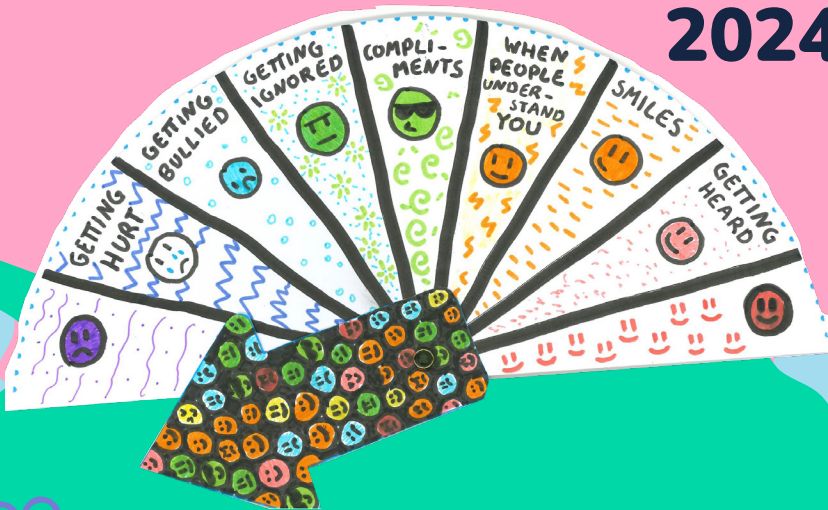


# Calls to Action for the Executive Team

2024



99 I am excited to share  
my ideas, so hopefully  
they will become  
bigger! 99

# Creating our Calls to Action

1

## **Desk Research:**

Desk Research: Staff from Children's Parliament in partnership with the Children's Rights Unit (Scottish Government) reviewed more than 30 different

reports, videos, surveys and resources from children's rights organisations. This desk research resulted in a long list of issues that affect children across Scotland today.

2

## **Survey:**

The long list of issues were put into themes and shared with Members of Children's Parliament (MCPs). Over 175 MCPs from across Scotland voted in the survey, ranking 10 headline issues in order of what they felt is most important to address now.

# 3

## **Shortlist:**

The Child Human Rights Defenders team (experienced MCPs) worked together to narrow down the long list of issues. They reviewed the desk research and the results of the survey considering the issues in relation to the impact on children, their rights and how urgent this felt.

They also considered the issues in relation to current policy, and what is already happening in Scottish Government. From their review, the children prioritised the top three calls to action that would guide their work this year.

# 4

## **Class Missions:**

After the calls to action were chosen, the Child Human Rights Defenders (CHRD) attending the Executive Team Takeover ran class 'missions' with their peers in school, engaging a further 120 children to gather additional evidence to help develop their understanding of the issues.

# 5

## **Calls to Action:**

The CHRD team analysed all the information gathered from the desk research, survey and missions to finally land on their Calls to Action, and their ideas to help drive change.


# Confidence Kingdom



**Children need to feel confident to share their ideas.**

- Member of Children's Parliament





The CHR D team recently participated in a consultation on what local democracy looks and feels like for children, and how children should be involved in local decision-making.

To do this, the children built their own imaginary town, 'Confidence Kingdom.' In Confidence Kingdom, people's rights are known and realised. The town is built in the shape of a heart. There are areas to play, relax and have fun with friends across generations, and as a family.

The children planned the layout of the spaces and buildings with

relationships and easy connections as a priority – everyone has equal access and opportunities.

Confidence Kingdom is a town where adults and children work together in a meaningful way. Adult decision-makers in Confidence Kingdom include children's opinions and listen to their ideas.

The Child Human Right's Defenders want to share their Calls to Action through Confidence Kingdom with the Executive Team by showing them what Scotland could look and feel like if their ideas became a reality.



Scan here to learn more about Confidence Kingdom and the 'Democracy Matters' consultation!

# Bullying and Mental Health

## Call to Action

Bullying is a big reason for mental health problems. Scottish Government needs to prioritise preventing bullying and supporting children with poor mental health in schools.



**If you're being bullied, you might feel anxious and worried that people see you getting help.**



- Member of Children's Parliament



# Ideas to help:

1

## Training courses for all adults in school

The training courses would focus on:

- How to prevent bullying
- The impact of bullying
- How to remove stigma around mental health

The courses should focus on embedding children's rights and dignity in school. Children should input into the training courses and have a say on what the adults learn.

2

## Nurture spaces throughout the school, in every school

Nurture spaces need to be available for every child to use throughout the school building. There should be dedicated rooms for children to take breaks and spaces in classrooms for them to feel healthy, happy and safe.

3

## More play equipment in every school

There should be more play equipment for children to use inside and outside. This will:

- Support mental health with more active breaks.
- Prevent bullying by keeping children busy and engaged.



Scan here to learn more about children's views on mental wellbeing in education.

# Climate Crisis Education

## Call to Action

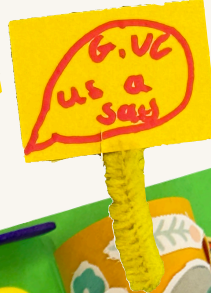
Children are worried about climate change. They don't learn enough about the environment or have enough opportunities to have a meaningful say on their future. Scottish Government needs to find solutions to these worries and put children at the heart of their climate action.



**If adults don't know about it, how are we meant to!**



- Member of  
Children's Parliament





# Ideas to help:

1

## Improved Government communication

The government needs to communicate updates on the climate crisis to children, in a child-friendly way. Most importantly, children want to hear about:

- What climate issues are affecting Scotland.
- What the Government are doing to stop it.

In doing so, this will help ease children's climate anxiety and in turn offer them opportunities to take action.

2

## Positive climate education

At the moment, children are only learning about the negative impact of the climate crisis. They want their education to include positive learning, involving:

- The positive steps people are making to reduce their climate impact.
- The opportunity to participate in climate events and be supported to take action on the climate crisis.

3

## Involving children in climate education

Scottish Government needs to include children's views, ideas and opinions in the design of climate education.



Scan here to learn more about Children's Parliament's investigation on Learning for Sustainability.

# Vaping

## Call to Action

Vaping is often seen by children as a 'healthy', 'cool' alternative to smoking. Scottish Government need to reduce children's access to vaping and increase their understanding of its impact.

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**Packaging on cigarettes is better, they write on it that it can hurt you, but with vaping, they make it look better, so kids want to buy it.**

- Member of Children's Parliament

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They think it's COOL



it's addictive



Images of vapes drawn by P5 children when asked 'Why do children vape?'

# Ideas to help

## 1 Stop vapes being designed for children

Vapes are very attractive to children, as they are flavoured like sweets, brightly coloured and on display in local shops. Members of Children's Parliament want vapes to share the same design features as cigarettes – with graphic images and dull colouring – to reduce children's desire to use them.

## 2 Reducing children's access to vapes

Vapes are being sold to children. Children want to reduce access to vapes by:

- Banning vapes being sold in areas near children's play/ learning environments
- Not allowing vapes to be displayed in shops.
- Putting a set price on vapes so they can't be discounted.
- Stronger ID checks when buying vapes.

## 3 Increasing knowledge and understanding of vaping and its impact

When exploring vaping with children, MCPs as young as eight years old could list the names of vape flavours, but none of them could explain the long-term effects, and some of them even thought vaping was a healthy choice. Children want to learn about the risks of vaping in a relatable way, for example from ex-users.



Scan here to learn more about children's ideas for a smoke-free Scotland.

# More about Children's Parliament

Our dream is that children grow up in a world of love, happiness and understanding. Our mission is to inspire greater awareness and understanding of the power of children's human rights and to support implementation of the United Nations Convention on the Rights of the Child (UNCRC) across Scotland.

For more about our story and the work we do:

[www.childrensparliament.org.uk](http://www.childrensparliament.org.uk)

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MICHAEL

AMBER

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 Children's  
Parliament

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