NHS Education for Scotland

Children's Rights Report
Child friendly version

16th July 2024 – 31st March 2026









1. What is this report about?

This report is about how NHS Education for Scotland (we sometimes say ‘NES’) has helped look after your rights.

Our work is about helping people who work in health and social care learn more about how to keep you safe, listen to you, and treat you fairly.

We have made posters to let you know more about our work and looking after your rights.

We are doing our best to help protect children’s rights in Scotland and will keep listening to what matters to you.



2. A message from me to you



Hello. I'm Karen Reid, the Chief Executive of NHS Education for Scotland. Part of my job is making sure our organisation thinks about children's rights when making important decisions. I want to make sure our work helps the people who care for you do the best job they can to keep you safe and healthy.

What you tell us about being treated fairly and getting support when you need it is very important to me and everyone I work with.

We are always trying to do better and want all children in Scotland to feel safe, cared for and supported.

3. What are your rights?

You have rights that help keep you safe, healthy, treated fairly and listened to. These rights are there to help you grow, learn, play and be happy. Your rights come from the United Nations Convention on the Rights of the Child (UNCRC). You can read more at unicef.org

In Scotland, children's rights are part of the law. This means adults and organisations like NES must think about children's rights in everything they do.



What this means for you:

- You have the right to be safe
- You have the right to be listened to
- You have the right to be treated fairly
- Grown-ups should help you learn, grow and feel supported

Your rights are important and adults must help protect them. Here is a short video from Dylan to explain more Dylan – Why children's rights matter | Videos & Movies on Vimeo

4. What we do at NES

NHS Education for Scotland (NES) supports people working in health and social care across Scotland by providing training, learning and online tools.

We don't usually work directly with children and families. The work we do helps the people who care for children every day. When they have the right learning and support, children can get the best care possible. Here is a short video from Nick to explain more Nick – Children's rights in practice | Videos & Movies on Vimeo

We help people understand how unfair treatment affects children, including issues like disability and family challenges.

We support The Promise by helping people understand children's rights and the importance of caring relationships, especially when children can't live with their families.

Our work helps make sure:

- Your rights are understood
- You are listened to and protected
- Care is safe, fair and respectful

5. How have we been helping your rights?

We want everyone working in health and social care to understand children's rights. We provide learning to help people:

- Listen to children
- Treat them fairly
- Keep them safe
- Act in their best interests

Here are four examples of what we have been doing and a video from Roseann to explain more [Roseann – Children's rights and health | Videos & Movies on Vimeo]

We made easy online learning so people who work with you understand GIRFEC and make sure you get the help you need when you need it. GIRFEC is also part of Childsmile. Read more: 'safe and sound, smiles all around' poster.

We help people understand how babies show their feelings, even before they can talk. This helps babies feel safe and loved. Read more: 'helping babies be heard' poster.

Your voice matters! We help children and young people in schools understand choices for their future. Read more: 'your health, your learning, your future' poster.

Your voice matters! 371 children and young people told us about their rights in health care. They said it's important to be listened to and to know their rights in health care.

Keeping you safe

We help people working in health and social care to keep you safe from harm by providing learning which helps their everyday work. Here are two examples of what we have been doing and a short video from Jo to explain more [Jo – Learning about children's rights | Videos & Movies on Vimeo]:

We made easy online learning to help people understand how to protect you from harm and to know what to do if they are worried. You have the right to be kept safe by everyone.

We are part of a big programme that teaches people about trauma. Trauma is when something very upsetting or scary happens. You have the right to be safe and cared for.

We are always improving our learning to help keep you safe and supported. Feeling safe is important and we do lots of work behind the scenes to help with this.

Families and care

We want people who work with you to know what makes you feel safe, settled and cared for and to get help early if it's needed.

Here are two examples of what we have been doing and a short video from Michelle to explain more Michelle – Supporting children and families | Videos & Movies on Vimeo

We made learning and resources to help people understand and support young carers in their daily lives. Our animation shares more about who young carers are. Read more: 'supporting young carers: your rights and opportunities' poster.

We support foster, kinship and adoptive carers understand trauma, so children and young people feel safe, settled, and cared for. Read more: 'helping children feel safe, supported and understood' poster.

Early years and parenting

We provide learning to help support strong, caring relationships from the very start of your life.

Here are two examples of what we have been doing:

As part of Family Nurse Partnership, we made podcasts as a fun way for family nurses to keep learning. Family nurses work with young parents to help them and their babies stay healthy, safe and happy.

It's important that all families feel supported, so we made lots of learning resources to make sure babies, children and young people's feelings, behaviour and development are understood. Read more: 'helping families feel safe, understood and supported' poster.

Health and wellbeing

We teach people who work with you about your health, feelings and wellbeing and to notice when you need extra care.

We know how important it is for everyone to work together so that you get the right care as early as possible.

Here are four examples of what we have been doing:

Your mental health and how you feel inside is important, especially if you are going through tough times. We made online learning to guide people who work with you about your feelings and wellbeing. Read more: 'safe, supported and heard' poster.

'Let's introduce anxiety management' (LIAM) and 'Let's introduce learning about…' (LILA) helps people support children who might think and feel in different ways. It also helps children and young people understand themselves.

A new online learning space for health visitors and family nurses was made to support them in their work with families. We know how important it is to get the right help at the right time.

We made fun resources to explain what school nurses do. Children and young people helped us, so they are clear and easy to understand. Here are animations just for you: primary age and secondary age.

What happens next?

NES is now part of a new organisation called **Public Services Delivery (PSD) Scotland** which happened on 1st April 2026.

This is very exciting because two big organisations came together to make health and care services even better for you and everyone in Scotland!

We will:

- listen to you and the people who care for you
- help people working in health and social care understand your rights
- make lots of good learning so that everyone can do their jobs well
- be kind and caring and do our best

We will always keep children's rights at the heart of what we do to help you grow up safe, happy and supported.