Tayside's Charter for Children and Young People

All children and young people we will... Children and young people have good emotional health and wellbeing and will feel represented Promote respectful relationships are resilient through the Health and Wellbeing Children and young people have curriculum, relationships and anti-bullying Consult with a wide Services and staff will have access a positive relationship with and range of children and young policies, whole school interventions, for example, to professional development to can trust at least one adult nurture, relational and restorative approaches, rights people with a specific focus on develop a greater understanding based learning etc underrepresented of groups with specific barriers and needs Promote prevention and early intervention through universal Reduce barriers to access curricular approaches, universal and targeted health services, Ensure any support offered is easily community activities and partnership working accessible and visible for all Promote positive mental health and strategies to cope with Children and voung Parents and mental health issues people can talk about Ineed carers will have a greater I need you emotional wellbeing Through trusting and awareness of the mental Raise parents and carers and mental health with the Health to recognise my health continuum and positive relationships awareness about mental health in their peers and with and Wellbeing differences and actively support strategies to promote my emotional children and young people curriculum specifically adults reduce any barriers health and wellbeing Parents and carers promote an openness to the I may face to Children can talk about and develop my can easily access discussion of emotional health and accessing services their own emotional resilience Provide accessible information to wellbeing and raise awareness of information and I want Iwant and mental health and support universal or targeted parents/carers on universal and the mental health continuum better local there to be and wellbeing issues supports for their child targeted supports available across information for reduced stigma without fear of stigma Promote a wider understanding **Tayside** about mental health my parents/carers of the range of responses to WE We so that they know issues so that I can ask challenges and adversities how best to help and for help when I need support me Counselling is available Children and young (for children 10 years people have easy and older) in schools I want there to be and quick access to Improve the range of supports across Tayside more Mental Health I need to know where information and a range available in schools First Aiders and to go for help and of supports and services All children and young Counsellors in schools support when I need Increase access to Counselling people can access Children and young services in schools to talk to Raise awareness of supports and it most Mental Health First Aid people access supporting services available for children and when they need it Provide further training in Mental services at an earlier young people across Tayside I want my Health First Aid for teachers and stage and get the teachers to I want a safe space Provide up-to-date and accessible support they need understand mental to talk and be listened (preventing the need signposting to these supports and Provide more 'train the trainer' health issues and know to without judgement for more targeted services programmes in Mental interventions) how to help me when Children and voung Health First Aid I need it **Promote** people feel supported better knowledge by their educational and understanding of setting and wider Ensure school. mental health issues and increase community learning and community and clinical development services staff confidence and consistency settings are welcoming, in responding appropriately friendly and trauma sensitive All practitioners are aware environments Practitioners Provide professional learning for all practitioners in recognising mental of the Emotional Health understand and are health issues in young people through Abertay University and Wellbeing pathways to Establish protocols for children and confident in responding support in Tayside young people to access safe Promote understanding of pathways to support through the to children and young spaces and/or someone they **Emotional Health and Wellbeing Toolkit** people's emotional health can talk to and wellbeing issues Increase awareness of staged intervention approach Children and young people access the right service Provide guidance on appropriate referrals at the right time

when specialist services needed

Children and young people can access

a safe space to talk