



## Session 1: UNCRC

**Purpose:** To help professionals understand how children and young people view rights, needs and wants, and what they think of the stated outcomes of the draft strategy

**Time:** 30 – 40 minutes

**Materials:**

- Needs/wants cards
- Agree/disagree signs

**Instructions:**

*To introduce this section, you might say:*

'NHS Lothian wants children and young people to have the best start in life and to grow up being healthy, confident and resilient. They are developing a plan to make this happen and now it is our turn as citizens to let them know what we think of their plan. We will investigate what children and young people need and what adults, particularly those in the NHS, can do to help.'

*Consent*

This consultation is an opportunity for children and young people to share their views and in order for NHS Lothian to hear directly from them, their words and ideas will need to be recorded. Before you begin, ask the children and young people if they are happy for you to record what they say. You should reassure them that their statements will remain anonymous and will not be traced back to them. This allows them to be as honest and open as possible.

### *Activity 1: Needs and wants*

Using the needs/wants cards provided in this pack, ask children to consider each card and sort them into piles. One pile for 'Needs' – things that are essential for children and young people to be happy, healthy and safe; one pile for 'Wants' – things that children and young people can do without but make life a bit better or more interesting.

Tip: Use all of the cards or only a selection of them, depending on the age and stage of your group.

Once all of the cards have been sorted, ask the group to look at the cards in each pile and discuss why they have put them where they have.

- What criteria did they use?
- Were some decisions hard to make?
- How do you tell the difference between needs and wants?

This activity serves as an introduction to children's human rights – many of the things the children and young people will identify as needs are enshrined as rights in the UN Convention on the Rights of the Child (UNCRC). You might say 'These are the really important things that adults around the world have agreed that all children should have. They are called rights, and they belong to you and every other child in the world. Having something as a right makes it more powerful and it is something which everyone should understand and respect.'

### *Activity 2: Agree or Disagree?*

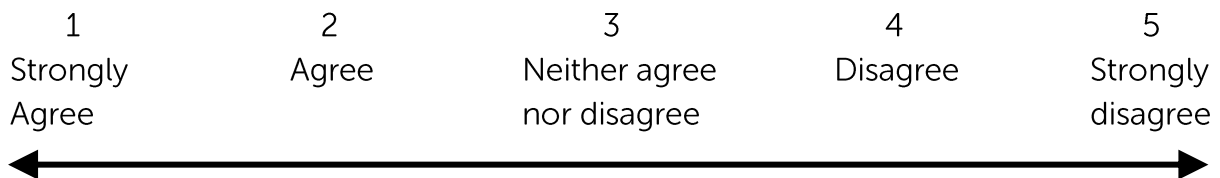
NHS Lothian has based its plan for children and young people on some of the rights listed in the UNCRC, particularly the ones relating to health and wellbeing. In this next activity, children and young people will consider the outcomes listed in the draft strategy.

Using the signs provided in this pack, spread them across the floor or tape them to the wall to create a large version of the scale. The children and young people will respond to a series of statements using the five choices along the scale.

Tip: The five choices of the scale allow children and young people to provide nuanced responses to the statements. However, depending on the age and stage of your group, you may decide to only use three of these choices. If so, just make note of the altered scale on your consultation response form.

Remind children and young people that there are **no right answers**. They should take a moment to think about each statement and to move according to how they feel, not based on choices of other group members.

Read each of the statements below and ask the children to move to the appropriate point on the scale. For each statement, record how many children go to each point on the scale. Once they have chosen their answer, ask the important question of 'why?' Why did you choose that point on the scale? What do you think about the statement? Record their responses so they can be included in your consultation response.



### Statements

1. Children and young people should get medical care when they need it.
2. Children and young people should have access to information to keep them healthy.
3. Children with a disability should get the care and support they need to live a full and healthy life.
4. Children and young people should have a say in decisions that affect their health.
5. When NHS staff make decisions about the healthcare of children and young people, they should have the child or young person's best interests in mind.
6. NHS Lothian should work to improve the health and wellbeing of the children and young people who are most vulnerable.
7. NHS Lothian should improve the quality and types of healthcare services for children and young people.
8. NHS Lothian should have staff who are knowledgeable and skilled and who know about children's human rights.
9. NHS Lothian should have a plan to check that healthcare services for children and young people are as good as they can be.

Once you have gone through all of the statements with the group, have a general discussion about them. These are the goals of NHS Lothian in its work with children and young people.

- Are they good goals to have?
- Is anything missing, or should anything be changed?

Record the children and young people's responses.