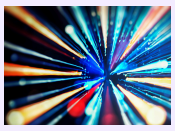
# HELPING CHILDREN FEEL SAFE, SUPPORTED AND UNDERSTOOD

## 1 WHAT WE DID

Thriving Futures is training for adults who care for children, such as foster carers, kinship carers and adoptive parents. It helps people understand how difficult experiences can affect children and how to support them in kind and caring ways.

The training was first tested with foster carers and has been made better by what they told us. In future, more people will be trained to deliver it, so more families can be supported across Scotland.

## 2 WHAT DIFFERENCE DOES THIS MAKE?



This training helps adults feel more confident in caring for children in safe, kind, and understanding ways.

It helps build stronger connections and supports children and young people to feel better and do well. It also helps foster carers, kinship carers and adoptive parents feel more supported too.

This work helps make sure every child has the chance to feel safe, cared for and happy.

## 3 HOW THIS HELPS CHILDREN'S RIGHTS



This work helps protect children's rights by making sure:

- Children's **best interests** come first in decisions about them
- Children are kept **safe** and protected from harm
- Children who cannot live with their families get the **care and support** they need
- Children are helped to **feel better** after difficult experiences

## 4 GIRFEC

The work helps make sure children are young people are:

**Safe:** adults know how to care for children in ways that keep you safe.

**Nurtured:** children have strong, caring relationships with adults looking after them.

**Healthy**: children are supported with their feelings and how they grow and develop.

**Respected**: adults listen and understand that behaviour is a way children communicate

## 5 THE PROMISE



This work follows The Promise by helping children and young people feel safe, cared for, and supported by adults around them. It supports children and young people to get the help they need early and to grow up in loving, stable homes where they feel listened to and looked after.

## 6 WHY IT MATTERS



When adults understand how difficult experiences can affect children and young people, they can care for them with more confidence and kindness. This helps create safe, loving places where children can grow, build strong relationships, and feel happy and supported.

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