An easy-read guide to WELLBEING

- Successful learners
- Nurtured
- Active
- Confident individuals
- Respected
- Responsible
- Healthy
- Safe
- Included
- Effective contributors

ALLIANCE
Health and Social Care
Alliance Scotland
people at the centre

People First
(Scotland)
Wellbeing is a word used to describe 8 things every child or young person needs to grow and develop well.

To have a good life every child or young person needs to be:

1. Safe
2. Healthy
3. Achieving
4. Nurtured
5. Active

6. Respected

7. Responsible

8. Included

You can read about what these words mean on the next pages
1. Safe

Children need to be safe at all times. They are protected from abuse and neglect.

Children are not afraid for their safety or others

Parents protect children from abuse

Children can get help quickly when they need it. They know how to get help and are confident to do so
Children live in a well maintained and secure home

The risk of accidents is as low as possible:

Sockets and electrical goods are safe

Upstairs windows are safe
Children are kept safe near the cooker

Children are kept safe near the fire

Children are kept safe near stairs

Children are kept safe in traffic
Children are kept safe near water

Equipment and medicines are out of reach of children

Children know how to be safe around strangers
Children know how to stay safe in relationships and to say ‘no’

Children have safe places to play and meet friends

Children are not bullied at school or anywhere

Children know how to stay safe on mobiles and on the internet
2. Healthy

Children have good physical and mental health. They know how to keep healthy.

Pregnant mothers have healthy lifestyles

New born babies get the best possible start in life

Children get enough healthy food and drink

Children get enough exercise
Children go to the doctor and dentist regularly

Children keep clean

Children are happy – having friends and someone to talk to

Children get advice and guidance about being healthy
3. Achieving (Learning new skills)

Children have the skills, and confidence to learn well

Children develop skills and learn to do things for themselves

They are prepared for school

They want to do well and succeed
They are helped to work hard at school.

Children are supported to learn at home and at school.

Children take part in art, music and community activities.
They are given praise and treats and encouraged to try new things

Children feel OK about learning by mistakes. It’s okay to get things wrong

Children have opportunities to volunteer and are valued citizens

Children want to carry on learning when they leave school
4. Nurtured

Children do well because they have loving relationships

Babies and children know they are loved by their parents. They have a good attachment (bond)

They know they are trusted and belong

They have daily routines for eating, sleeping and personal care
They have someone to turn to when they are upset or worried

They have a stable home, family and friends. The home is warm and clean

They are always looked after by adults who can care for them properly

Children get their needs met as they change and develop
5. Active

Children are physically active with healthy growth and development

Very young children are encouraged to explore the world around them

Children do active play in the home and outdoors – sports, bike, walk, swim, park

Parents do fun things together with their children at home
Parents do fun things together with their children outdoors.

Children learn through different sorts of play – water, puzzles, games.

Children learn to take turns and share by playing with friends often.
Children’s interests are recognised and they can learn new skills

Children get praise
6. Respected

Children can say what they want and know their rights

Each child is treated as an individual

Children are listened to and their views are taken seriously

Children learn about their rights

Children’s rights are respected, at home, in school and in the community
Children feel good about themselves

Children are given the information they need to make decisions

Children can keep reasonable things private if they want
7. Responsible

Children take on the right level of responsibility for their age. They get good advice.

Children show respect for others

Children can behave well. They are sorry and can make amends if they do something wrong

Children have clear boundaries. They learn about right and wrong
Children have the right level of responsibility for their age

Children are asked for their views

Children get support to hold important positions at school and in the community
Children help to create a good environment

Children get the help they need if they are at risk of getting into trouble
8. Included

Children contribute to their local communities

Children and parents get the support they need

Children are not discriminated against

Children are valued for who they are
Children have friends who they can play with nearby.

Children can be members of local groups (sports groups, brownies, church etc).

Children can go to the local school.