

Key facts about wellbeing

- 1. Every child or young person should be safe, healthy, achieving, nurtured, active, respected, responsible and included.** These eight indicators help make sure everyone, children, parents, and the people who work with them, has a common understanding of wellbeing.
- 2. The eight wellbeing indicators connect and overlap.** For example, a health difficulty may have an affect on a child or young person being active. When considered together the different elements of wellbeing give the whole picture of a child or young person's life at a particular point in time.
- 3. A child or young person's wellbeing is influenced by everything around them.** This includes their individual circumstances, the support they get from their family and community, and the services that support them.
- 4. It is up to all of us - parents, early learning providers, health visitors, teachers, GPs, police - to work together to promote, support and safeguard the wellbeing of all of our children and young people.** Children and young people have different experiences and needs at different times in their lives. Providing the right support when they need it, helps them reach their full potential.

Contact us

For further information on GIRFEC or the support services available in Fife please contact your child's Named Person. If you are unsure who this is you can find out by contacting the Named Person Services on:

Preschool children:

NHSFifenamedpersonservice@nhs.net

School aged children:

NamedPersonSevice@fife.gov.uk

Other leaflets in this series are available with information on:

- Understanding GIRFEC
- The Named Person
- The Child's Plan & Lead Professional
- Information Sharing

'Easy Read' GIRFEC guides are also available for parent, carers, children & young people on:

www.fifedirect.org.uk/families

www.gov.scot/gettingitright

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Working together to deliver our Community Plan and strengthen Fife's future

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Understanding Wellbeing

Getting it Right for Every Child in Fife

Community Planning Strengthening Fife's Future

Considering the quality of children and young people's lives

The Children and Young People (Scotland) Act 2014 is about improving the wellbeing of children and young people in Scotland. The act is wide ranging and includes key parts of the Getting It Right For Every Child approach, commonly known as GIRFEC.

Wellbeing sits at the heart of the GIRFEC approach and reflects the need to tailor the support and help that children, young people and their parents are offered to support wellbeing.

A child or young person's wellbeing is influenced by everything around them and the different experiences and needs they have at different times in their lives.



What is wellbeing?

Wellbeing is much broader than child protection. Child protection services will continue to protect children and young people at risk of significant harm.

To help make sure everyone (children, young people, parents, and the services that support them) has a common understanding of what wellbeing means. It is described in terms of eight wellbeing indicators:

- **Safe**
- **Healthy**
- **Achieving**
- **Nurtured**
- **Active**
- **Respected**
- **Responsible**
- **Included**

The eight wellbeing indicators are commonly referred to by their initial letters - **SHANARRI**.



How are the wellbeing indicators used?

Each child is unique and there is no set level of wellbeing that children should achieve. Each child should be helped to reach their full potential as an individual.

The wellbeing indicators help make it easier for everyone to be consistent in how they consider the quality of a child or young person's life at a particular point in time.

Families and people working with children and young people can use the wellbeing indicators to identify what help a child or young person needs in order to help them access the right support or advice.

All services working with children and young people, and those who care for them, must play their part to promote, support and safeguard children and young people's wellbeing.