

What's in a Child's Plan?

Not everyone will need a Child's Plan, only children and young people who need more help than is available from Universal Health Services and school.

The Child's Plan is important as it makes sure that everyone agrees what support you need and works together to help you. It is made in partnership with you and your family to make sure that you are happy with it. Every plan will include:

- information about your wellbeing;
- details of the support you need;
- details of who will help you and how they will help you; and
- when the plan will be reviewed.

When things are better for you the Child's Plan will be closed. Your family and your Named Person will make sure that you continue to do well.

If you would like any further information on GIRFEC have a look at the Aberdeen Getting it Right website <http://www.aberdeengettingitright.org.uk/> or e-mail namedperson@aberdeencity.gov.uk



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



Rights, Wellbeing and the Child's Plan

GIRFEC

For Children and Young people



Children and Young People (Scotland) Act 2014

The Children and Young People (Scotland) Act is a Scottish Government Act. It aims to make Scotland the best place in the world to grow up. The new law makes sure that public services (Schools, Colleges, Health Services and the Police) work together to support and encourage children's rights and wellbeing. This is sometimes known as the Getting It Right For Every Child (GIRFEC) approach.

What are my rights?

The United Nations Convention on the Rights of the Child (UNCRC) sets out a number of rights for children and young people. Some of them you may know such as:

- The right to be protected from discrimination
- The right to be listened to and taken seriously
- The right to be protected from harm
- The right to the best health possible
- The right to education

All adults who work with you will ensure that you are involved in making decisions that will affect you, to support your wellbeing and protect your rights.

What is Wellbeing?

Wellbeing is about how things are going for children and young people; it describes your health and happiness. GIRFEC makes it everyone's job to make sure that your wellbeing is as good as it can be. We use eight words to describe what it looks like when things are going well for you. The eight words (or indicators) will mean different things for everybody. For example Achieving might be big, like winning the Olympics, or it might be getting up at the right time and getting to school.

- Safe
- Healthy
- Achieving
- Nurtured
- Active
- Respected
- Responsible
- Included

By encouraging everyone to think about wellbeing using these terms, young people, parents, carers, teachers and other people like Health Workers or sometimes Social Workers can see where there may be concerns and work together with you to help.

When you or your Named Person are concerned about your wellbeing, they will speak with you to see how they can help. You may decide that other people need to be involved so that a clear plan can be produced to support your wellbeing. The plan is called a Child's Plan.

If you have any questions about GIRFEC, you can speak to your Named Person.

