SAFE, SUPPORTED AND HEARD

Education for Scotland

1 WHAT WE DID

A learning module was made using stories about pretend characters based on real experiences. These stories help adults who work with families understand how things like unfairness, difficult experiences, or being in care can affect children's feelings and mental health as they grow up. Children's rights were included all the way through to help adults learn more about how to listen to children, treat them kindly, and make sure they get the support they need.

2 WHAT DIFFERENCE DOES THIS MAKE?



The module helps adults who work with families understand how things like unfairness and difficult experiences can affect children's feelings and mental health. It also shows them how using children's rights and being kind, calm and understanding can make a big difference.

By learning about children's rights as part of their everyday training, more adults can feel confident about supporting children in a caring and helpful way.

3 HOW THIS HELPS CHILDREN'S RIGHTS



This work helps makes sure:

Children can **stay healthy** and get the help they need.
Children can **grow** and develop safely.
Children are **listened t**o and their views matter.
Children **get support** to heal after something difficult.

4 GIRFEC

Getting it right for every child (GIRFEC) is a way of making sure every child in Scotland is safe, happy, healthy and supported to do their best.

- Safe – helping adults notice worries early and give support quickly.
- Healthy – helping adults undersand children's feelings and mental health.
- Respected – children's experiences are important and we listen carefully.
- Included – helping others make sure all children can get the help they need.

5 THE PROMISE



The Promise is Scotland's plan to make sure children are loved, listened to, and get the support they need. This module helps adults understand more so they can care for children in kind and calm ways. It teaches them about difficult experiences children may have had, so they can offer support early and help children feel safe and understood.

6 WHY IT MATTERS



This work matters because it helps adults who work with families understand children's rights and to use them every day. It teaches them to be kind, calm and caring, and to notice when children need help. This means children, young people and families can get better support for their feelings and mental health.

MENTAL HEALTH IMPROVEMENT, AND PREVENTION OF SELF-HARM AND SUICIDE
NES NMAHP DIRECTORATE