

What does the domain “safeguarding” mean to children and young people from RCPCH &Us?



"Don't miss the chance to help us and our families before it gets too bad"



Child - RCPCH &Us

Children aged 10 and 11 in Scotland have been sharing what the impact of living in poverty has on their physical health, mental health, wellbeing and aspirations for the future. They wanted everyone involved in the child's life to be part of supporting them to stay healthy and safe and to make sure that living in poverty didn't lead to things getting worse with deteriorating health, feeling judged or not being able to stay with their families.

The voices and views of the 90 children that took part are informing the work of the State of Child Health 2020 project stream.



We asked children & young people what they think keeps them safe and they said:

- Adults that we know and trust to speak with about things that are going on in our lives
- Safe places to go in our local area which helps us to see friends, do things together and not be out on the street
- An environment that is safe, clean, fixed up and doesn't encourage bad things to happen
- Not being judged by services or staff – just because we have a social worker or need a bit of help doesn't make us a bad person
- To give us access to support when we need it, so we don't have to wait or be worse to qualify for help



"Doctors need to know that sometimes children's hearts are broken and we are not always happy"



Looked After Child - RCPCH &Us

#Notes

Discuss with my team/peers

Discuss with my supervisor

Domain areas to consult on locally with children and young people

Resources supported by RCPCH &Us:

RCPCH &Us young people are involved in the Rainbow NHS Badge project, creating an inclusive and aware health service for children, young people and families with LGBT+ experiences. You can read more about the project at their webpage.

<https://www.rcpch.ac.uk/resources/rainbow-health-youth-supporters-pack-lgbt-health-experiences>

Support materials for doctors created by children and young people in care

<https://www.rcpch.ac.uk/resources/being-me-supporting-children-young-people-care>



Want more information?
Contact: **and_us@rcpch.ac.uk**