

Services For Children & Young People



**Seirbheisean
Chloinne & Òigridh**



CONTENTS

Introduction	2
Getting Help When You Need It	3
Confidentiality	3
Safe	4 & 5
Healthy	6 & 7
Achieving	8 & 9
Nurtured	10 & 11
Active	12 & 13
Respected & Responsible	14 - 17
Included	18 & 19
My Important Contacts	20

Are You A Young Person Living in Highland?

YES!

Then This Booklet Is For You!

It's about supporting you and your family.

It's about the help you can get in different circumstances.

Support services in Highland work together to make sure you are:

SAFE - HEALTHY - ACHIEVING - NURTURED

ACTIVE - RESPECTED & RESPONSIBLE - INCLUDED

See each section for what this means for you.

www.forhighlandschildren.org

**You are unique and understanding what is important to you
will make sure you get the right help.**

We are improving services so that:

You get the right help when you need it.

**This means that people you have contact with
(teacher, school nurse, GP, health visitor,
youth worker, social worker etc) are responsible
for getting you the help or support you need
even if it is from a different service.**

**With your agreement services will share
information, to get you the help you need.**

**Delays will be reduced
- you will not need to repeat why you need help.**

**We Call This
GETTING IT RIGHT FOR EVERY CHILD**

Confidentiality

You have the right to confidentiality.

**Different services have slightly different rules.
SO ASK ABOUT THE RULES**

**Confidentiality means you can talk to Health Workers,
Teachers etc about what is happening to you.
They will keep information about you safe and private.
In exceptional circumstances - when it is believed you
or someone else may be at significant risk -
services will pass on information.
BUT THIS WILL BE DISCUSSED
WITH YOU BEFORE HAND**

**In all other circumstances information about you
is shared with your agreement and
because it helps to ensure that you get
the right help when you need it.**

**To speak to someone in confidence you can contact:
Childline 0800 1111
The Highland Child Protection Line 0800 0223222
www.protectinghighlandchildren.org**

**How you grow and develop will depend on things you do, things that
people look after you do and other things in the wider world.**



Safe

**This means
you have the
right to be
PROTECTED
from:**

- ◆ Abuse
- ◆ Neglect
- ◆ Harm
- ◆ At Home
- ◆ At School
- ◆ In Your Community

The Highland Child Protection Committee makes sure that all services and organisations have the very best policy and practice for protecting children from abuse throughout Highland.

DID YOU KNOW?

Your protection is so important that the most senior officials in Highland from Police, Health and the Local Authority lead the work done by the Highland Child Protection Committee.

Child Protection is everyone's responsibility. If you feel unsafe or worried about another person's safety, you can speak to any trusted adult. A trusted adult includes people you have contact with through school, youth work, social work, health, police and recreational activities.

Important Contacts

- ◆ Highland Child Protection Enquiry Line: 0800 0223222
Highland Out of Hours: 08457 697284
www.protectinghighlandchildren.org/htm/hcpc.php
- ◆ Police tackling crime: CRIMESTOPPERS 0800 555111
- ◆ Preventing bullying: www.bullying.co.uk - Childline: 0800 1111 - www.childline.org.uk
- ◆ Providing safe walking and cycling routes to school: Road Safety Team 01463 702690
Email: road.safety@highland.gov.uk
- ◆ How to be safe on-line: www.hyv.org.uk/internet-child-safety.html



Healthy

This means you get help:

- ◆ To keep healthy
- ◆ To make choices which will give you the best possible physical and mental health

Health services work with all children's services and particularly schools to provide support and advice to you and your family on many aspects of healthy living such as:

Healthy Eating - Exercise - Dental health
Substance misuse - Mental health - Sexual health

DID YOU KNOW?

All Highland schools have gained an award for Health Promotion.
Look out for a life style survey which with your participation will help improve services.

Important Contacts

- ◆ GP: www.nhshighland.scot.nhs.uk/Pages/Gp_HealthCentres.aspx
- ◆ Dentist: www.nhshighland.scot.nhs.uk/Services/Pages/Dentists.aspx
- ◆ School Nurse: www2.nhshighland.scot.nhs.uk/IntegratedChildrenServices/PublicHealthNurse/Schoolnurse.htm
- ◆ For general health information: www.healthyhighland.com
- ◆ Children in distress/self-harm/suicide: www.chooselifehighland.co.uk
- ◆ For Mental Health information contact:
www.nhshighland.scot.nhs.uk/YourHealth/Pages/MentalHealthandWellbeing.aspx
- ◆ For Substance Misuse information contact:
www.nhshighland.scot.nhs.uk/YourHealth/Pages/DrugsAlcohol.aspx
- ◆ For Action for Children - Drug and Alcohol advice:
www.forhighlandschildren.org/htm/Advice%20Service%20leaflet.doc
www.forhighlandschildren.org/htm/Advice%20Service%20poster.doc
- ◆ For Sexual Health information contact:
www.nhshighland.scot.nhs.uk/YourHealth/Pages/SexualHealth.aspx



Achieving

**This means
you will get
support and
guidance to:**

- ◆ Learn
- ◆ Develop skills
- ◆ Build confidence and self esteem

You will be given help to achieve your potential at school **AND** if you have particular difficulties or special needs you will get additional help.

At school there are now a range of people available to help you and your teachers make your learning a positive experience.

Recognition of your achievements is not only about class room work. You can develop skills and show your ability in many different settings.

You can take part and achieve in:

**Duke of Edinburgh Awards - Youth Achievement Awards - John Muir Awards
Millenium Volunteers - Young Scot Awards - Young Quality Scot Awards**

DID YOU KNOW?

As well as your class teacher you can get support in school from guidance teacher, support for learning teacher, educational psychologist, school nurse, primary mental health worker, youth worker and children's service workers.

Important Contacts

- ◆ Highland Council Youth Development Team: Telephone: 01463 702053
www.hyv.org.uk and click on awards, achievements, winners
- ◆ Help with school work/revision: www.bbc.co.uk/scotland/education/bitesize
- ◆ Careers advice: www.careers-scotland.org.uk



**This means
that wherever
possible you
should live and
grow up in a
caring family
setting even if
not with your
own family.**

Nurtured

You or your family can receive support and advice in areas such as:

Respite Care - Parenting Support - Substance Misuse - Money - Domestic Violence Relationships - Behavioural Issues - Disability - Family Group Conference

Do you look after others? If you help to care for anyone at home who has a physical or mental illness, disability or misuses drugs or alcohol you might be able to get some extra help at school or outside school. You can get information about the condition of the person you care for and someone to talk to about your caring role.

Every Secondary School has a named young carer contact that you can speak to in confidence about any difficulties you are having. This is about helping you because you care for someone else. For more information or help please contact Highland Carers Project.

DID YOU KNOW?

There are around 150 foster Carers in Highland providing temporary care for children and young people unable to stay at home - usually for a few days to a few months.

If you or your family experience Domestic abuse you can get support from specialist children's workers who understand how difficult it can be to ask for help.

Important Contacts

- ◆ Highland Carers Project: Tel: 01463 723563 - Text: 07950 328 264
E mail: youngcarers@hccf.org.uk - www.forhighlandyoungcarers.co.uk
- ◆ Women's Aid: www.scottishwomensaid.org.uk/help-and-info-for-young-people



Active

**This means
that you will
have real
opportunities
for:**

- ◆ Leisure activities
- ◆ Play activities
- ◆ Sports

High~Life Young Scot

Access a range of activities like swimming, fitness classes, badminton etc, Information, Libraries, Leisure Centres, School Meals and Discounts for Travel & Shops

Your Local Youth Worker

There is a local Youth Worker in every secondary school locality, to find out who they are and what youth activities are available visit www.hyv.org.uk and click on contacts.

DID YOU KNOW?

Active Schools

Safe and fun, Active Schools Co-ordinators will provide opportunities for all schools.

Important Contacts

- ◆ Fèisean nan Gàidheal - for culture, drama and music: www.feisean.org
- ◆ Disability Sports: www.highlanddisabilitysport.info/
- ◆ Plus One Scheme - allowing carer to go free so Young Person can access sport and leisure www.highland.gov.uk/socialwork/olderpeopleservices/carersupport/
- ◆ High~Life: www.hyv.org.uk/high-life.html
- ◆ Eden Court: www.eden-court.co.uk
- ◆ A new web site designed to help you find places to go to be physically active: www.activescotland.org.uk



Respected & Responsible

This means you will be:

- ◆ Listened to
- ◆ Involved in decisions that affect you
- ◆ Supported and advised regarding your rights
- ◆ Able to play an active and responsible part in your school and community

The UN Convention on the RIGHTS of the CHILD says - You have the right to speak up and have your opinions listened to and taken seriously by adults on things that affect you. The children (Scotland) Act 1995 says - Your right to be heard is a major issue.

DID YOU KNOW?

Scotland's Commissioner for Children & Young People (SCCYP) has a duty to "promote and safe guard the rights of children and young people".

Important Contacts

- ◆ Scotland's Commissioner for Children & Young People (SCCYP)
Freephone: 0800 019 1179 - www.sccyp.org.uk
- ◆ **Do you receive support from Social Work Services?**
If you are or were **Looked After/In Care** you can contact:
Your local "**Who Cares?**" **Worker** who can act on your behalf to challenge important decisions on services if you have a problem or complaint.
Email: a.wilson@whocarescotland.org - Telephone: 07712 870 335
www.whocarescotland.org/care_commission.htm
- ◆ **Listen To Us** is a campaign to ensure you are listened to by those who plan services in Highland: that you are involved in making decisions even if you find it difficult to express yourself: www.highlandchildrensforum.org - www.hyv.org.uk
- ◆ **HealthVOICES** is a Public Partnership Forum for getting involved in a wide range of health issues, and helping to shape services.
www.nhshighland.scot.nhs.uk/GetInvolved/Pages/GetInvolved.aspx

“Youth Voice”

Do you want to represent young people?

Have an influence on policy in Highland and even at National level?

1. Highland Youth Voice is an elected parliament for young people in Highland.
2. The youth parliament has about 100 members from across Highland. Elected via schools and local youth forums, representing all young people in Highland.
3. You also have a Highland Youth Convener who is the full-time face and voice of young people. The Youth Convener has full voting rights on important committees including the Education, Culture & Sport Committee and Joint Committee for Children & Young People. The Youth Convener is contracted for a year.
4. Eight Youth Forums exist for you to join in Inverness, Nairn, Ross & Cromarty, Skye & Lochalsh, Caithness, Sutherland, Nairn and Badenoch & Strathspey.
5. You could also become a Highland MSYP (Member of the Scottish Youth Parliament) and bring Highland Youth issues to a national forum. There are 6 MSYP's in Highland - 2 representing each of the 3 constituency areas Caithness, Sutherland & Easter Ross, Inverness, Nairn, Badenoch & Strathspey and Ross, Skye & Lochaber.
6. To find out more get in touch:

See www.hyv.org.uk

Or contact the Highland Youth Development Office Tel: **01463 702043**





Included

This means:

- ◆ Overcoming those things which make it difficult for you to get involved
- ◆ Helping you to enjoy the same opportunities as others

All children and young people should be treated fairly. Lots of things can make it harder to be included or feel involved. You can expect help to overcome difficulties, such as:

**Disability - Race - Gender - Sexuality
Age - Faith - Money - Being a Looked After Child**

Did You Know?

If you have been "looked after" also known as "in care" Highland Council & NHS (Health) Highland have responsibilities as your "**Corporate Parents**".

Important Contacts

- ◆ If you have been **Looked After/In Care** you will get support until well after your 16th birthday. Contact any **Social Work Office** or your local "**Who Cares?**" **Worker**
Email: a.wilson@whocaresscotland.org - Telephone: 07712 870 335
www.whocaresscotland.org/care_commission.htm
- ◆ If you feel you have been discriminated against, speak to an adult you trust. **Advocacy Highland** provide a Child Advocacy service: www.advocacy-highland.org.uk
- ◆ If you or someone you know has a disability check these links/contacts for lots of information:
My Transition Guide Children and Young People: www.highland.gov.uk/transitionguidecyp
My Transition Guide Parents, Professionals and Partner Services:
www.highland.gov.uk/transitionguideppp
- ◆ Children in the Highlands Information Point(CHIP): www.childreninthehighlands.com

To request this information in an alternative format e.g., large print, Braille, computer disk, audio tape, or suitable language, please contact:

**Children's Planning Officer
01463 711176**



**Highland Community Planning Partnership
Companas Dealbhaidh Choimhearsnachdan na Gàidhealtachd**