

What influences Wellbeing?

A child or young person's wellbeing is influenced by everything around them. This includes individual circumstances, support they get from their family and community, and services that support them. The effects of poverty, inequality and isolation can also have a negative effect. Factors such as adequate sleep, play and a healthy balanced diet have a positive impact on all aspects of a child or young person's wellbeing.



for advice on childcare,
education, family support &
additional support needs

telephone **03000 200 293** option 6
email **fis@aberdeencity.gov.uk**
text **07825 053136**
www.aberdeencity.gov.uk/fis

Remember if you have a concern about the welfare or safety of a child or young person then you must follow service guidance for Child Protection.

For information regarding Child Protection in Aberdeen go to:

<http://bit.ly/2q0tZy1>

getting
it right
for every child
ABERDEEN



Getting it Right for
Every Child

WELLBEING

For parent and carers



What is the GIRFEC approach?

The Children and Young People (Scotland) Act 2014 is about improving the wellbeing of children and young people in Scotland. The Act is wide ranging and includes key parts of the Getting it Right for Every Child GIRFEC approach.

GIRFEC is a national approach to help improve outcomes and support wellbeing of our children and young people by offering the right help at the right time from the right people. It supports children, young people and parent(s) to work in partnership to address wellbeing needs. It is not new; services across Aberdeen City have been working in partnership for many years.



Promoting Wellbeing in Aberdeen

All services are working together in Aberdeen to make sure that every child enjoys being young and at the same time is Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included. These eight indicators – often shortened to SHANARRI – are seen as representing the basic requirements for all children and young people to grow, develop and reach their full potential.

What is Wellbeing?

In the broadest terms the Wellbeing Indicators mean:

Safe: protected from abuse, neglect or harm at home, at school and in the community

Healthy: having the highest attainable standards of physical and mental health, access to suitable healthcare, and support in learning to make healthy, safe choices.

Achieving: being supported and guided in learning and in the development of skills, confidence and self-esteem, at home, in school and in the community.

Nurtured: having a nurturing place to live in a family setting, with additional help if needed, or where possible, in a suitable care setting.

Active: having opportunities to take part in activities such as play, recreation and sport, which contribute to health, growth and development, at home, in school and in the community.

Respected: having the opportunity, along with parents and carers, to be heard and involved in decisions that affect them.

Responsible: having opportunities and encouragement to play active and responsible roles at home, in school and in the community, and where necessary, having appropriate guidance and supervision, and being involved in decisions that affect them.

Included: having help to overcome social, emotional, physical and economic inequalities, and being accepted as part of the community in which they live and learn.

All children have varying strengths and needs. The indicators are used to capture areas of strengths and also areas that may require some support.