Buddhist, but at a football game you can tell if someone is a protestant or a catholic.

I feel like everybody has a time in their life when they feel a little bit of all the words we have discussed during Me + Us. For example I think that the people in my community are proud that they have a good football team, but I think they might also feel stereotyped because I've heard people say that everyone carries a knife here, which is just not true!

I think that Scotland could have more centres where young people can come together and meet. I also think that in communities like mine there should be more places to practice different faiths. Around here there are only really churches, so there aren't any places for Muslims or Buddhists or other religious people to practice their faith.

I have made my Captain badge central to my portrait as this is something that I feel proud of. When I was a house Captain in primary school I felt like I had a big responsibility and now when I think about it I feel like I did that! I think my goalie gloves represent resilience, the football team that I played for was not very good but we were resilient. I think in sport the Scots are a resilient people, but in other things I think that if people don't get it right after the first couple of tries then they try and work out another way to do it. I reckon Scottish people are creative, if we can't solve a problem then we find another way of thinking about it.

I hope when people see my portrait they will know that I love my family and sport. I also hope they recognise that I am a responsible individual who cares about the way that Scotland is going.



Mae

Primary 6

I think the Government should ask more people to think about the issues in Me + Us, I think it would make people more aware of what they're saying and doing. For example I never really thought about sectarianism before and I don't think of it being a part of my life, but I am glad I have thought about it and I feel better now that I am aware of it.

We did a lot of art and talked about stereotypes and decided that not every one is nice. But some times people don't think about their actions or how they will hurt other people's feelings.

If I were to choose two words from the word wall I would choose individuality and rights. Everyone is different and it's a good thing! I think that I'm an individual and I'm proud to be, I don't want to do something just because my friend does it. I don't think it would be fair for people to live in a world without rights. A right that is important to me is the right to have friends. It would make me sad not to have any friends.

I want people to know that everything in my life is important and that I have lots of hobbies. I am passionate about my horse, riding her makes me feel proud. Having a passion gives me something to look forward to. I hope every one has a passion because it's something that you like and have fun with and you don't feel forced to do.



Right (n.)

Something that you need.

Lisa

Primary 7

I have never thought about it before, but pride is really important. I am really proud of myself and my family. I am proud of my granny because even though she lives in lots of pain, she still tries to do her exercises and makes time to see me. I am proud of my brother because he is great at football and even though I can be quite annoying sometimes he is always up for looking after me and playing with me. I am proud of myself because I wanted to drop out of highland dancing, but I didn't and I'm glad now because I have won several medals and I really enjoy it. Pride is something that keeps you happy and keeps you going to achieve lots in your life. In my picture, I tried to show pride by placing all the things I am good at and like to do around me.

Bethany Hamilton is a role model to me because she is a Christian and I'm a Christian too. Even though she was going through a difficult time when she lost her arm, she still helps people and continues to do what she loves. My faith is really important to me. Whenever someone is sick or injured or something bad has happened, it's comforting to know that I can always know I can go and pray. I think people up here respect other people's beliefs and I think we're lucky that there aren't any issues like that like there are in other parts of Scotland.

I don't like it when people cause trouble in my community. I've heard lots of stories of people being scared to go out and play or just to go out into the garden because people were drinking and fighting in their area. No one wants to be scared where they live and the people causing trouble can't feel good about it either. It's just disrespectful and I just wish lots of people would have more empathy so they would know how it feels and they would be nice and get along. I wish everyone in the world would put themselves into someone else's shoes and know how it feels to be bullied. I think the only reason they are being nasty is because then they think they won't get bullied themselves. If everyone just stopped, then there would be no more bullying.

When people see my portrait, I hope they see how important dancing, acting and singing are to me. In the future, I would really like to be either an actor or a singer. I want to carry on with highland dancing because it's a traditional way to dance and it's part of my culture, which makes it special to me. I want



people to know that family is important to me, my family love me and they make me happy. If anything happened to them, I would be very upset. In my picture I made them my audience, because they support me and I want to thank them for that.

If I were to pick a wordwall word that means a lot to me I would pick beliefs. This word means a lot to me because if you don't have a belief you can't pray, even if you need help. For me my belief means that I can pray to God for help when I need it.

I have seen graffiti on the swings, bullies write things like "I hate God". When I see the graffiti it makes me feel like people aren't respecting their or other people's religion. It makes me feel sad, I feel uncomfortable in the village when I see people doing this.

I think that other people could be more respectful if they would pray for their religion and obey their religion. I think this would help people live a better life and stay away from jail. I think that people who don't believe in God should be told that; "If you don't respect God then He will not be there for you when you need him most".

I think the Scottish Government could make Scotland a more tolerant and inclusive nation by not allowing anybody to have knives or guns or any other weapons that could be used to hurt or kill other people.

When people see my portrait I hope they see that I respect others and I love animals. I like math and I want to be a vet when I am older. I think being good at math and having a huge amount of knowledge about animals would be very important for this.



Beliefs (n.) *Something that you think is right and guides you to make decisions.*

Iona

Primary 7

Stereotyping can happen in Scotland. Goths and Emos might get judged because of the way they look. People might see them and think they are a bad person just because of the way they dress. I know they are probably not bad and I think if I hung around with them then I could find that out. Not everyone is the same though. I think people shouldn't look at you in a weird way; they should just walk by normally, maybe try to ignore each other and not add to the scene.

Being respectful is like when you would joke around with your friends, but you wouldn't joke around with people you don't know, because they might take it the wrong way. It's fine to joke with your friends though, because they know you and know that you are only kidding.

I'm proud of my self and other people because of the stuff that we have done. Pride is a good thing, I'm proud of Scotland but some people don't really accept where they are living. I think it's because they don't really accept the people around them.

I think it's important to be proud of other people and their achievements, it's important to share your success with other people because then they can feel proud of you too. I'm most proud of my big brother because he carried the Olympic torch last summer.



Stereotype (n.)

an unfair judgment of someone and jumping to conclusions just based on their personality.

Daniel

Primary 6

I think that everyone has an opinion and listening to everybody's opinion is important.

Respect means a lot to me because I think everyone should respect each other and other people's property e.g. my friend Aodan respects me and makes me feel nice, plus he never lies to me.

Prejudice annoys me because it's not fair to judge someone based on their look e.g. on more than one occasion I have been bullied because I sometimes wear glasses.

I think that other people could be more respectful if people spent more time together. People should give each other more than one chance. I think people should play together more. Playing tag or sports is good for getting to know people because it means that you have something in common, something you both like doing.

I drew a wind turbine because I hope in the future Scotland will be environmentally friendly and use more renewable energy.

When people see my portrait I hope that they think I'm a nice person who cares for the environment, is active, relaxed and cares about loved ones.



I think that everyone has an opinion and listening to everybody's opinion is important.

A Green Future

Arran

Primary 7

Learning about how other people live is important because it means that people don't just use stereotypes. I think it's easier for people just to think what people are like rather than actually asking people. I don't feel like people ask me how I feel about stuff enough. I feel like children should be asked more often for their opinion on what is happening in Scotland, like with education or what's happening in the local area.

I think some adults don't trust children to make decisions, for example children don't get to have a say in who becomes first minister. I think children should be trusted to have more of a say in what is happening around them.

Identity is not just what you like but how you see things too. Sometimes people might make fun of your name or something else about you and I think that is when people don't respect each other's identity. I think everybody deserves an identity and I think that it is not something you need to earn, it's just something you should have. I think everybody's identity is different, I wouldn't say anybody is particularly strange, it's just that everybody is different. As long as you are happy with your identity then that is good.

People could make Scotland a better place if they thought more about people and stopped making stereotypes. People should speak to each other and listen to each other instead of picking on something that maybe isn't even true about the person. It isn't fair for elderly to work all their lives and then have to pay for the medicines. Children don't work and they don't have to pay for health treatments, so why should elderly people? They have savings from working and their pension but that's for paying taxes, not health bills.

Stereotype (n.)

Judge-ing someone by where they come from or there Religine



Judge-ing someone by where they come from or there Religine

Anna

Secondary Year 2

During Me + Us we spoke about belief. In my mind a person's beliefs can be both extremely important and still in some ways not matter in the slightest. For instance, to one person, their beliefs maybe take a huge part in their lives, but the important thing is that people don't try and use it against them. If you were to walk down the street and meet someone that was of a different religion, would it matter? To me personally it doesn't matter at all. The thing with beliefs is that you need to get to the point where you can accept someone along with their beliefs. To me beliefs, religious or general, should always be taken into account if necessary as well as accepted. Although religious beliefs are the first that spring to mind, there are many other types of belief depending on who you are, and what you are surrounded by.

As time passes more and more people with beliefs are accepted. It may be because of how this new generation has been raised. Though as well as this, are we not now brought together in different ways? Being in a non-religious school, right beside a Catholic school is an example. The children of this generation all eat lunch together. Yet although this is an improvement a line still divides us. I think maybe the next generation will actually talk to each other too.



SCOTLAND

part of something Bigger 

Jo

Primary 7

I don't think where you come from or what you look like matters because we are all humans, we all live on the same planet and we all have rights. I hear people making jokes and being nasty to others in school and in the streets. I have stopped things in the past to do with racism because I don't think it is right and there is no reason to be racist. I think it is important to stop people being racist because it doesn't make anyone else's life better. The people that get bullied will feel upset and maybe angry at the person being racist because they are not doing any harm and it's not their fault.

Everyone deserves respect because we're all human, but if you don't respect someone they're not likely to respect you. I think the world's a better place with respect because everyone is happier and everyone treats each other better. Teachers and my sport instructors treat me with respect and this impacts how I learn new things that they are teaching. If I can't do something or I'm stuck on something then they help me. They are calm when they talk to me and they go through things in steps so I understand it. It's nice when adults are respectful, I think it helps me do better.

I think the government could encourage schools to teach people to be tolerant and respectful from an early age. And in sports, encourage playing fair and working with others. It would also be good if the government encouraged social integration so people of different religions and nationalities could work together and not try to go against other religions or countries. When people see my self-portrait I hope it shows that I am an artistic person, who likes dancing and reading, and that I am an individual person that is confident in life.



It's nice when adults are respectful, I think it helps me do better.

Jacey

Primary 6

Identity is an important because you don't have to be the same as someone else, you should just be yourself. People are different and you don't have to like everyone, but they have their own identity and you should respect that. It's not fair when people don't respect your identity because it's not something they are in charge of. If someone is being mean to you, you have to stand up for yourself and tell them to stop it.

Stereotyping is hurting people and it's bullying, like when you don't think about what you say or you pick on someone because one thing about them. Just because you don't like that one thing about them doesn't mean you should try to change them. I included a picture of my cheer team and sometimes people think cheerleading is thoughtless and doesn't take talent, but it's fun, active and challenging. I think it's mean when people judge me based on cheerleading. I wish they would get to know me more and we could probably be friends.

To make Scotland better, I think more people should know about some of the Me + Us words. Then they might start being nicer to people and maybe if they've been bullying someone then they'll stop it. Knowing the words helps you talk about different things and makes you more aware. In the future I hope that everybody has a long, happy life and people think about what they are going to say before they actually say it.

Children have the right to say their opinions about decisions on Scotland and their lives. I think it's important for children to share their ideas because it doesn't always have to be what adults think. Sometimes just because adults are older than children they think that they have to make the decisions and they don't realise that children have good ideas too. Adults should listen to what children have to say.



Right (n.)

Something that is natural and noone can take away.

Megan

Primary 7

For me pride is feeling good about myself. I feel confident when I work hard. I feel confident about my pals because I trust them, they make me feel included and that makes me feel good. Being part of Me + Us makes me feel confident and proud. Something that makes me feel sad is when teachers leave. I don't want teachers to leave because I trust them. I think teachers should feel proud too because they teach children and children respect them.

Interview is also important to me because I like meeting new people. If people visit our school I like to meet them and take them on a tour of our building. I like to show them around because I am proud of our school. I really enjoyed meeting people from my local High School during Me + Us. It has made me feel good about going to High School next year. I sometimes worry about going to High School because I am afraid that people will call me names.

I have enjoyed keeping my sketchbook for Me + Us, it is nice writing things in it. I wrote a letter to myself in the future, I told myself that I would like to be a teacher and that I hope I am happy.

I think the Scottish Government should encourage people to be pals. I think it would make Scotland better, I made pals with other people who were in the Me + Us project and I feel good. The government should also make Scotland's weather sunny all the time. At the minute I think it's rainy all the time.



I feel confident about my pals because I trust them, they make me feel included and that makes me feel good.

Caitlin

Primary 7

Rights are the basic things that people should have or be able to do because they are a human being. One time I wanted to go play with my friends, but my brother wouldn't let me. I showed him the list of children's rights and one of them is the right to play, so then he let me go outside. My brother didn't know that children had all of these rights and I thought he would have known because he is older than me. More people should be aware of these rights because people don't know that children have the right to be a proper person.

Identity is who you are and it separates you from everyone else. Your identity changes all the time and things all about you influence who you are, but I think that you have the biggest impact on your identity. I am proud of and happy with who I am. I wasn't too keen on my glasses at first, but I learnt to enjoy wearing them because they make me different. Art is important to me because when I cannot talk about my feelings I express them on a piece of paper. Also, my trumpet is a big part of my identity because music is inspiring and I love learning how to play new notes and tunes.

Bullying happens everywhere. The bullies pick out something that makes you different and they try to make you feel bad about it. I wish people treated others with respect and kindness.

I think Scotland is a really good place to live, but you hear about bad stuff in the news too. A lot of this could be prevented by parents setting a good example for their children. Parents that are not good role models should have places where they can go and get help to become better parents for their children.



Bullying (n.)

Bullying is not just hitting or kicking it
can be mean words

Kate

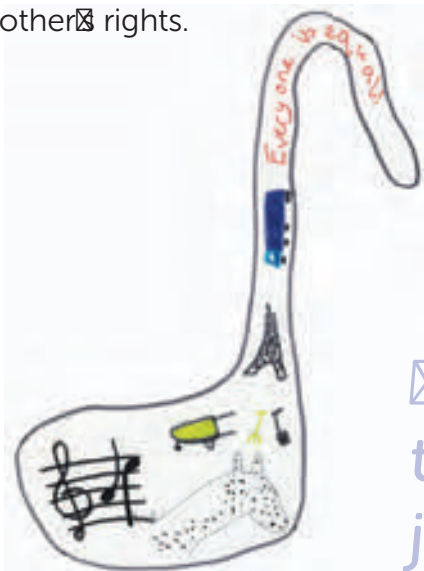
Primary 7

If you don't have something to be proud of, then sometimes you might feel like what is the point in living. Being proud helps you want to achieve things and aim higher for goals. Horses are a massive part of my growing up and my life. I feel proud, happy and free when I ride horses because I can connect with them. It makes me proud because riding isn't an easy thing to do and the horse has to accept you.

Everyone should be an individual because you should be you, not anyone else. You are free to make your own choices. The flute gives me a sense of individuality as I can play what I want and express myself through music. The flute is an important part of me because I started by only playing about with it and now I have progressed to grades and exams.

I think Scotland could understand other people's religions better. Sometimes people don't really know about other beliefs, so they just make guesses about things in other religion. The Scottish Parliament could teach people about different beliefs so they understand. Younger children might learn that sectarianism is the right thing to do and do it when they are older. I feel really annoyed at people when they are like this as it is really unfair. When people were praying and doing religious things at school, I witnessed people making fun of them and saying that God is not real.

Everyone should have the right to believe in what they want and not have to worry about people judging them on the decisions they have made. I will try to make Scotland a better place by not being prejudice or disrespectful towards people. I think respect is the foundation of friendship and if you don't have respect, then you won't respect each other's rights.



Everyone should have the right to believe in what they want and not have to worry about people judging them on the decisions they have made

Jennifer

Primary 6

I get bullied every year because of the way I talk. I feel really upset and scared when people say mean things, like "why are you in this school?" or "you're stupid!" and I would run away. But I am proud of my talking. It used to be really bad in P1, but I work with Sarah every Tuesday and it's much better now. I know lots of people who have been bullied and it's not nice. I wish that no one would get bullied ever again. Bullying hurts people and it just keeps happening because then people want to pay back someone for bullying them. It just needs to stop. If I get bullied or I see someone else getting bullied, I tell a teacher so it will stop.

Scotland would be a better place if there were no more bullies. Children wouldn't be afraid to go outside to play because there wouldn't be anyone being mean and nasty. I also think it would be good if there were more people and shops in the Islands. Then there would be more people to be friends with in school or to marry when you get older. Everything comes from far away and it would be nice to have more stuff here. I love it where I live. I live on a little island and it does not take long to walk up to town.

When people see my self-portrait, I hope they like me and see that it's really hard to have talking problems. It's difficult to be me and sometimes I don't say what I'm thinking because I worry people won't understand me, but I have a lot of important things to say. I wish people wouldn't notice my talking. I want them to see that I am friendly and I want to spend time with my friends and family. I like to do a lot of different things, like play on my computer and cook with my family. When I get big, I want to have a family and cats and be happy.



Portrait (n.) An artist's impression of someone



Angus

Primary 7

Family is really important to me because my family always helps me achieve my goals. The clocks around my photos are my dad's, I put them there because my dad is really supportive of me, he takes me to my swimming which is a big part of my life.

My 6th place award was for swimming, I want to swim for Britain in the Olympics; hence the Olympic rings. Michael Phelps is a big inspiration to me and that is why I have included him in my self-portrait. I think role models are really important, as everyone needs someone to follow and inspire them. I have more than one role model, which is very important as only having one could be dangerous. If you only have one role model and they do something wrong in life, you could end up doing it as well.

Friendship is very important to me because friends are always there for you when you need them most.

I like the British flag. I don't just see myself as Scottish I am also British. If you think yourself as Scottish, it is like being independent. Being British is different because you are not alone and you are united. I think being British has an advantage because there are more people to give thoughts and ideas. More people means more opinions and this would be good because everyone has had different life experiences.

When people see my portrait I want them to think I am a fun and exciting person who sticks in and is always there for my friends. I hope you enjoy looking at my portrait as much as I enjoyed making it.



Role models are really important, everyone needs someone to follow and inspire them



Ella-May

Primary 5

Respect is to be kind and helpful and to be a good person. If you didn't treat people with respect, they wouldn't want to be your friend and you'd be lonely. Most of the time people are respectful here, but sometimes they're not. One time on the playground, one of the older boys was picking on me. He took my pack lunch and my school bag and they were throwing it about. He was being disrespectful to me because he wasn't treating my things nicely and something could have broken. It made me feel upset and sad. I wish people would just be friendly. I don't know why people are nasty.

I think Scotland is a good place to live and most of the people are good. I like living here. The flag is blue and I really like blue. Scotland could be better for children if adults would tell children to stop it if they see bad behaviour. Children just copy what they see and they think it's okay to be bad, so adults should set a good example for children.

I hope people see that I am a good person and that I like to do lots of different things. And I would help anyone if they needed it. My mum and dad are kind and good people so I am the same way. I hope my children are the same way too.



Heritage (n.) *What you were born into.*

Molly

Primary 7

At the beginning of the Me + Us project we looked at the UNCRC. Since then I have become part of a group in my school that looks at the rights of the child. We help other children in different countries and sometimes we donate money through events we run with the teacher. I am part of this group because I think feel that if I do this project then that is one more person helping. I also feel if I help then I can encourage others to help and then they can encourage others; the domino effect will continue.

My experience of sectarianism is going to watch an Orange band marching. It made me feel a little bit scared because they were very loud and the banging got louder as they neared the church. Later I learned from my mum that the band has a competition as they pass the church to see who can break the church windows by banging their drum. I think that it is stupid.

The picture in the center of my portrait is my mum. She is so important to me and I think that she has such a huge impact on my life because she is always there to help me.



Empathy (n.)

To experience deep sympathy and feel how they feel!
It could also change how you see the world.

Emily

Primary 7

Stereotype is an important word to know because it means judging people. I have felt judged before and I know that people do judge people. But I don't think they should be allowed to, I don't think it's right. Rights are really important to me because everybody needs rights. If children didn't have rights then I think some parents would go about hitting children.

If I were able to change anything about Scotland I would change the public toilets because they are manky. I would also change the shops because they are too expensive. I think Scotland would be a more welcoming and friendly place if there were more sweetshops. Selling a wider selection of sweets like big long rock-sticks and fudge, but not cola-cubes.

I think having more things to do would help to make Scotland a more inclusive place for everybody. I live on an island and there isn't really much to do here, just beaches, hills, sheep and lots of grass and weeds. So I think having more things to do like swimming pools and shopping centres would make Scotland a better place. I don't really like shopping, especially not in Tesco's.

My portrait includes my family and pets and things that I think make up my heritage. I hope people think that I am an exciting and imaginative individual.



Check out...

Me + Usinvestigators explored stereotypes by creating personalities based on shopping receipts. Emily had the idea to create a whole dinner made from sticky tack!

Sophie

Primary 5

What I would like to see in Scotland is adults asking children what it is that we think before they make decisions for us. It's not really fair at the moment because it feels like the adults make all the decisions. Sometimes you don't really want to do what the adults say, but I kind of feel like I have to. Sometimes it feels like I don't get a choice, but if the adults asked us before making decisions then I would feel like I do have a choice. I like having a choice.

I can always remember how to spell the word 'because' Big 'E' Elephants 'C' Can 'A' Always 'U' Understand 'S' Small 'E' Elephants. If the adults are big elephants and the children are small elephants then there are certain calls that small elephants can make to let the big elephants understand them. The small elephants might make the call because they need something in particular. When the big elephants hear the special call then they should understand it and see if they can do anything to help the small elephants, like food or something.

My family represents my culture because they show how I have been brought up and that I am proud of my culture. My culture is mostly different to others because my mum comes from England and my dad comes from Australia, it makes me feel like I am individual. I think most people are proud of their culture, but I don't really know because it is none of my business.

Once when my family was in Florida we went swimming with dolphins. When we were getting ready for our session my mum thought I should put a wetsuit on because it would keep me dry, but the man said, 'No, a wetsuit gets you wet and a dry-suit keeps you dry.' My mum wasn't too happy!

I think people could be more respectable by not harming living things and not damaging things that are not theirs to damage.



More tea Ma'am?

Can you guess the stereotype that Sophie and her friends are portraying?



Ronan

Secondary Year 2

The thing I love about sport is that it keeps me active and healthy. Sports bring me pride because I am always trying to achieve new targets. Buzz Lightyear and spacemen inspire me because they are always achieving things, they are enthusiastic they just keep going. I always try to not take things too seriously, but still try and achieve new goals. I want people to get a good impression of me.

I was stereotyped last night when I was trying to play a game of FIFA on my Playstation 3. Before the game starts you can talk to your opponents, so these boys became very stereotypical because they knew that I am Scottish by my accent. They were telling me that they thought I must be ginger and eat haggis and other Scottish stereotypes. I wasn't really offended, but I think that stereotyping is a very bad way to view people. I think stereotypes get passed down through generations. I think people should come to the country before they start judging Scottish people. People who stereotype are being prejudice.

The Scottish football team inspires me because, even though they always get beaten, they always keep on going. I think a lot of people love the Scottish football team because they really want their country to win, but sometimes fans get a bit out of hand. When rivals meet in a game fans can get very competitive and there can be a lot of physical and verbal abuse. I really think people should just go to the games to enjoy themselves and not start ghting about it. I don't think it's just Scotland who are an aggressive side, there are hundreds of other countries that are ght just because of someone's race or nationality. I think FIFA or UEFA need to get a stricter disciplinary action on those who abuse someone in a game. The people really have to start setting an example to those youngsters who play football.



Respect (n.)

When you look up to someone
and be treated. treat people how you want to
be treated.

Me + Us has made me more aware of how I can sometimes judge a book by its cover and how easy it is to sometimes stereotype people. I sometimes feel people stereotype me because I wear glasses, I get called a geek and it makes me feel bad because the people are making fun of me. Being a victim of bullying changed how I treat people because I know how it feels to be picked on; I have learnt that this is called empathy.

In my self-portrait, I included my phone because I enjoy being connected to the world and it allows me to share my opinions. Technology is very important in the modern world and I think children are better at using technology than adults are. Technology is the future.

I also included my shoes to symbolize Scotland walking into a brighter future. To me, a brighter future for Scotland means independence. I think with independence Scotland would have more opportunities. I am very proud to be Scottish, but I don't wear a kilt or eat haggis. Scotland is more to me than haggis, neeps and tatties. Even though it has a bad football team, it's my home and I'm proud to be from here; I guess that makes me patriotic! It'd be great if the government invested more in sport here and if I didn't hear sectarian songs when I went to football games. When I go along to football matches some of the language that comes out of the old men's mouths, it's so racist!

I hope people see that I want to walk into the world as an individual and that I respect the differences between us. I am an independent person and I like to make decisions for myself, I think that this is the same for every child in Scotland. Politicians should give children more chances to take part in decisions because we have opinions and rights. I think it would also be good to talk more about different religions and backgrounds in schools, not just the one the school follows.



Politicians should give children more chances to take part in decisions because we have opinions and rights

What the children say about Me + Us:

• I think Me + Us is a great project, but it shouldn't just be my generation who takes part and it should not be shut up in a cupboard once we are finished. Once our go has finished I think Me + Us should be repeated with children from different schools until every school has participated. Children's views may be different depending on where they live and how old they are at the time. I like that people think children should be heard and I totally agree.

• I think Me + Us is a brilliant idea because it gives children a chance to have a say in changes, good and bad, that involve them. I have learned a lot of new words, like stereotype and sectarianism, and now I feel more confident using them.

• Me + Us made me feel like I can make a difference. It felt good to have lots of attention because I felt like I was being taken seriously and people were actually listening to me. Me + Us made me feel really special.

• Me + Us has been different to school. In school we don't get to talk about things like sectarianism, culture, patriotism and stereotype that much and it has been good to discuss it with other people and hear their opinions. I'm proud to have been part of the project and I think it has brought our year together. I feel it has given me more confidence to talk about stuff.

• We've spoken about things to do with Scotland and we discussed some of the problems that Scotland faces. I have learnt lots of new words like stereotype, empathy and respect. During Me + Us I have felt like my opinions matter, not just to the people around me, like my family and friends, but to people who don't know me too.

• People will be interested in what we're doing in Me + Us because we talk about many important things like prejudice, respect, culture and beliefs. It's good to know what these things mean because otherwise you won't be able to understand life. It was good to hear what other kids think.

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