

# Share your story!

Every child and young person living in Scotland has a story. We want to hear **yours!**

## About us

Our name is Together (Scottish Alliance for Children's Rights). We are a charity who work to make sure that children and young people's human rights are protected.

We want every child in Scotland to be happy, healthy and safe.

We want adults to understand and follow a special set of rules called the UN Convention on the Rights of the Child.

[Click here to find out more about your rights.](#)



## What is this leaflet about?

We want to find out what life is like for babies, children and young people across Scotland. If you are **under 18** then this leaflet is for you. We want to hear about what matters to **you**.

What you tell us will help us write our **State of Children's Rights Report 2024**.

Our State of Children's Rights Report is like a big check-up to see how well Scotland is doing at making sure that children and young people are happy, healthy and safe.

The report will be like a storybook filled with all things you love, the challenges you face, and your thoughts about what's happening around you.



# Why is the report important?

We will share the report with the Scottish Government, local councils, schools, police and other grown-ups. It will help them understand what's important to you.

The report will let them know what you think is going well and what you think needs to change. This might be things like having fun, feeling safe, having a say and lots more!

We want to make sure that the government and other grown-ups understand how the decisions **they** make can affect **your** life.



## How is Scotland doing so far?

In 2023, children and young people from Scotland wrote a report for the United Nations about what was important for them. The United Nations is a place where all countries meet up and make decisions about how to make the world better.

The children and young people spoke about:



Life at school



Equality



Climate change



Mental health



Right to food



Adults respecting children's rights

[\*\*Click here to read children and young people's report.\*\*](#)

The United Nations then gave the Scottish Government a long list of things it needs to do better so that all children are happy, healthy and safe:

[\*\*Click here to find out about the 'to do' list from the United Nations\*\*](#)

By sharing your stories, you will help us find out if things are getting better. You will also help us find out if there are other important things that the Scottish Government and grown-ups should be thinking about or doing.

# Thinking about your story

The power is in your hands – **you** decide what you want to tell us.

Please remember to only share stories with us that you are happy for us to share with the Scottish Government and other grown-ups.

We've come up with some ideas to get you started - but these are just ideas! Feel free to share anything you want - this is **your story** - it can't be right or wrong!

You might want to think about:

## Life at school



- What does a day at school look like?
- Do you enjoy school? What do you enjoy or not enjoy? Why?
- If you could change anything about life at school what would it be and why?

## Life at home



- What does a day at home look like?
- If you could change anything about life at home what would it be and why?
- What is life like where you live?
- What is it like walking around your community? What do you see, hear and feel?

## Life in Scotland



- Do you feel you have a say in the decisions that are made by the grown-ups in charge?
- If you could change anything about life in Scotland, what would it be and why?
- How are you treated by grown-ups in Scotland?

## Life online



- How much time do you spend online?
- What do you like about being online?
- Do you feel safe online?
- If you could change anything about life online what would it be and why?

## Having fun



- How do you relax and have fun?
- Do you have enough time for your hobbies? Is there anything that gets in the way of you enjoying your hobbies?
- Why are your hobbies and interests so important to you?

## People around you



- How do you feel about the grown-ups in your life - like teachers, parents, supporters and others?
- If you were having a hard time, would you know where to go to share your feelings or ask for help?
- How do the people around you make you feel?

# Sharing your story with us!

There are lots of ways to share your story with us. We want you to be able to share your story in whatever way works best for you. For example, you could...

## Fill in our survey

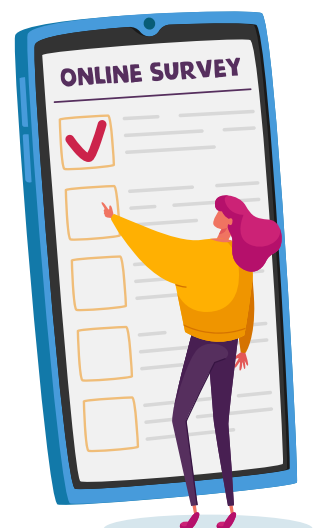
A survey is used to collect answers about a question or topic. Our survey will ask you questions about your life. You don't have to answer all of the questions if you don't want to. Your answers can be as long or short as you like!

This survey is **anonymous**. This means we won't know who you are.

The survey asks some questions about you, like your gender and age, and what part of Scotland you live in but we won't ask for your name so we won't be able to tell who it is.

If you are under 16 you will need to ask a parent/carer if it's okay to take part.

[Click here to do the survey!](#)





## Draw or paint a picture

Stories don't have to be written down. You could draw a picture or make a collage of what it's like to be you. You might want to talk about your picture to an adult and ask them to write down what you say so they can send this to us.

## Record a video or sound clip

Want to act out your story, write a song or record what you think as a voice note? We'd love to see/hear it!



## Ask an adult for help

We have made a pack with activities that adults can use to help you share your views. You might like to ask an adult to write down what you have to say.



[Click here for the pack for adults!](#)

## And other ways too!

If there's another way that you'd like to share your story then please let us know!

# How to share your story with us

You can send us your stories by email, post, text, Whatsapp or by filling in our survey. We can't accept stories on social media or in any other way.

Please send us your stories by **Friday 19th July 2024**.

You will need to send us a **consent form**. If you don't then we won't be able to use your story. The consent form tells us:

- How we are allowed to use your story;
- What **made up name** you want us to use if we publish your story.

[\*\*Click here for the consent forms!\*\*](#)



## By email

Send an email to **myrights@togetherscotland.org.uk**

You can send us attachments like videos, artwork and photos.

Please remember to attach your completed **consent form**.



## By post

The address is: **Freepost TOGETHER SHARE MY STORY**

Please use capital letters like we have. You don't need to use a stamp.

Please remember to put a completed **consent form** in the envelope.



## By Whatsapp

If you are **16 or 17**, you can send us a voice note of your stories or a message on Whatsapp: **07442044206**

Please remember to send us a completed **consent form**.



## By doing our survey

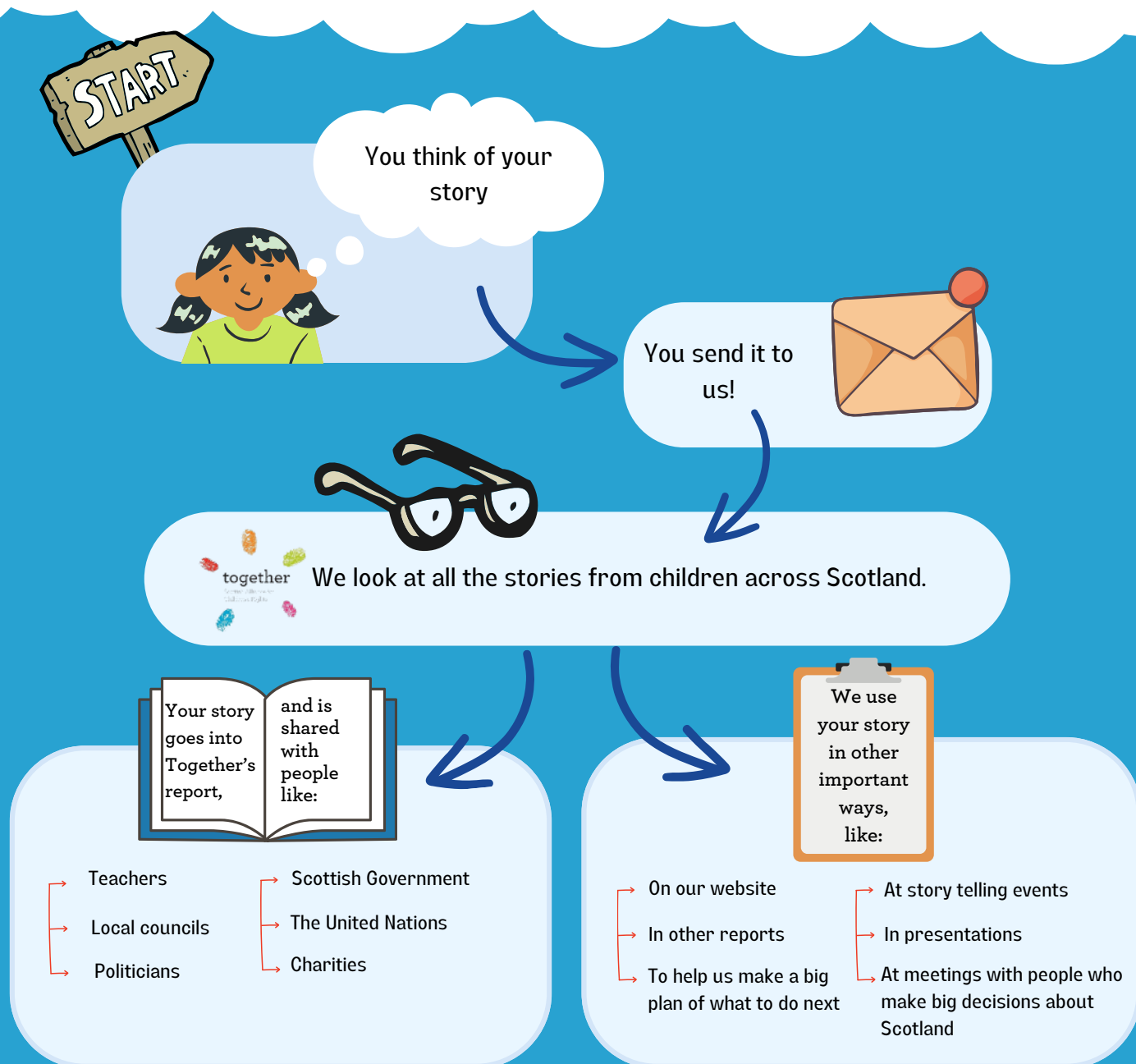
The **consent form** is included in the survey questions so please remember to answer that part.

[\*\*Click here to do the survey!\*\*](#)

# What happens next?

This picture shows **what could happen when you send us your story**. It shows the different ways it might be used and who might see it.

Your story is important wherever it goes! We will use as many of them in the report as we can but it might not be possible to include everything you send us. So we might use it in other ways.



Your stories will help us make sure that babies', children and young people's rights are protected and respected in Scotland.

# What if I change my mind?

You can change your mind about taking part at any time.

If you've already sent us your story then please send an email to [myrights@togetherscotland.org.uk](mailto:myrights@togetherscotland.org.uk) so we can delete what you have sent us.



## Support

We understand that sharing your stories with us might make you have some uncomfortable feelings. If this happens, you don't have to deal with these feelings alone. Please speak to a trusted adult or someone you know who can help you and give you some support.

If you want to **speak to someone about your feelings** you can contact Childline. They are open 24hours. You can chat to them online or call 0800 1111.

[Click here to find more support numbers](#)

If you feel something has been **unfair** and would like to talk to someone about what can be done, you could contact the Children and Young People's Commissioner Scotland who might be able to help.

[Click here for more information](#)

If you would like to **speak to a lawyer for free** you can contact:

- Clan Childlaw, call 0808 1290 522 or text 0752 756 6682; or
- Scottish Child Law Centre, email [advice@sclc.org.uk](mailto:advice@sclc.org.uk)

