YOU MATTER: YOUR FEELINGS, YOUR BELIEFS, YOUR RIGHTS

1 WHAT WE DID

We held an online session where chaplains and other adults who support children came together to learn about children's rights. They learned how to really listen to children, respect what they believe and how they feel, and help support their feels and what is important to them.

2 WHAT DIFFERENCE DOES THIS MAKE?



The online session helped adults understand more about children's rights. It got them thinking about how they can support children and young people in kind and caring ways.

This work helps make sure children are seen as a whole people. This means caring not just about their bodies, but also about their feelings and what they believe. It also helps make sure children are listened to and taken seriously.

3 HOW THIS HELPS CHILDREN'S RIGHTS



This work helps makes sure children and young people:

- Can **think and believe** what feels right for you
- Have adults who **listen** and take their views seriously
- Get the care they need to **stay healthy** in body, mind and spirit
- Culture, religion and identity are **respected**

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.

- **Respected** – identity, beliefs and values and treated with care.
- **Included** - giving support that respects children's background and culture.
- **Healthy** - paying attention to how children feel.
- **Nurtured** - supported with kindness, especially during difficult times

5 THE PROMISE



This work helps keep The Promise by making sure children are listened to. It is about having good caring connections and understanding each child and what matters to them. By noticing children's feelings and what they believe, adults can give kind and caring support.

6 WHY IT MATTERS



This work helps adults look after the whole child - their body, their feelings, and what's important to them inside. It means children are cared for with kindness, so they feel safe, included, and listened to.

SPIRITUAL CARE, NES NMAHP DIRECTORATE