

An easy-read guide to WELLBEING



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

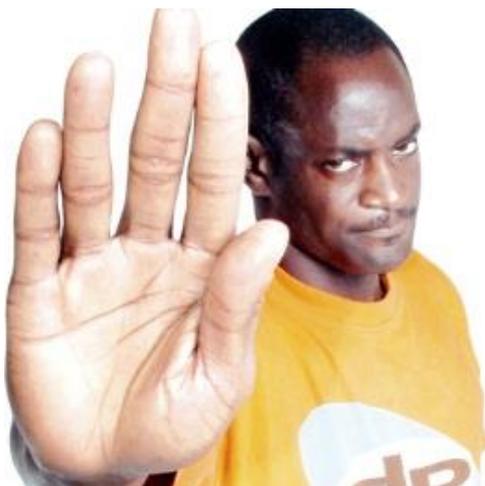


You can read about what these words mean on the next pages

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 have safe places to play and meet friends



Children are not bullied at school or anywhere

Children know how to stay safe in relationships and to say 'no'



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

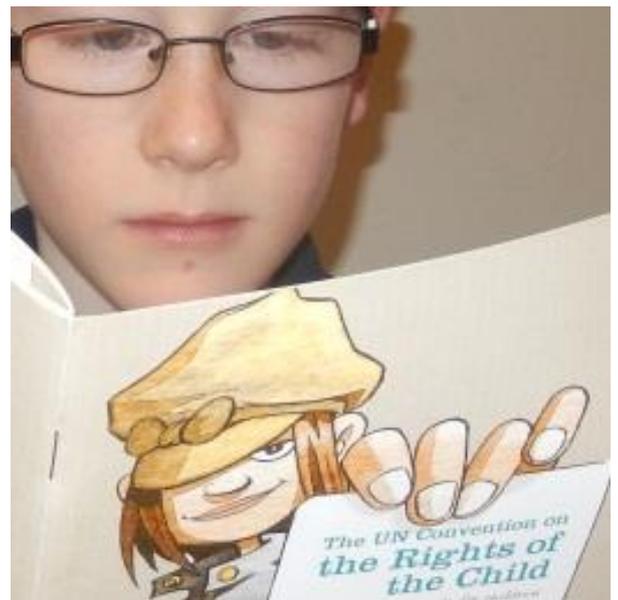
Each child is treated as an individual



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

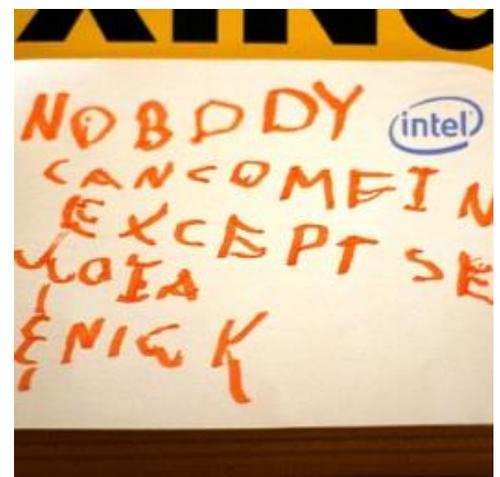


Children feel good about themselves



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



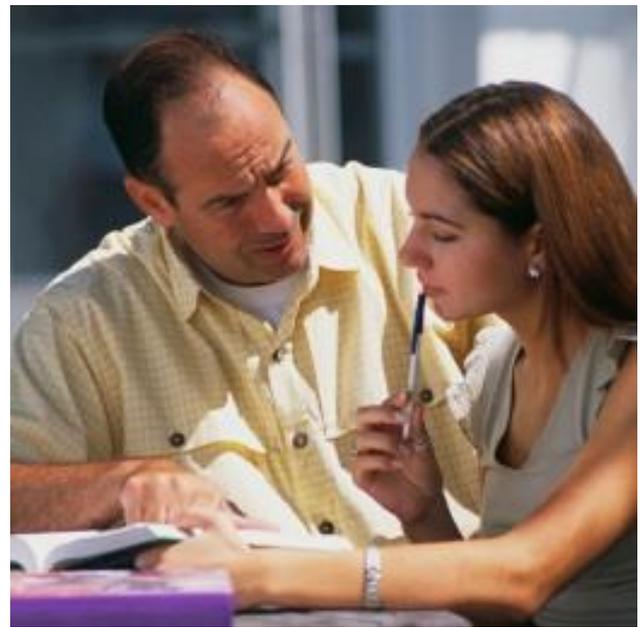
Children have clear boundaries. They learn about right and wrong





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

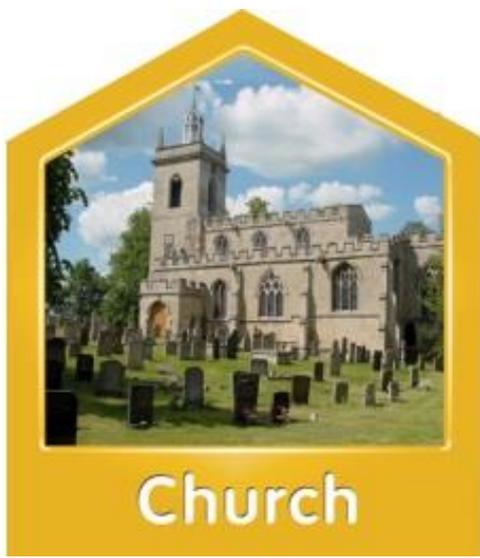
Children and parents get the support they need



Children are not discriminated against

Children are valued for who they are





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

Children have friends who they can play with nearby



Children can go to the local school

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