

# What the consultation found

Children and young people have lots in common. But some of their experiences and views are different. Adults need to know what is the same and different for all children and young people.

Young Gypsy Travellers, young carers, disabled young people and young people with experience of care talked about experiences which showed that they were treated unfairly and experienced discrimination. Adults need to find ways of finding out more about these bad experiences.

NHS Health Scotland should make sure that its work takes account of what children and young people said.

## What happens next?

A longer report of what children and young people said has been given to NHS Health Scotland. You can read the report here:

<http://www.healthscotland.com/uploads/documents/13567-C&YP%20consultation%20on%20Mental%20Health%20Indicators%20draft%20Framework.pdf>

NHS Health Scotland will check that the work it has done so far reflects what children and young people said.

NHS Health Scotland will produce its resource - *the national indicators for children and young people's mental health* - in September 2011. You can read about the work that has been done so far here:

<http://www.healthscotland.com/scotlands-health/population/mental-health-indicators/children.aspx>

This resource will help adults working with children and young people understand more about what makes children and young people feel good and bad (their mental health) and how these things are changing.

To find out more about NHS Health Scotland's work on mental health indicators for children and young people contact Jane Parkinson at [jane.parkinson@NHS.net](mailto:jane.parkinson@NHS.net)

To find out more about the consultation with children and young people contact [susan.elsley@ed.ac.uk](mailto:susan.elsley@ed.ac.uk)

## What children and young people said

### People

#### Who were important in children and young people's lives:

Relationships were very important to everyone

Family was important

Friends were really important- especially best and close friends

Pets were important

Some adults such as teachers and youth workers were important to children and young people

Young Gypsy Travellers said that family included all their family and friends who were part of the Gypsy Traveller community

Young people with experience of care said that trust was an important part of relationships with the adults who looked after them.

### Not fair

#### What children and young people thought was not fair:

Being bullied

Cheating in games

Being left out

Girls and young women not getting the same chances as boys and young men

Parents being too careful about the things that children and young people could do.

#### Experiences that were not fair:

Young Gypsy Travellers said that they were often treated unfairly- they experienced discrimination

Young carers said that not many adults knew about their situation at home - particularly at school

Young people with disabilities said that being told what to do by adults or brothers and sisters was not fair

Some young people said that it was not fair that they did not have enough money. This included young people with experience of care, young people with learning disabilities, young carers and young Gypsy Travellers.

The Centre for Research on Families and Relationships (CRFR) consulting children and young people for NHS Health Scotland

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## Checking it out: Doing ok?

A consultation with children and young people in Scotland



# A very big thank you...

to all the children and young people who took part in the consultation  
to the staff and to the organisations that helped us

## What was this consultation about?

We wanted to find out what children and young people think about the things that can make children and young people's lives ok and not ok.

The consultation was for NHS Health Scotland (the organisation that helps improve everyone's health in Scotland).

It was to help NHS Health Scotland produce a resource for adults working with children and young people.

This resource will be the *national indicators for children and young people's mental health*. It will help adults work out the things that affect children and young people's mental health (what makes children and young people feel good or bad) and how these things are changing.

## When was the consultation?

We did it between March 2010 and May 2010.

## Who did the consultation?

Susan Elsley and Christina McMellon from the Centre for Research on Families and Relationships (CRFR) at The University of Edinburgh.

## Who took part?

**70** children and young people aged from 3 to 29 years old

We wanted to find out the views of children and young people with different experiences. We spoke to:

- children aged 3 to 4 years
- children aged 5 to 8 years
- young people who were young carers
- young Gypsy Travellers
- young people with learning disabilities
- black and minority ethnic young people
- deaf young people
- young people with experience of care

# What children and young people said

## Fun

### What children and young people liked doing:

- Spending time with friends and family
- Playing outside
- Hanging about outside
- Taking part in sports
- Going to clubs
- Using the internet and social networking sites like Facebook and MSN
- Watching television and films
- Playing computer games.

### Everyone had different interests such as:

- Listening to music
- Going to the cinema
- Going to drama clubs
- Going out on bikes
- Making crafts
- Going dancing.

### What made it difficult to do these things:

- Having enough money
- Having places to go
- Some children and young people said that they were unfairly treated- they were discriminated against. They could not do all the things they wanted to.

## Being heard

### Who listened to children and young people

- Everyone thought it was very important that children and young people should be heard
- Adults did not always listen to children and young people
- Most family members- parents, brothers and sisters and grandparents- did listen but not all the time
- Friends were good listeners
- Youth workers listened.

### Who did not listen

- Deaf young people said that people did not always listen to them because they were deaf
- Young Gypsy Travellers and young people with experience of care said that they were not always listened to by adults.

## Changes

### What changes affected children and young people:

- Changing schools could be difficult
- This included moving between nursery and primary schools, primary and secondary schools and moving to college
- It could be difficult moving to a different youth group
- Young people with experience of care said it was difficult to be ready for changes in their lives. They wanted support when they left care
- Young Gypsy Travellers thought that change could be a good thing
- Deaf young people said that it was difficult to move between different schools and colleges.

## Healthy

### What keeps children and young people healthy:

- Eating healthy food
- Taking exercise
- Drinking water.

### What makes it difficult to be healthy:

- It makes it difficult for young carers if a parent is not well.
- Young people with experience of care don't always know how to stay healthy when they live by themselves.

## Places

### What places were important to children and young people:

- Homes
- Being outdoors
- Spaces for play and leisure
- School could be a good place. But school did not always meet children and young people's needs.
- What was taught in school was not always what young people thought was important.
- 'Home' meant different things to young people who were young carers, for young people with experience of care and for young Gypsy Travellers.
- Children and young people wanted different places where they could hang out, were safe and had things they wanted to do.