

Imagineers Investigate Mental Health

Children have a right to take part in and influence how adults plan and run services for them in the areas where they live and learn. Aberdeen City Council is supporting the engagement of children in the design, delivery and monitoring of services. The City is also looking to the long-term future and seeking to ensure that Aberdeen is not just a Child-Friendly City, but a Rights-Respecting City. The Imagineers are going to help them with this by investigating priorities set out in the Local Outcome Improvement Plan.

Visit childrensparliament.org.uk/imaginingaberdeen/ for more information.

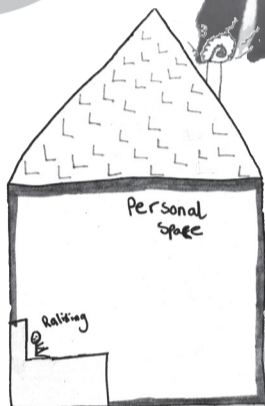
Children's key messages to adults around Mental Health



Bullying gets in the way of having good mental health. Adults may say that it's just a joke and that the child that is being bullied is just overreacting and taking it too seriously, but they aren't.

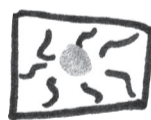


Children want to tell a trusted adult their worries, but they don't want this person to tell other teachers and professionals what they have shared. There should be trusted adults to speak to in private without the worry of it being spread.



Children need space at home. Time to think, chill, do homework and be on their own for a while away from siblings.

Love is what children need most.



Sometimes adults aren't good to talk to because they always think you need help or try to make it better instead of asking how you are and talking about your feelings. Adults usually just want to fix the problem and what children might want is somebody just to listen and be there for them.

If someone in your family is gone

Adults actions impact hugely on children's mental health. This ranges from divorce, parents working too much or not having time for them, abuse, someone dying, teachers being negative, parents drinking/ using drug or arguing. Adults can also have a positive impact by providing opportunities to eat healthy, be active, compliment and encourage.



Equip children with the right skills and tools so they can care for themselves. Things that help keep us calm: breathing, meditation, getting enough sleep, being active, doing something we love.

in out
in out
in out
breath in and out

Children's Parliament
Imagining Aberdeen

Imagining Aberdeen is a partnership between Children's Parliament and Aberdeen City Council



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