

Supporting children to share their stories:  
a guide for parents, carers and supporting adults

## About us

We're Gift, Maria and Shilla. We work for Together (Scottish Alliance for Children's Rights).

Together is a charity that works to promote and protect the human rights of babies, children and young people, in line with the UN Convention on the Rights of the Child (UNCRC).

We do this by listening to what babies, children and young people are experiencing, and sharing their views to influence government, schools, public services and decision-makers across Scotland.

[\*\*Find out more about children's rights here!\*\*](#)



## What is the #RightsOnTrack campaign?

The **#RightsOnTrack campaign** is all about making sure babies', children and young people's rights are respected in real life - not just on paper.

To do this, we're gathering stories and experiences from babies, children and young people, parents, carers and supporting adults across Scotland. This will help us understand what's working well and where change is still needed.

[\*\*Click here to find out more about the campaign!\*\*](#)



# How can adults support this?

You can support a child or young person to:

- Learn about their rights.
- Reflect on their experiences (positive and negative).
- Decide whether they'd like to share their story with us.
- Think through what they are comfortable with in terms of how their story is used and what details can be shared publicly.

This could be a conversation at home, in a classroom, youth club or other setting – wherever feels safe and supportive.

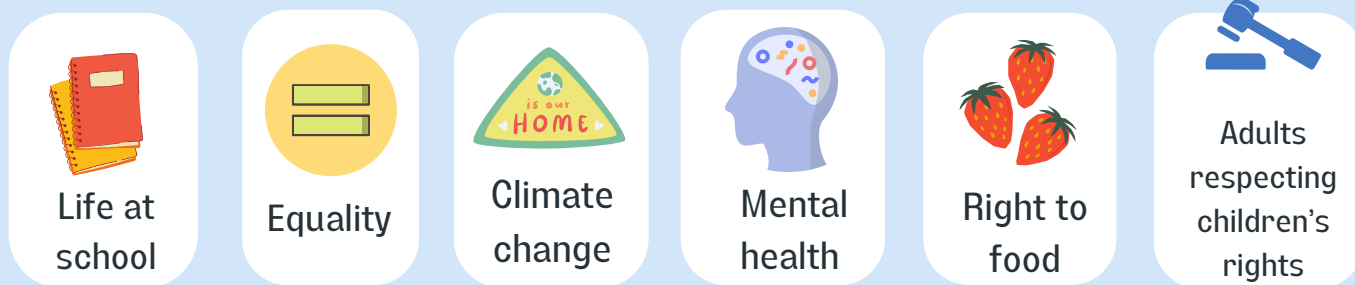
Adults can also help to share the experiences of babies and children who might need some extra help to have their experiences heard.



## What stories are we looking for?

Whatever is important to babies, children and young people! Stories can be in many formats: writing, artwork, video, photos, poetry and more!

We're inviting them to share their stories about how their rights are being respected - or not. Examples might relate to things like:



In 2024, we wrote a report with stories from babies, children and young people about these things and lots more:

[\*\*Click here to find out more about the report!\*\*](#)

We want to check if the adults in charge are doing what children and young people asked them to do, and if they are fully respecting their rights. Are the adults in charge keeping their **#RightsOnTrack?** What needs to happen next?

# What might happen with the stories?

Children and young people (with your support, if needed) can choose:

- Whether to share their story.
- What details to include.
- Whether to use a made-up name or be anonymous.
- What can happen with their story.

Some of the things we might do with stories includes:

- **Storing** stories safely in our internal project files.
- **Sharing** it with trusted organisations who support children's rights (for example through our Rights Empowered project with Clan Childlaw).
- **Publishing it** in reports, on our website, social media and other public uses.

Children can say yes to some uses and no to others. They can also change their mind about taking part at any time. If this happens, then we will delete any data they have shared as soon as we are notified. It's important to know that we might not be able to delete a story if it's already been published somewhere – for example in a printed report.

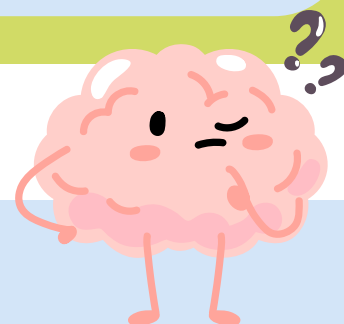


# Consent and safeguarding

Consent is essential - and we want to make sure children and young people understand what they are agreeing to.

- If the child or young person is being supported to take part by an **organisation** (such as a charity, youth group or school), then we will **defer to that organisation's usual consent process**. The organisation should confirm with us by email that consent has been gathered, including the date and any relevant details (such as how the story can be used).
- If the child or young person is **not connected to an organisation**, then they (with support from a parent/carer/trusted adult where needed) can fill out one of Together's consent forms here.

## Questions?



If you or the child/young person you support has any questions, please email us at [myrights@togetherscotland.org.uk](mailto:myrights@togetherscotland.org.uk)

Thank you for supporting babies, children and young people to share their stories and have their experiences heard!



Please send stories to :

[myrights@togetherscotland.org.uk](mailto:myrights@togetherscotland.org.uk)

## Thank you!