

SPEAK UP!



SPEAK OUT!

FRIENDSHIP

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THANKS

We would like to say Thank-You to:

Cashback for Communities fund
 Enable Scotland
 East Dunbartonshire Council
 Young Scot
 Jackie Baillie MSP
 Charlie Blackledge – Photographer
 Anne Kennedy and the Outreach and Access team

Scottish Council for Libraries
 Auld Kirk Museum
 Kirkintilloch library staff team
 Lynart Design
 Core Image



The views expressed in this booklet are those of the authors.
 The young people involved in this project were supported by ENABLE Scotland to produce this booklet.



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 ENABLE Trustee Service Ltd a company limited by guarantee, Reg. No. 128145 Scotland registered office as above



HELLO!

About the Project: This is East Dunbartonshire ENABLElink. It supports young people with and without learning disabilities to make friends, take part in activities and have fun!

Through this project we found we had a common interest in photography. We wanted to use photographs to show others how to use their rights and support each other.

Quote from James: "We are great friends and see ourselves as pioneers breaking down barriers throughout segregated groups of people. There are people in our group who have a disability but we are all friends who support each other and look past what others see as a barrier."

About the Booklet: We wanted to share our experiences with others and so decided to create a booklet that would talk about young people's rights, friendship and speaking up for yourself.

We took part in training that taught us about our rights and how to support each other.





FRIENDSHIP

**WHAT IS FRIENDSHIP?
WHAT DOES IT MEAN TO YOU?...**



FRIENDSHIP

Support. Fun. Chatting. Sometimes fight with them

Someone to hang out with... Friends come in all shapes, sizes and abilities. Through our involvement with ENABLElink we have made good friends with each other.

Getting out and having fun with friends is a basic part of a good life and most young people say friends are one of their top priorities. Most people think friends make your life better.

Friends bring fun, laughter, and inspiration into our lives. We share their good times and their bad times. We come to depend on them just like families.

But it's not always easy for everyone to make friends or join in. Some people can find it difficult to make new friends. For lots of reasons meeting new people can be difficult, yet having a pal or two to do things with, talk to or stand up for you, can make all the difference between feeling alone, isolated and being a part of things.

Can you think of a time you felt like this? How did having a friend there to chat with or have a laugh with make that difference?

Could you give support to someone who needs it?

ADVOCACY

At some point in our lives we may need someone to speak up for us. In many cases the person supporting us is a family member or friend. Sometimes it can be a professional person like a teacher or social worker. There are also professional advocates – their only job is to speak up for other people. We learned all about the different types of advocacy there are:

Citizen Advocacy: This is one ordinary person speaking up for another ordinary person. It is independent and usually for a long time. Citizen advocates speak up for people and help them:

- Follow their interests and hobbies
- Protect their rights
- Find their own identity and fit in with other people
- Have an equal say in things
- Get respect
- Support the person to make informed decisions
- Assist the person to increase their ability to make decisions
- Help the person to communicate their views to others
- Help to ensure everyone is aware of the issues that affect them and their communities.

Professional Advocacy: This is where volunteers or paid helpers will stand up for ordinary people. This will mainly be for a short time. Professional advocates:

- Are well trained and highly skilled

cont...



ADVOCACY

ADVOCACY COMES IN MANY SHAPES
AND SIZES AND ONE SIZE WILL
CERTAINLY NOT FIT ALL...



ADVOCACY

cont...

- Come from a wide range of backgrounds
- Get help from other people so they are well supported
- Have had Disclosure Scotland checks
- Have to keep any personal information secret

Individual Advocacy: One to one for a short or long period
Support the person to make clued-up decisions
Assist the person to be confident in making decisions
Help the person to speak about their opinions to others
Help to ensure that everyone is aware of the issues that affect them and their communities

Self-Advocacy: Is when people speak up for themselves. This isn't always as easy as it sounds. Many young people with and without disabilities find it difficult to express themselves – to tell people what they want from life. With the help of the friends we have made through our group we feel more confident and can tell people our thoughts. It makes a difference to have friends to give support when we speak out.



BULLYING

SPEAK UP! SPEAK OUT!



EMERGENCY!
Extinguish
Bullying!

BULLYING

Bullying and your rights: Unfortunately many people will experience bullying in their life. Bullying can be anything from being called names to being physically attacked – no matter what form it takes – it is wrong.

Young people are bullied for many different reasons. Many young people find it difficult to tell others that they are being bullied.

If you are being bullied talk to someone you trust – your mum or dad, your friend, your teacher or contact **Childline** on **0800 1111** or **www.childline.org.uk**

CAITLIN'S STORY

It's No Big Deal...

I've never really been one for trying to fit in. I know that other girls my age like to get dressed up in short skirts and dye their hair blonde, but I've just never been into that.

I like to have my own style. Black is definitely my favourite colour and I like to try out different make up. I think having my own identity is important, but now I'm not so sure. Is it really worth it?

George and me have been friends since we were little, and we both like the same music. He's not my boyfriend or anything like that, I just like hanging out with him. Last Wednesday, it was a really nice night, so rather than going back to his to listen to music, we decided to go for a wander. Now I wish I hadn't.

Those girls think they're so cool. The thing is, I shouldn't let it bother me, but sometimes they just make me feel so small. When we bumped into them the other day, they just started their rubbish. Laughing at my clothes, calling me names. I mean, it's nothing I can't handle, but... well, I wish they would stop.

It's Courtney that bothers me the most. Not that she is the most horrible. I can put up with Chantal's shouting and Britney's laughing, but Courtney used to be my pal. My mum still speaks to her mum and always asks me why I don't hang about with her any more. What am I supposed to say? "She thinks I'm a freak"?

The thing that really got to me though, the other day, the nice day, was that Chantal threw something at me. It sounds like nothing, but she threw a pickled onion and it landed in my hood. It was so stinking. I've washed my hoodie twice since then and I'm sure I can still smell it. It's not like it hurt or anything, but I could just feel my face going bright red, and George was making it worse, going on about it.

"Are you ok? Are you not going to say anything?" I just wished he would shut up and ignore it. "You have a right not to be treated that way. You need to tell someone."

Tell who? The police? My mum? What am I supposed to say? Nobody cares about a stupid pickled onion in my hood. But I do.

So, that's why I was thinking, maybe if I just kept myself to myself a bit. I can still listen to the music, just do it in the house, so nobody knows about it. And I suppose I don't have to wear those clothes. It wouldn't hurt to try something pink. Ugh. Actually, not pink, but I could wear a bit less black, so I don't stand out.

I mean, who cares about my identity anyway? It's no big deal.

Having friends means you have someone to turn to if you feel you are being bullied.

Friends should support each other to sort out the bullying situation.

Some young people involved in the group have said having a group of friends had helped or stopped bullying happening in school.

**Names have been changed*



YOUR RIGHTS

UNITED NATIONS CONVENTION ON THE RIGHTS OF THE CHILD

What is the United Nations (UN)? The United Nations is a gathering of 192 countries. The countries meet in the General Assembly, which is the closest thing to a world parliament.

What is a convention? A convention is a collection of rules or things that should be done.

What is the UN Convention on the Rights of the Child?

It is an agreement signed by the United Kingdom and many other countries that says all young people have rights. Even though they use the word 'Child' the rights in the UN Convention on the Rights of the Child belong to everyone up to the age of 18.

During our research we visited the Scottish Parliament. Jackie Baillie MSP gave us a tour. We saw where debates take place and decisions are made.

It's important that all young people are involved when decisions are being made. We can be involved in lots of different ways from school councils to Scottish Youth Parliament. ENABLE Scotland ensures young people with learning disabilities are involved through their local and national self-advocacy groups.

What does the UN Convention on the Rights of the Child say?

The UN Convention on the Rights of the Child is guided by four basic principles:

1. You should not suffer discrimination.
2. Your best interests should be at the top of the agenda when decisions affecting you are being made.
3. You have the right to survive and develop. This includes the right to mental and physical well-being.
4. You should be free to express your views. And these views should be taken into account in all matters that affect you.



YOUR RIGHTS

The UN Convention on the Rights of the Child is made up of 54 articles (or sections), each of which outlines a human right that every child is entitled to. We have picked those we think are most important. For details on all of your rights visit: www.sccyp.org.uk

★ **THESE RIGHTS APPLY TO EVERY PERSON WHO IS UNDER 18, NO MATTER WHAT YOUR ABILITY, RELIGION OR RACE AND WHETHER YOU ARE A BOY OR A GIRL. NOBODY CAN TAKE THESE RIGHTS AWAY FROM YOU.**

★ **ALL CHILDREN AND YOUNG PEOPLE SHOULD KNOW ABOUT THIS CONVENTION.**



YOUR RIGHTS



- ★ **YOU HAVE THE RIGHT TO AN OPINION AND FOR IT TO BE LISTENED TO AND TAKEN SERIOUSLY**
- ★ **YOU HAVE THE RIGHT TO FIND OUT THINGS AND SAY WHAT YOU THINK, UNLESS IT STOPS OTHER PEOPLE HAVING THEIR RIGHTS. YOU COULD EXPRESS YOUR THOUGHTS THROUGH MAKING ART, SPEAKING AND WRITING.**
- ★ **IF YOU ARE DISABLED, YOU HAVE THE RIGHT TO SPECIAL CARE AND EDUCATION AND TO BE INCLUDED IN THE COMMUNITY**
- ★ **YOU HAVE THE RIGHT TO THE BEST HEALTH POSSIBLE AND TO MEDICAL CARE AND INFORMATION.**

YOUR RIGHTS

- ★ YOU HAVE THE RIGHT TO BE PROTECTED FROM SEXUAL ABUSE
- ★ YOU HAVE THE RIGHT NOT TO BE PUNISHED IN A CRUEL OR HURTFUL WAY.
- ★ YOU HAVE THE RIGHT TO PROTECTION AGAINST UNFAIRNESS
- ★ YOU HAVE THE RIGHT TO BE PROTECTED FROM BEING HURT OR BADLY TREATED
- ★ YOU HAVE THE RIGHT TO ENJOY YOUR OWN CULTURE, PRACTISE YOUR OWN RELIGION AND USE YOUR OWN LANGUAGE



YOUR RIGHTS

- ★ IF YOU CANT LIVE WITH YOUR PARENTS YOU HAVE THE RIGHT TO SPECIAL PROTECTION AND HELP
- ★ YOU HAVE THE RIGHT TO HAVE THE BEST CARE POSSIBLE IF YOU ARE ADOPTED OR LIVING IN FOSTER CARE
- ★ ANYONE MAKING DECISIONS ABOUT YOUR LIFE SHOULD PUT YOU FIRST
- ★ YOU HAVE THE RIGHT TO AN IDENTITY





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