



Your Rights, Our Plan

Resource Pack



**RIGHTS
DEFENDERS**
PROMOTE. PROTECT. DEFEND.

**CHILDREN &
YOUNG PEOPLE'S**
Commissioner
Scotland

Introduction

This pack supports children and young people to inform the Children and Young People's Commissioner's work plan for 2024-2028.

This resource has three sections to guide you: An introduction explaining what we are doing and how to take part; questions we would like children and young people to answer and activities to prompt them, and extra follow on activities.

The Commissioner

Nicola Killean is the Children and Young People's Commissioner for Scotland. It is her job, with her team, to be a fierce champion for children's human rights. She promotes and protects the rights of everyone in Scotland who is under 18, or aged up to 21 if they are care experienced.



Our plan

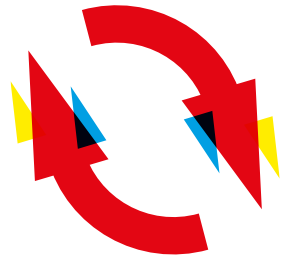
The Commissioner must submit a plan – called a Strategic Plan – to the Scottish Parliament to outline what her office will be focusing on during the next four years, and how this work will be done. This plan must be based on children's experiences, ideas, and opinions. This resource helps adults support children and young people to give us their views and ultimately, shape our work.

We have been busy looking at more than 100 reports from the past five years, where children and young people from all over Scotland have already shared their experiences and opinions on a wide range of issues.

This work has helped us identify the **five issues** that are most important to children and young people.

We want to hear from as many children and young people as possible to make sure these issues are the ones they want us to focus on. We will be meeting and listening to different groups from now until the end of January, both in person and online.

We also want groups to take part through using this resource pack, so we can gather as many views as we can. Feedback received by Monday, 29 January, 2024, will help shape our plan before it is laid at the Scottish Parliament on Monday, 1 April, 2024.



How to get involved

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There are **six questions** for children and young people to complete.

The questions are supported by activities with accompanying resources, including [short films](#), to help understanding and accessibility. We have given you two versions of question 5, one more detailed, one simpler. Please choose the version best for your group.

We have also given you two [PowerPoint](#) presentations, one simpler than the other. Again, please choose the version best for your group.

- 1** Are these the issues children and young people are most concerned about at the moment?
- 2** Tell us about any other important issues for children and young people in Scotland right now?
- 3** What issues do you think will become more of a concern for children and young people in Scotland in the future?
- 4** Choose three adjectives (describing words) or skills that you think a good Commissioner needs.
- 5** Which of the powers should the Commissioner and her team spend more time on over the next four years? Please put the powers in your priority order.
Or simpler version: What do you think the Commissioner should spend most of her time working on?
- 6** If you were Commissioner for the day, what would you choose to work on and why?

There are lots of other ways children and young people can share their thoughts and opinions. They might want to create a song or picture, write a poem, or take photos to describe what really matters to them. They are exercising their right to creative expression while doing this!

To help us include their creations in our data analysis, we ask that you return these to us electronically, please. A line to explain what the creation is all about would be helpful for our analysis.

Please let us know if we can share these on our social media platforms, or you can share them and tag us in @cypcs and use the hashtag #YourRightsOurPlan

In this pack, we have also included suggestions for follow on activities, should children and young people want to be creative and share opinions and suggestions with the Commissioner.

For more information and resources on children's rights visit our [website](#).

What next?



Children and young people complete each of the six questions and the group leader should send the responses back to us via this Smart Survey link: https://www.smartsurvey.co.uk/s/your_rights_our_plan/

Anyone filling out the Smart Survey form on behalf of a group should be aged 13 or over, or should ask an adult to fill it out on their behalf.

Alternatively, if you can't access Smart Survey, activities can be completed in different ways such as a Jamboard, Padlet or another creative way.

There are open questions, please feel free to respond creatively.

You can send a summary of children's views to administration@cypcs.org.uk and title your email 'Strategic Plan'.

Please do not share any information or detail (such as photos, full name, personal experiences) that might identify individual children.

In your summary, tell us:

- Number of children who took part
- The age range of the children who took part
- The local authority your school/group/organisation is based in
- Name of school/group/organisation, if applicable

If file sizes are too large, send them to the same address using a free service such as WeTransfer or Smash.

If children and young people want to share any of their follow on activities, send this to administration@cypcs.org.uk with the email title 'Follow On Activity'.

Please do not share any information or detail (such as photos, full name, personal experiences) that might identify individual children.

The deadline for all responses is Monday, 29 January 2024.

A big thank you

Thank you for taking part in our consultation process to help us develop our plan (Strategic Plan 2024-2028).

We hope everyone enjoys taking part and sharing thoughts, opinions and suggestions. If you use social media and want to keep in touch while you do the activities, then please find us as @cypcs #YourRightsOurPlan and we can share your good work!

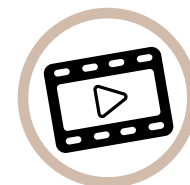


Activities

The five issues



15-30 minutes depending on discussion.



Please show two films: [the Commissioner explaining her role](#) and the plan and [the Young Advisors](#).

We know children and young people care a lot about all aspects of their lives. But based on our work, we found that the priority issues children and young people in Scotland are most concerned about are:

- Education
- Mental Health
- Poverty
- Discrimination
- Climate Change

Across all five themes, children and young people asked to be listened to and involved in decision-making. Because of this, we are committed to children and young people's involvement in decision-making being a priority area for us.

You can have a look at the description information on the [PowerPoint](#) slides with audio.

Please discuss the themes in as much or as little detail depending on the child or group's knowledge and understanding.

Where possible, please use Smart Survey for the following questions. Otherwise, please show these questions from the [PowerPoint](#) slide and take note of responses.

The Issues



Questions 1 and 2

1. Are these the issues children and young people are most concerned about at the moment? (Yes/No/Don't know)



Up to 15 minutes

Discuss



- Have we missed anything that children and young people are currently really concerned about?

Prompts – you may want to think about different areas of children and young people's lives. What are they involved in from day-to-day or week-to-week? Who do they meet? What do they do? You can tie this in with children's rights, should this be appropriate for your group.

2. Tell us about any other important issues for children and young people in Scotland right now?



Question 3

Discuss



- We talked about what is happening now, we'd like to talk about what might develop as big issues over the next few years.

Prompts – you could use the same prompts as before but think about the future.

3. What issues do you think will become more of a concern for children and young people in Scotland in the future?

The Commissioner's Job



Question 4

Now we will look at the Commissioner's job.



10-15 minutes

Reminder – the Commissioner and her team promote and protect children's human rights in Scotland.

Think about how the Commissioner and her team should work and spend their time over the next four years.

4. Choose three adjectives (describing words) or skills that you think a good Commissioner needs.

Or choose your top three from the word bank in the [PowerPoint](#). Or as a group, vote on your top three skills.



Questions 5 and 6

Let's look at the Commissioner's functions and powers.



Around 20-30 minutes

The Commissioner's job and the work of the office is explained in law. These rules say there are certain things the Commissioner must do. These sometimes get called 'functions' of the office. An alternative word is 'powers'.



Watch the [short films](#) explaining these functions.

Have a look at the description of each on the [PowerPoint](#) slide.

- Choose one function and keep it a secret in your head. Get the rest of your group to guess the function by drawing a stick person or emojis. For extra fun, you could try drawing your picture behind your back, or with your eyes closed.
Or an alternative to this might be through doing a mime. A bit like charades.



- Which skills do you think the Commissioner and her team will need to do each of these functions well? Match the skills to each of the functions. Try to explain your choices. (See the [PowerPoint](#) slides.)

5. Which of the powers should the Commissioner and her team spend more time on over the next four years? Please put the powers in your priority order.

Or simpler version: What do you think the Commissioner should spend most of her time working on?

6. If you were Commissioner for the day, what would you choose to work on and why?

Follow on activities

These are optional activities should the group want to explore rights further and share their thoughts with us.

A week in the life



Between 20-60 minutes

The Commissioner and her team would love to hear from children and young people on what they want their lives to be like in the future.

If you met the Commissioner today, what would you want to say to her about life in Scotland today? What's great? What are the main issues about life that children and young people want to make better?

For younger ages or those new to children's rights

Think about your week and the different things that you do, the places you are in and the people you meet.

Using a character outline, create a character. Decide:

- their name and age
- where they live
- who they live with
- what kind of school they go to
- what they enjoy in school
- what hobbies and interests they have
- who they might meet that week e.g. any appointments they have

This list can be shared on screen from the [PowerPoint](#).

We have included a character outline that can be shared on screen or printed out.

We have also included an image of a town map that might help to imagine going through daily life, what people do and who they meet. What helps them to feel happy and healthy and safe?

Areas to discuss can include:

- Who and what helps protect their rights to health, and shelter, and education, and leisure time etc?
- What might be the positives in those experiences and interactions, why they enjoy it or why it makes them happy?
- Are there any things they are worried about? Who could help with that?

Please capture these creations and send them to us, perhaps in a photograph.

It would also be great if the children and young people could share a little of what they have created and why if possible. Perhaps children could make a poster or a little video explaining what they are creating and why.

For older groups or those more immersed in children's rights

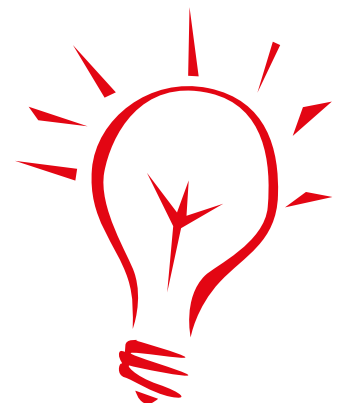
You may not need to use a character and can discuss what are priority issues for children and young people today. It could be framed within a week of a young person's life and use the town map to help with thinking.

Display sheets and post it notes are a good way into discussion and showing people's thoughts. Or using an interactive board. Perhaps the town map can be printed out or displayed and the young people can write notes straight onto that.

Key areas to cover may include:

- What do children and young people think about a lot at the moment? What makes them really happy or feel really frustrated?
- What are the barriers to them enjoying their rights or feeling happy/safe/healthy in each case?
- What could make it better?

Please capture these creations and send them to us in writing or in a creative way, perhaps in a photograph, a song or a film, etc.



Scotland in the frame



Between 15–60 minutes

**What do you want Scotland to look like in five years' time?
Create an image of what someone your age would experience every day.**

Prompts can include: What will the environment look like? Who will be there? What activities will they be doing? What aspects of daily life will be the same? What do you want to change and why?



There are various ways children and young people can express their thoughts, including drawing a picture, writing a song or poem, a written piece, a speech, building something with Lego or Plasticine etc.

Where appropriate, please take a photograph of each creation within a photo frame and send it to us.

We have included a frame outline that can be shared on screen or printed out.

If it is a visual creation, children and young people could share a little of what they have created and why, if possible. Perhaps children could make a poster or a little video explaining what they are creating and why.

Human rights defenders shields



Between 15–60 minutes

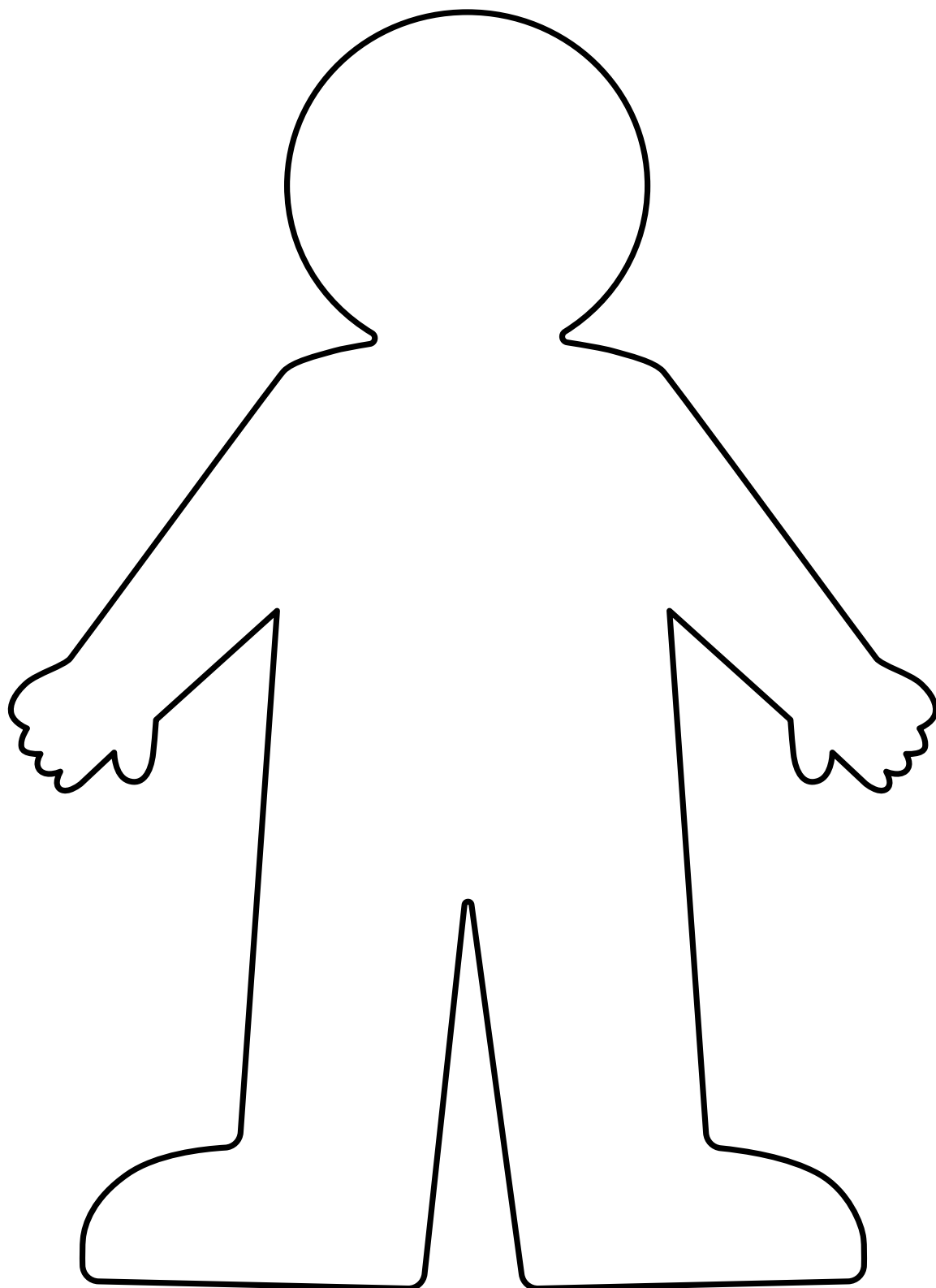
Human rights defenders promote and protect human rights – whether their own, or others' rights. A child human rights defender is someone who does this who is under 18.

Shields provide protection. Children's rights are like a shield, guarding children and young people. When these rights are enjoyed, they keep children happy, safe, and healthy.

Using the template shield, children can think creatively about what's important to them and design their own shield. What is on your Human Rights Defenders shield? You could include some of UNCRC articles that might feel especially important to children and young people at the moment. Or you might want to draw people that help keep them safe, happy, and healthy.

We have included a shield outline that can be shared on screen or printed out.

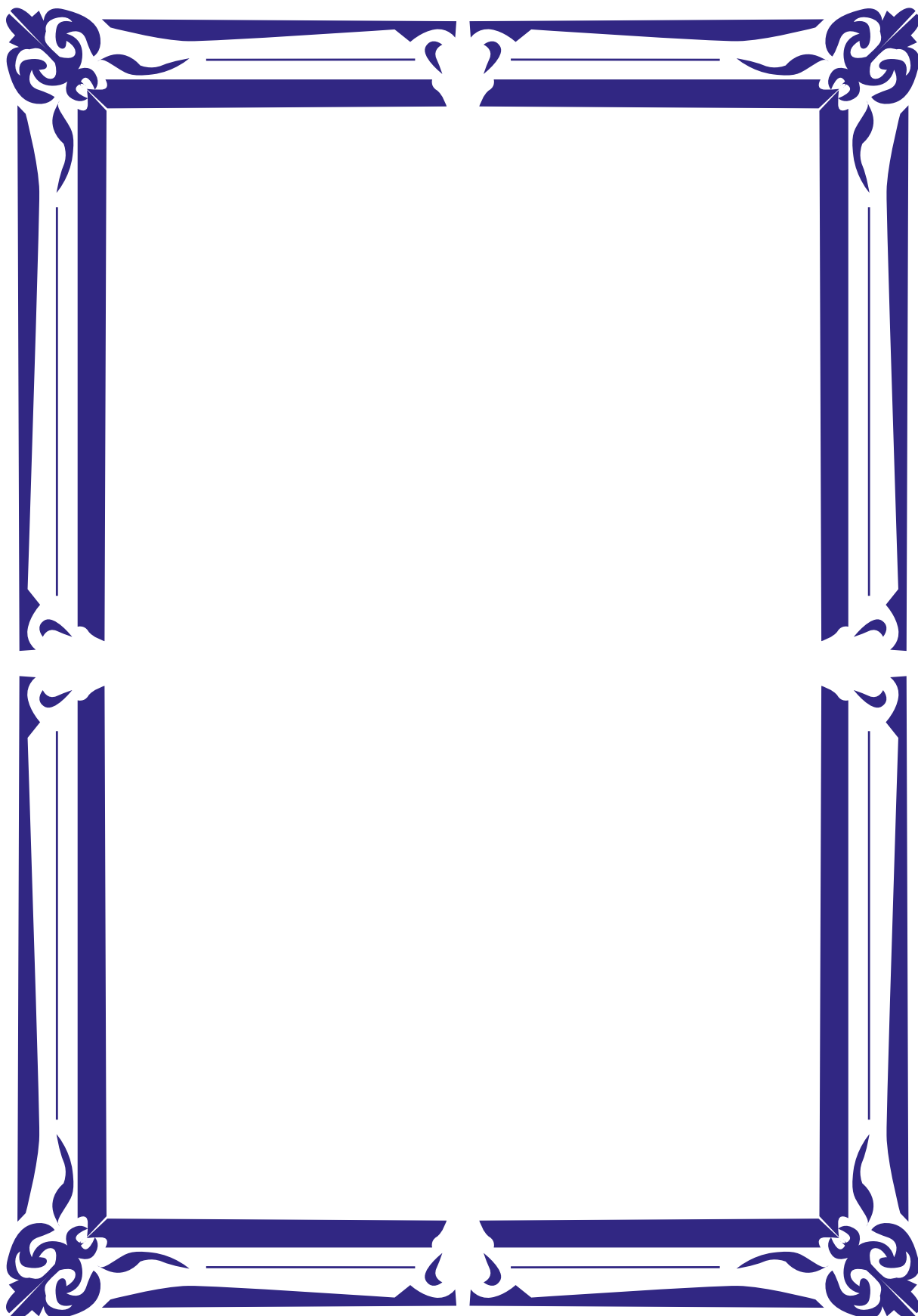
Character template



Town map



Frame outline



Shield template

