

The Well-Being of Supported Young People in Scotland



SCOTTISH
CHILDREN'S REPORTER
ADMINISTRATION

Development of a subjective well-being survey to assess the extent to which supported young people in Scotland consider themselves to be Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible and Included

by Lucy Hanson and Gillian Henderson, September 2015



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- Aberlour Child Care Trust
- Action for Children
- Barnardo's
- Fostering Network
- Good Shepherd Centre
- Includem
- Kibble Education and Care Centre
- Who Cares? Scotland



EXECUTIVE SUMMARY

There is no information currently collected and reported in Scotland on how supported young people themselves feel about their well-being. Such information would be valuable for corporate parents and Scottish Government to help show how they are meeting their obligations under the Children and Young People (Scotland) Act 2014 (the 2014 Act) to the children and young people they support. The 2014 Act also sets out that children and young people's well-being is to be assessed according to the indicators: **Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, and Included.**

The Scottish Children's Reporter Administration (SCRA) has developed a subjective well-being survey to assess how young people feel about their lives using the SHANARRI domains outlined within GIRFEC¹ and the 2014 Act. There were three aims to this study:

1. To involve supported young people in the survey design and enable them to form its shape and methodology.
2. To gather evidence on how this group of young people assess their well-being across a range of issues.
3. From this, to demonstrate that this survey and methodology can be used to assess and report on the well-being of supported young people.

Nineteen young people aged between 14 and 23 years old took part in focus groups to develop the survey. One hundred and sixty four young people took part in the survey itself, they were aged from 10 to 17 years old. All were receiving support from: Aberlour Child Care Trust, Action for Children, Barnardo's, the Good Shepherd Centre, the Fostering Network, Includem, Kibble Education and Care Centre, or Who Cares? Scotland.

Survey results

Safe - Almost all the young people in the survey (96%) agreed or strongly agreed that they felt safe at home, 90% agreed or strongly agreed that they felt safe at school, and 88% agreed or strongly agreed that they felt safe in the area where they lived.

Achieving - The majority were positive about education agreeing or strongly agreeing that it is important (88%), that they take part in it (92%), and that they learn a lot from it (87%).

Healthy - Most (90%) agreed or strongly agreed that their physical health is good, and 79% said this about their mental health. About three quarters (76%) agreed or strongly agreed that they liked the way they looked, however, 40% agreed or strongly agreed that they often worry about the way they look. The majority said that they never (57%) or hardly ever drink alcohol (26%), and very few said that they used drugs - 71% have never taken drugs or do so hardly ever (18%).

¹ Getting It Right For Every Child

Nurtured - Almost all agreed or strongly agreed that their parents or carers listen to them (92%), treat them fairly (93%), and will support them (96%).

Active - Most agreed or strongly agreed that they often exercise (84%), take part in hobbies or sports (88%), and are able to go to a local sports centre (74%).

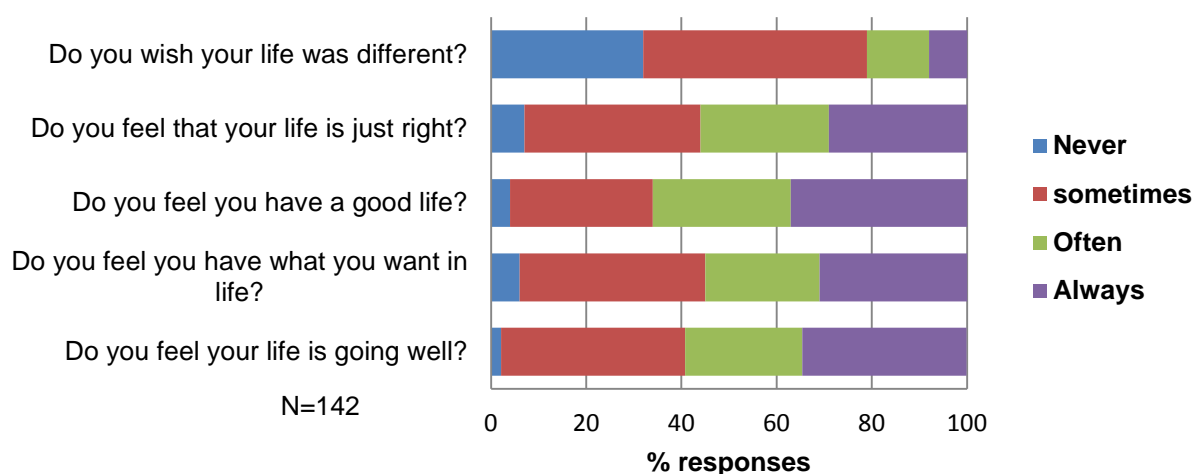
Respected - Almost all agreed or strongly agreed that they felt free to express their views and opinions (89%), be themselves in daily situations (90%), and have enough choice about how they spent their time (84%).

Responsible - Most (86%) agreed or strongly agreed that they are responsible; 83% agreed or strongly agreed that they try to stay out of trouble, and 80% agreed or strongly agreed that they are trusted to look after others.

Included - Over three quarters agreed or strongly agreed that they have enough money to buy the things they need (81%), to do the things they like to do (77%), to see their friends (76%), and to fit in with their friends (77%).

Supported young people were also asked five questions about their satisfaction with their lives more generally, and their responses are below.

How supported young people feel about their lives



Conclusion

This survey offers an approach that can be used at local and national levels to gain the views of supported young people on their well-being in a way that is directly linked to the SHANARRI indicators and can be reported on. The survey is subjective and as such responses to it will be solely those of its participants at a point in time - it should therefore be used as part of a range of approaches to assess well-being. Its value lies in it being meaningful to young people and directly seeking their views. It is hoped that corporate parents and the Scottish Government will use this survey methodology to obtain and report on the views of supported children and young people in Scotland.

1.0 INTRODUCTION

The well-being of children and young people in Scotland is important to parents, carers, schools, and corporate parents across the country. The meaning of well-being to policy makers has been developed more recently through the Children and Young People (Scotland) Act 2014 (the 2014 Act). The 2014 Act covers a range of issues including children's rights and Child Plans, and it has now laid out in law how well-being of children and young people is defined in Scotland. In having regard to and assessing children and young people, local authorities must do so in relation to the extent to which they are **Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, and Included** (see Figure 1 on page 8, and Appendix 1) (Scottish Government, 2012a). There is widespread support of these well-being indicators and that they will form the basis of assessment and reporting mechanisms (Scottish Government, 2013).

The 2014 Act also places an obligation on services to show how they are improving the outcomes of the children and young people they support along the same well-being indicators. The Scottish Children's Reporter Administration (SCRA) and the partner agencies involved in this research, follow these obligations. There is, however, a very limited amount of information that records the outcomes for children and young people involved in the Children's Hearings System. Children's Social Work Statistics (Scottish Government 2015a) provides key data with regard to the number of looked after children, including the types of placements that children are living in and the proportion of children with care or pathway plans. It also shows core information around Child Protection Registrations, the use of secure care and any additional support needs (such as social, emotional and behavioural difficulties or learning disabilities). Educational Outcomes for Scotland's Looked After Children provides data on attendance, exclusions, tariff scores and destinations of school leavers. Data are also broken down by placement type (Scottish Government 2015b). However, none of these data are reported against the SHANARRI indicators or from young people's perspectives.

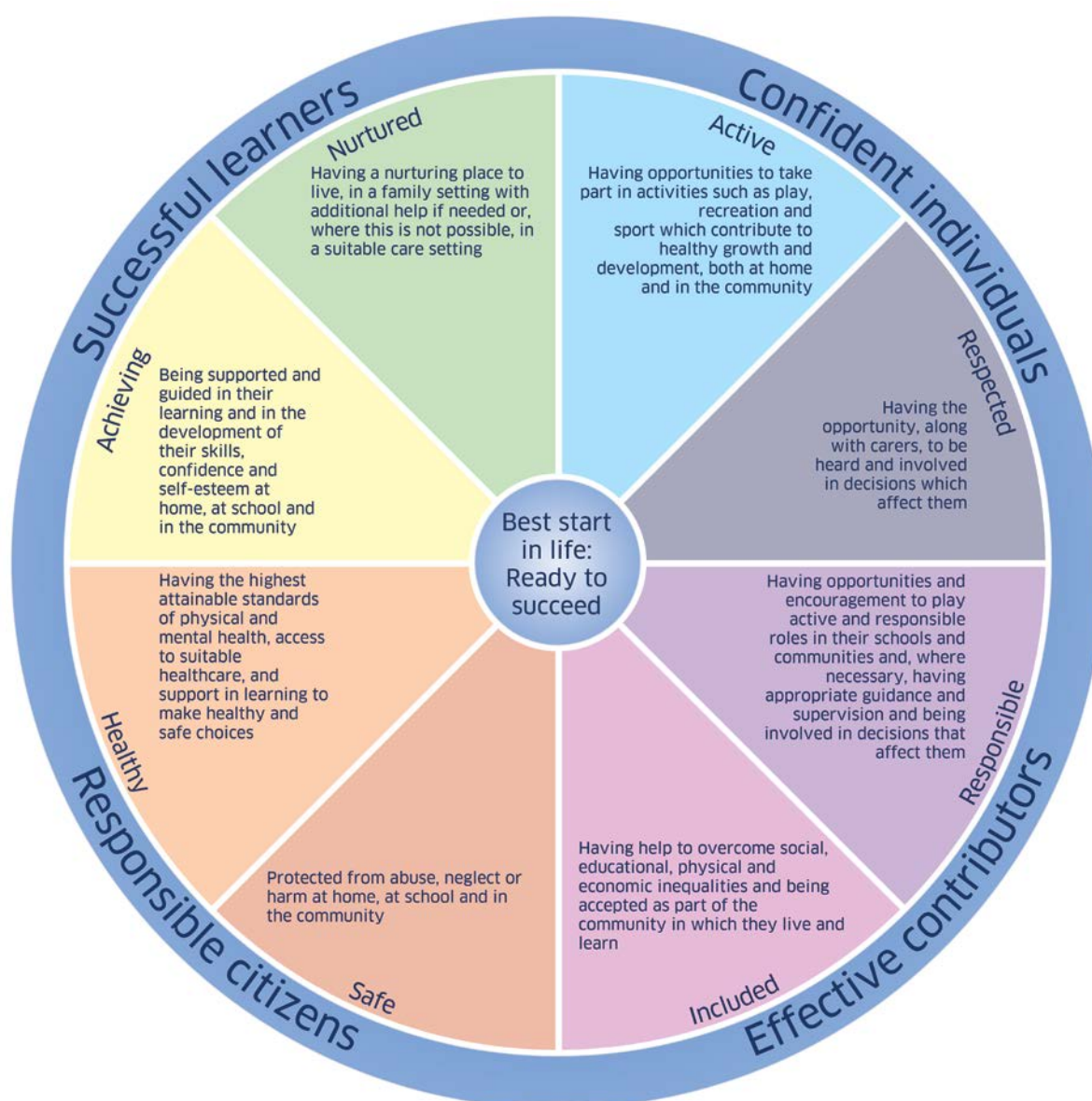
One method of collecting well-being information that can be repeated over time, whilst maintaining a level of depth across a range of indicators, is to conduct a subjective well-being survey. Such surveys are used in the United Kingdom (Oguz *et al*, 2013), and for cross-national analysis by the OECD (2012), the World Health Organization (WHO) and UNICEF (2013), and are considered a significant contribution to assessing the lives of participants from their perspectives. International surveys tend to include the UK as that as a whole, though the WHO has a Scottish element in its reporting *via* the Health Behaviour in School-aged Children (HBSC) survey (Currie *et al*, 2012).

SCRA therefore developed a well-being survey using the SHANARRI domains outlined within GIRFEC² policy and the 2014 Act. It is intended that this survey can be used at local or national levels to assist services and the Scottish Government in meeting their obligations to assess and report on the well-being of the children and young people that they support.

² Getting It Right For Every Child

The survey has been designed by incorporating questions that have already been tested and validated on children and young people in England by The Children's Society (2015). The existing survey questions were then discussed with young people through a series of focus groups, held at Kibble Education and Day Care Centre, the Good Shepherd Centre, Action for Children, and Who Cares? Scotland. These groups then adapted the questions in a way which they felt were more suitable to young people who are looked after, or have service support in their lives.

Figure 1. The Well-being Wheel³



³ Scottish Government- <http://www.gov.scot/Topics/People/Young-People/gettingitright/well-being>

1.1 Aims

There were three main aims of this research.

- 1) To involve supported young people in the survey design and enable them to form its shape and methodology.
- 2) To gather evidence on how this group of young people assess their well-being across a range of issues. Any areas of well-being that require greater support from policy and practice will be highlighted.
- 3) From this, to demonstrate that this survey and methodology can be used to assess and report on the well-being of supported young people.

Involving supported young people in developing the survey was a key priority of the research. A subjective survey is all about how people rate how they feel about their lives at any given point in time. In order to engage in the survey children and young people needed to relate to the questions in hand. As this survey was administered through organisations supporting young people, including those living away from home, it was vital that young people with those life experiences were the ones developing the questions.

By speaking to supported young people across Scotland, it has been possible to gain an insight into how they feel about their own lives. Involving them in the survey design has meant that the questions themselves are illuminating as to what they see are significant issues in considering one's own well-being. Each question has been included as it was felt by the young people to capture an important aspect of well-being. Other questions were taken out of the survey simply for practical reasons; the survey could not be too long.

The survey findings are presented along the range of indicators used. It is hoped that those involved in children's services, both as practitioners and policy makers will consider the results fully and use this survey to gain the views of the young people they support.

2.0 METHODOLOGY

2.1 Survey development and design

The survey used in this research was developed with significant input from supported young people. This began by taking the pre-existing survey conducted by The Children's Society as its starting point. The Children's Society themselves had developed their survey questions with children and young people (Rees *et al*, 2010). Over the years, the Good Childhood Survey has given thousands of children a voice in expressing how they feel about their own well-being. The quantitative results speak for themselves, and the survey also allows for more qualitative comments too (The Children's Society, 2015).

The SCRA survey began with the researcher taking the whole range of questions used by The Children's Society and categorising them under the Scottish outcomes framework of SHANARRI, that is, the domains of being **Safe**, **Healthy**, **Achieving**, **Nurtured**, **Active**, **Respected**, **Responsible** and **Included**. The questions fell into these categories very naturally. The next step was a significant streamlining of the full range of questions in consultation with SCRA's Modern Apprentices. At that time there were three Modern Apprentices, each with experience of the Scottish care system. Through a variety of discussions and exercises with the researcher (such as ranking questions according to significance), the questions were reduced substantially in number but not finalised. At this point none of the wording of the original questions was changed.

2.1.1 Focus groups with young people

SCRA then conducted four focus groups across different organisations: two organisations that worked in the community with young people, one residential school, and one secure unit⁴. In total 19 young people took part in the focus groups, who were between the ages of 14 and 23 years old (Table 1). The focus groups were held in July, October and November 2014.

Table 1: Age and gender of young people in the focus groups (n=19)

	Female						Male					
Age (years)	14	15	16	17	18	19-23	14	15	16	17	18	19-23
Number of participants	0	0	2	3	2	0	1	4	2	1	0	4

At each group questions from the different domains were discussed, with usually three or four domains discussed at each. This meant some domains were discussed more than once, and suggestions that were given in one group could be taken to another. For example, in discussing how it was best to capture how young people felt responsible, one groups suggested there should be a question about taking part in crime. This idea was taken to a second group who also felt the idea was

⁴ The focus groups also explored how young people feel about taking part in surveys. This is reported separately (Holligan, C. and Hanson, L., submitted).

important but debated how the term crime could have such variation in meaning or interpretation, from stealing a lollipop to carrying knives. Because of this, and the wide age range of young people completing the survey, they suggested instead the question which was used in the questionnaire: “I try to stay out of trouble”.

After the four groups, the extensive list of questions had been streamlined, and in response to the debates held, a number of questions were reworded, albeit some only slightly. For comparative purposes, it would have been good to keep the original wording from questions from the original Good Childhood Survey, however, there were needs that were identified for the group of young people in this study that merited change. Recognising that young people who have some form of service support, or were currently or previously ‘looked after’ had experiences beyond the majority of young people, such as living away from their parents or caring for other members of their family, questions were changed in order to be both sensitive and engaging. Even words such as ‘usually’ were included for young people who were recently accommodated and thinking about their general well-being, or those in secure care where restrictions were in place, such as the ability to access alcohol or go out into the community, that were beyond the control of the young person.

The survey uses a Likert scale for measuring the individual indicators, using a five point scale from strongly agree to strongly disagree. The focus groups agreed that some kind of scaling should be used as simply answering yes or no to such subjective questions would not capture the range of feelings about one’s life. In order to offer some wider comparisons, a life-satisfaction scale was also used. The survey used the abbreviated version of the Huebner Life Satisfaction Scale (Huebner, 1991a,b), asking five questions about how they felt about their life more generally. This has been used in many international surveys and is used in the Growing Up in Scotland Survey with children too⁵.

2.2 Administering the survey

As the survey was ‘aimed’ at young people who received service support it was not possible to simply approach a number of mainstream schools in order to seek participation. Whilst the survey was initiated by SCRA, it was felt that SCRA itself was not best placed to undertake the fieldwork alone. SCRA has face to face contact with children and young people when they attend Children’s Hearings. Such Hearings are formal decision making tribunals, and potentially are a time for uncertainty and anxiety for those attending (Children’s Hearings Scotland, 2014). Also, children and young people can arrive just a few minutes before their Hearing is due to begin and therefore there would not be sufficient time to complete such a reflective survey. Hearings last for approximately 45 minutes, where many personal issues are discussed, therefore approaching young people after their Hearing would not have been sensitive nor productive.

After approaching a range of organisations about the prospect of the survey, many gave their support to both promoting and facilitating the completion of the

⁵ Growing Up in Scotland Sweep 7 (2012/13) Birth Cohort (age 7 years 10 months). Mainstage 2012. <http://growingupinscotland.org.uk/using-gus-data/data-documentation/>

questionnaires. The organisations who took part were: Aberlour Child Care Trust, Action for Children, Barnardo's, the Good Shepherd Centre, the Fostering Network. Includem, Kibble Education and Care Centre and Who Cares? Scotland. Briefing notes were produced for workers and foster carers explaining how to introduce the survey to the young person they worked with or cared for and to what level of involvement they should have in assisting its completion (Appendix 2). The aim of the survey was to be a self-report survey and therefore ideally young people would have filled in the questionnaire without any input (and potential influence) on which answer to give any particular question. Within this research project though, it was felt that young people would benefit from having an adult on hand. There were two main reasons for this. Firstly, not all young people have the same level of reading and learning and some children may have needed support in understanding the questions themselves. Secondly, in completing the questions there was potential for young people to be become upset or reflect on issues which were difficult for them, especially as many were separated from their parents. Thus an adult would be available should the young person need some emotional support too.

The questionnaire itself was available in electronic and paper formats. An online format was made available on the SCRA website as this was hopefully an appealing way of completing the survey for young people. Some organisations said that they preferred paper copies as this actually facilitated the opportunity for young people taking part as they could be completed in any location.

Everyone who entered the survey had a chance of winning a prize. Prizes (two items of technology and one vouchers) were offered as both an acknowledgement and encouragement to take part. Workers and carers were able to inform young people of this prior to taking part.

Similar to the Good Childhood Survey, young people aged between 10 and 17 years old were invited to take part. Due to the level of the questions it was felt that those younger than 10 years may not be able to engage as fully.

Not every young person who took part in the survey completed every question. There was always the choice to opt out of individual questions. Therefore the number of participants for each question is shown in the findings.

The survey was carried out from March to July 2015.

Responses were collated and analysed using Survey Monkey.

2.3 Ethics

Strong ethical consideration is always needed when conducting research with children and young people. As always with research conducted by SCRA, children and young people were invited to take part but it was not in any way compulsory. SCRA needed adults to explain the purpose of the research to potential participants and the briefing note accompanying the questionnaire clearly explained the research was voluntary. It also stated that if at any point should the participant wish to withdraw from the process this was also possible. None of the questions within the

survey were marked as compulsory and young people therefore had the opportunity to skip any questions they were not comfortable answering.

In designing the survey with the focus groups of young people, ethical discussions were had at various times in this process as well. Young people and the researchers talked about whether any questions would be potentially harmful or very upsetting and if they were felt to be as such they were not included. We also discussed if any questions could raise any possible child protection disclosures and therefore highlighted in the briefing notes that adults should follow their child protection procedures should this occur and provide support as they normally would.

The sample of young people in this study were a sub sample of the wider population. Whilst the survey could have been aimed at looked after children only, after discussions with SCRA's Modern Apprentices, it was decided that the survey would not be exclusive to this group only. They felt that more young people should be given the opportunity to take part and also that 'looked after children' should not feel singled out in a negative way. The survey was then developed to include young people who had support in their lives from a third sector organisation for children and young people, which included young people who were accommodated as well.

SCRA applied for and received approval from the Kibble Ethics Committee in 2014 to involve young people involved in its services in the development and taking part in the survey. All the organisations who agreed to be involved facilitated obtaining young people's consent to take part (Guidance, letters, leaflets and consent forms are provided at Appendices 2 to 4).

2.4 Well-being of supported Children and Young People in Scotland - survey questionnaire

I am Male ☐ Female ☐

Age _____

I live : With my parent(s) ☐ With foster carers ☐

 With other relatives ☐ Residential school ☐

 Children's Unit ☐ Secure Unit ☐

 Other please say _____

I have support from Action for Children ☐ Aberlour ☐

 Barnardos ☐ Includem ☐

 WhoCares? ☐ None ☐

 Other please say _____

Achieving

1. I think education is important

Strongly Agree Agree Neither Disagree Strongly Disagree

2. I take part in school or education

Strongly Agree Agree Neither Disagree Strongly Disagree

3. I learn a lot in school or education

Strongly Agree Agree Neither Disagree Strongly Disagree

Any comments or examples

Safe

Various

4. I feel safe at home

Strongly Agree Agree Neither Disagree Strongly Disagree

5. I feel safe in school

Strongly Agree Agree Neither Disagree Strongly Disagree

6. I feel safe in the area I live

Strongly Agree Agree Neither Disagree Strongly Disagree

Any comments or examples

Healthy Appearance

7. I like the way I look

Strongly Agree Agree Neither Disagree Strongly Disagree

8. I often worry about the way I look

Strongly Agree Agree Neither Disagree Strongly Disagree

Any comments or examples

Healthy

9. I feel my physical health is good

Strongly Agree Agree Neither Disagree Strongly Disagree

10. I feel my mental health is good

Strongly Agree Agree Neither Disagree Strongly Disagree

11. I usually drink alcohol

At least once a week Once every two weeks Once a month Hardly ever Never

12. I usually use drugs

At least once a week Once every two weeks Once a month Hardly ever Never

Any comments or examples

Nurtured Relationships

14. My parents or carers listen to my views and take me seriously

Strongly Agree Agree Neither Disagree Strongly Disagree

15. My parents or carers treat me fairly

Strongly Agree Agree Neither Disagree Strongly Disagree

16. If I need help there are people who will support me

Strongly Agree Agree Neither Disagree Strongly Disagree

Any comments or examples

Active

17. I often spend time walking or exercising

Strongly Agree Agree Neither Disagree Strongly Disagree

18. I take part in sports, hobbies or activities

Strongly Agree Agree Neither Disagree Strongly Disagree

19. I am able to go to a local sports centre

Strongly Agree Agree Neither Disagree Strongly Disagree

Any comments or examples

Respected

20. I feel free to express my ideas and opinions

Strongly Agree Agree Neither Disagree Strongly Disagree

21. I feel I can pretty much be myself in daily situations

Strongly Agree Agree Neither Disagree Strongly Disagree

22. I have enough choice about how I spend my time

Strongly Agree Agree Neither Disagree Strongly Disagree

Any comments or examples

Responsible

23. I feel I am a responsible person

Strongly Agree Agree Neither Disagree Strongly Disagree

24. I try to stay out of trouble

Strongly Agree Agree Neither Disagree Strongly Disagree

25. People trust me to help look after others

Strongly Agree Agree Neither Disagree Strongly Disagree

Any comments or examples

Included

26. I have enough money to buy things I need

Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
----------------	-------	---------	----------	-------------------

27. I have enough money to do things I like to do

Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
----------------	-------	---------	----------	-------------------

28. I have enough money to see my friends

Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
----------------	-------	---------	----------	-------------------

29. I have enough money to fit in with my friends

Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
----------------	-------	---------	----------	-------------------

Any comments or examples

Included Friends

30. My friends treat me well

Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
----------------	-------	---------	----------	-------------------

31. My friends will help me if I need it

Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
----------------	-------	---------	----------	-------------------

32. I feel pressurised by friends

Strongly Agree	Agree	Neither	Disagree	Strongly Disagree
----------------	-------	---------	----------	-------------------

Any comments or examples

Generally

... Thinking more generally about your life:

• **Do you feel that your life is going well?**

never	sometimes	often	always
-------	-----------	-------	--------

• **Do you feel you have what you want in life?**

never	sometimes	often	always
-------	-----------	-------	--------

• **Do you feel you have a good life?**

never	sometimes	often	always
-------	-----------	-------	--------

• **Do you feel that your life is just right?**

never	sometimes	often	always
-------	-----------	-------	--------

• **Do you wish your life was different?**

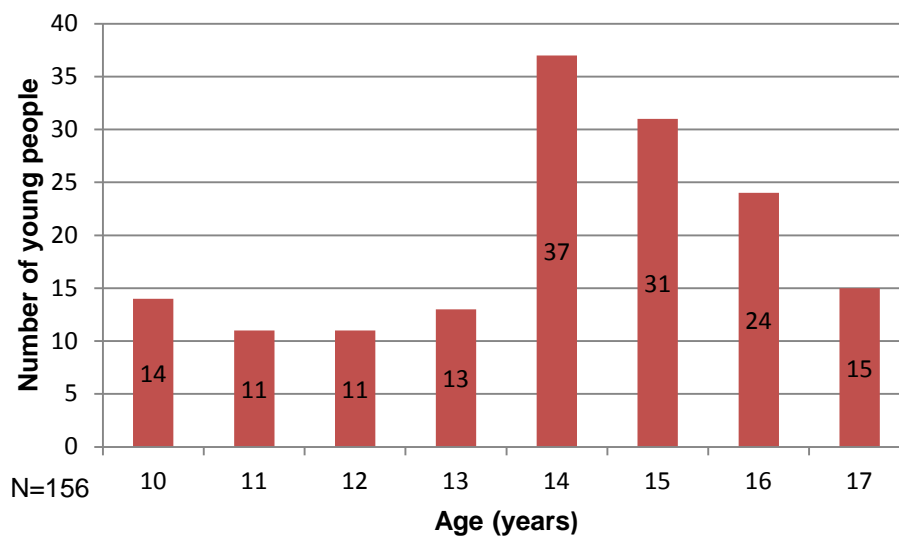
never	sometimes	often	always
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3.0 FINDINGS

3.1 Participants

One hundred and sixty four young people took part in the survey – 86 are male and 78 are female. They were aged from 10 to 17 years old, with 59% being 14 to 16 years old (Figure 2).

Figure 2. Ages of the young people who took part in the survey



Most of the young people were living at home with their parents (37%) or in foster care (27%) (Table 2).

Table 2. Where young people were living

I live:	Number of young people	%
With my parents	60	37%
With foster carers	43	27%
In a secure unit	32	20%
In a children's unit	18	11%
With relatives	7	4%
In a residential school	1	<1%
In homeless accommodation	1	<1%
In my own tenancy	1	<1%
In a supported tenancy	1	<1%
Total	164	

3.2 Achieving

'Support and guidance in learning - boosting skills, confidence & self-esteem'

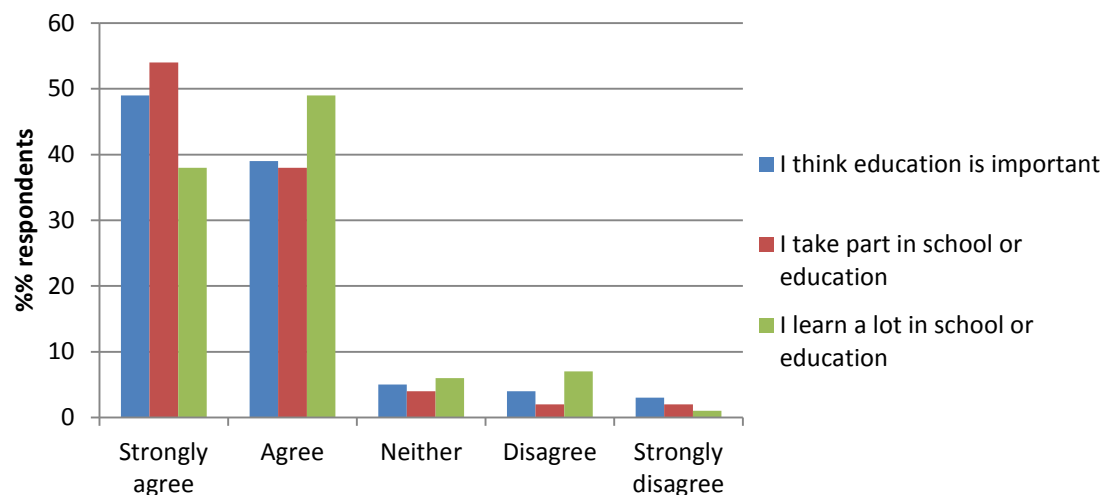
Young people were asked for their views on education and their involvement in it (Table 3 and Figure 3).

Table 3. Supported young people's views on education

	Number of young people		
	I think education is important	I take part in school or education	I learn a lot in school or education
Strongly agree	75	82	57
Agree	60	50	74
Neither	8	7	9
Disagree	6	3	10
Strongly disagree	4	3	2
Totals	153	153	152

Young people were positive about education with the majority agreeing or strongly agreeing that it is important (88%), that they take part in it (92%), and that they learn a lot from it (87%).

Figure 3. Supported young people's views on education (%)



Twenty five young people provided comments. Most were about the importance of education for their futures:

'It's important to learn and get a job.' (15 years old, living in a secure unit)

'Important to get qualifications to set yourself up in the future.' (16 years old, living in a secure unit)

'It's good to learn stuff because it helps when I'm older.' (10 years old, living with foster carers).

Other comments were about the support they got in school:

'I really enjoy school because I feel I can speak to the teachers about all of my problems.' (15 years old, living in a secure unit)

'I do my best in education and I am supported in every way.' (15 years old, living in a secure unit).

Some commented on their own educational achievements:

I study 2 college courses – PDA youth work and NC social care. (17 years old, living with their parents).

I got a B in drama and 5 national 4s. (16 years old, living with their parents)

Others were less positive:

School is a joke. (16 years old, living with their parents).

Sometimes coursework is too difficult. (11 years old, living with foster carers).

3.3 Safe

‘Protected from abuse, neglect or harm’

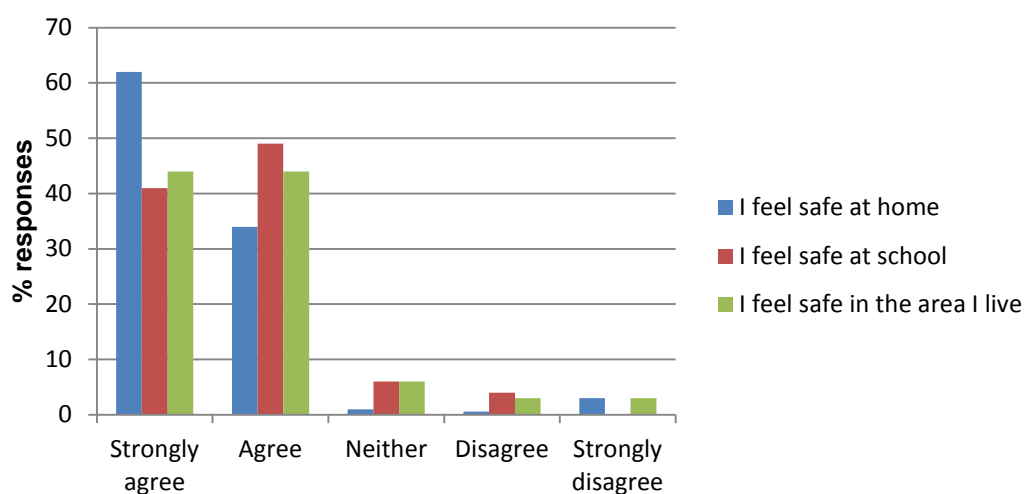
The next questions were about if young people felt safe at home, at school and in the area where they lived (Table 4 and Figure 4).

Table 4. Supported young people’s views on their safety

	Number of young people		
	I feel safe at home	I feel safe in school	I feel safe in the area I live
Strongly agree	90	60	64
Agree	49	71	65
Neither	2	9	9
Disagree	1	6	4
Strongly disagree	4	0	4
Totals	146	146	146

Almost all young people (96%) agreed or strongly agreed that they felt safe at home, 90% agreed or strongly agreed that they felt safe at school, and 88% agreed or strongly agreed that they felt safe in the area where they lived.

Figure 4. Supported young people’s views on their safety (%)



Eighteen young people made comments. These present a more mixed picture as most were about young people's concerns for their safety or how they felt safe after being accommodated.

Safe now that accommodated:

'I feel safe now I'm in a foster placement'. (14 years old)

'Really safe because I have staff who care for me in secure'. (16 years old)

'There's a lot of teachers at school, and at home we have a limit of where we are allowed to go for our safety.' (10 years old, living with foster carers)

'As I am in secure I always feel safe though I am close to leaving'. (15 years old)

'I like where I am living with my foster carers'. (12 years old)

School and bullying:

'I get bullied at school.' (14 years old, living with relatives)

'Some people pick on me in school and in my area'. (15 years old, living with their parents)

'Sometimes I get bullied in my community. I get accused of things I didn't do.' (10 years old, living with their parents).

Community:

'I don't like the junkies near me'. (15 years old, living with their parents)

'The streets are dodgy.' (16 years old, living with their parents)

'I feel safe in my community/area.' (17 years old, living with their parents)

3.4 Healthy

'High standards of physical and mental health; support to make healthy, safe choices'

3.4.1 Appearance

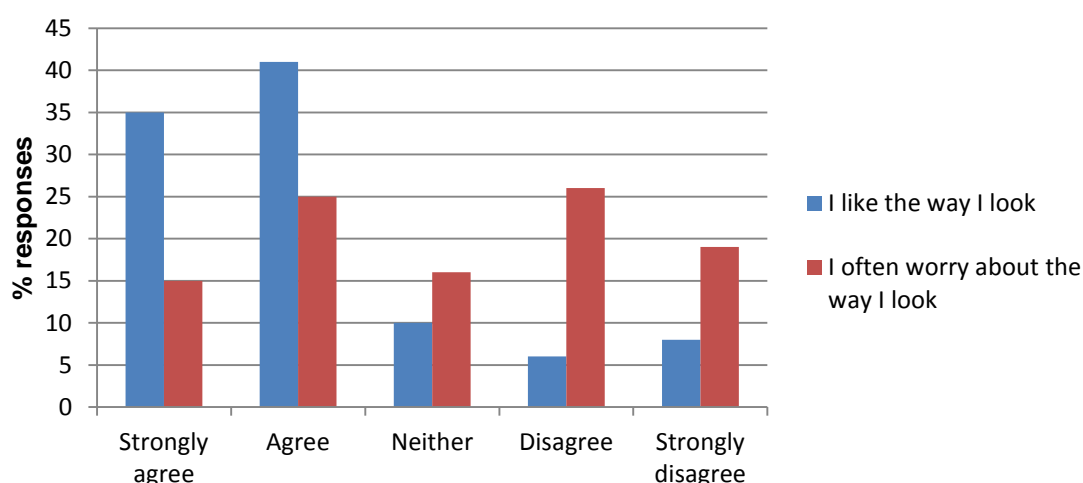
The first questions about young people's health were about how they felt about their appearance (Table 5 and Figure 5).

Table 5. Supported young people's views on their appearance

	Number of young people	
	I like the way I look	I often worry about the way I look
Strongly agree	52	22
Agree	62	37
Neither	15	24
Disagree	9	38
Strongly disagree	12	28
Totals	150	149

About three quarters (76%) of young people agreed or strongly agreed that they liked the way they looked. However, 40% agreed or strongly agreed that they often worry about the way they look.

Figure 5. Supported young people's views on their appearance (%)



Nineteen young people provided comments, like the responses these reflected a mix of views, for example:

'I like my brown hair and I like my long eyelashes.' (10 years old, living with foster carers)

'I don't always like the way I look.' (16 years old, living with their parents)

'Sometimes people judge the way you look in school. It shouldn't be allowed.' (13 years old, living with foster carers)

'Before I came into secure I wasn't confident and I didn't like myself, but now I can love myself.' (15 years old)

'I don't really bother what people think of me.' (15 years old, living with their parents)

3.4.2 Mental and physical health

Responses to the questions on young people's physical and mental health are given in Table 6 and Figure 6⁵.

Most young people (90%) felt that their physical health is good:

'I am an active and healthy person' (14 years old, living with their parents)

'I am going to the gym and keeping healthy' (15 years old, living in a secure unit)

Fewer (79%) felt that their mental health is good, and 9% disagreed or strongly disagreed to this:

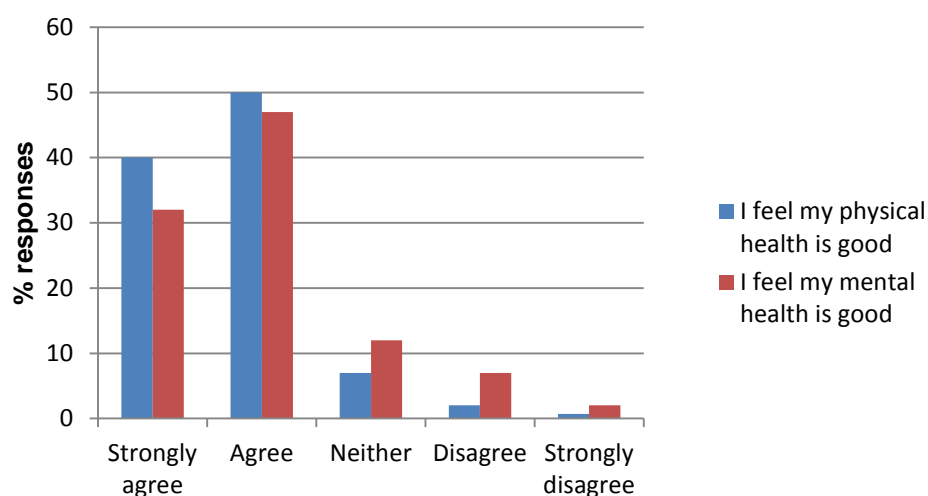
'Sometimes I feel sad, my gran is in hospital.' (11 years old, living with foster carers).

'I am on prescribed medication for moods.' (15 years old, living in a secure unit)

Table 6. Supported young people's views on their health

	Number of young people	
	I feel my physical health is good	I feel my mental health is good
Strongly agree	59	48
Agree	74	69
Neither	11	18
Disagree	3	10
Strongly disagree	1	3
Totals	148	148

Figure 6. Supported young people's views on their health (%)



3.4.3 Alcohol and drug use

Responses to the questions on young people's alcohol and drug use are given in Table 7 and Figure 7⁶.

The majority of young people said that they never (57%) or hardly ever drink alcohol (26%):

'Sometimes at special occasions' (14 years old, living with foster carers)

'I only have a small drink in the house at New Year.' (13 years old, living with their parents)

A minority (14%) reported that they regularly drank alcohol:

'I love drinking.' (16 years old, living with their parents)

'I like Buckfast but never done drugs.' (15 years old, living with their parents)

Very few said that they used drugs. The vast majority either have never taken drugs (71%) or do so hardly ever (18%):

'Hate drugs' (15 years old, living with their parents)

Others commented that they had used drugs in the past:

'I did take drugs before I came in' (16 years old, living in a secure unit)

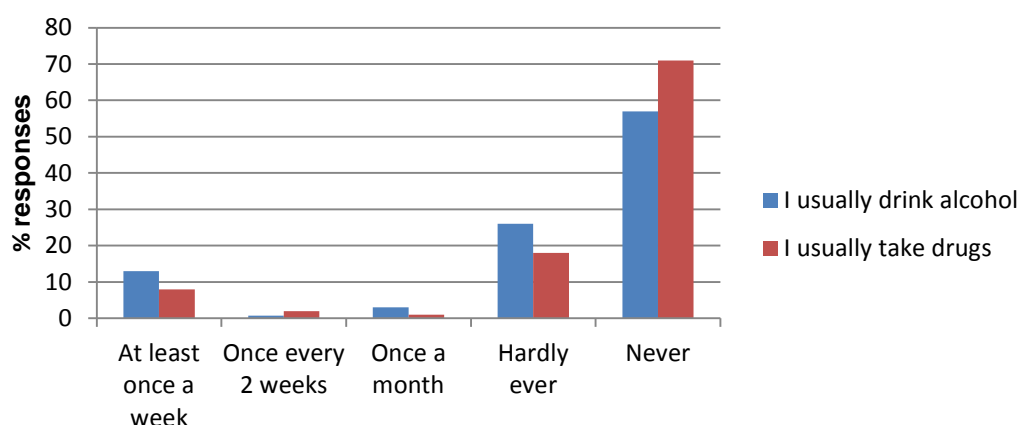
'In the past I used drugs' (17 years old, living in homeless accommodation)

⁶ 26 young people provided comments on their health, alcohol and drugs.

Table 7. Supported young people's use of alcohol and drugs

	Number of young people	
	I usually drink alcohol	I usually take drugs
At least one a week	19	12
Once every 2 weeks	1	3
Once a month	5	2
Hardly ever	38	26
Never	85	105
Totals	148	148

Figure 7. Supported young people's use of alcohol and drugs (%)



3.5 Nurtured – relationships

‘Having a nurturing and stimulating place to live and grow’

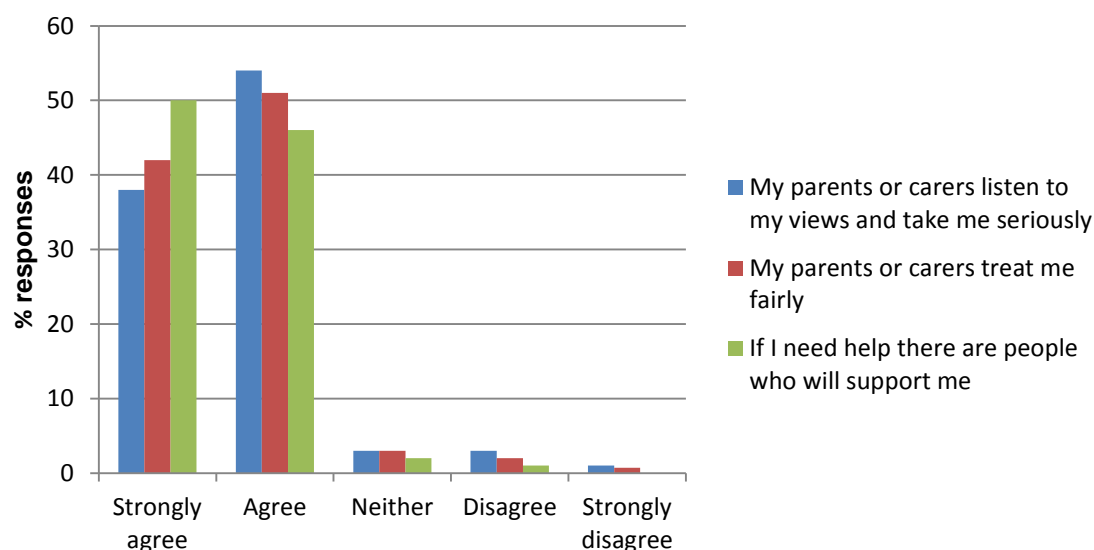
Young people were asked about their relationships with their parents and carers, and the support they got from them (Table 8 and Figure 8).

Table 8. Supported young people's views on their relationships with their parents or carers

	Number of young people		
	My parents or carers listen to my views and take me seriously	My parents or carers treat me fairly	If I need help there are people who will support me
Strongly agree	55	61	72
Agree	78	74	67
Neither	5	5	3
Disagree	5	3	2
Strongly disagree	2	1	0
Totals	145	144	144

Almost all of the young people agreed or strongly agreed that their parents or carers listen to them (92%), treat them fairly (93%), and will support them (96%).

Figure 8. Supported young people's views on their relationships with their parents or carers (%)



Nineteen young people commented, and these show the range of people who provided them with support:

'Parents help me a lot'. (15 years old, living with their parents)
'Auntie would support me'. (12 years old, living with relatives)
'They are my family'. (17 years old, living with foster carers)
I have my carers and support services – Includem worker, support at school and friends at school'. (11 years old, living with foster carers)
My parents don't listen or treat me fairly, carers do'. (16 years old, living in a secure unit)

Some young people turned to others for support:

'I have a befriender who listens to me'. (15 years old, living with their parents)
'I get on really well with my friends'. (16 years old, living with their parents)

3.6 Active

'Opportunities to take part in a wide range of activities'

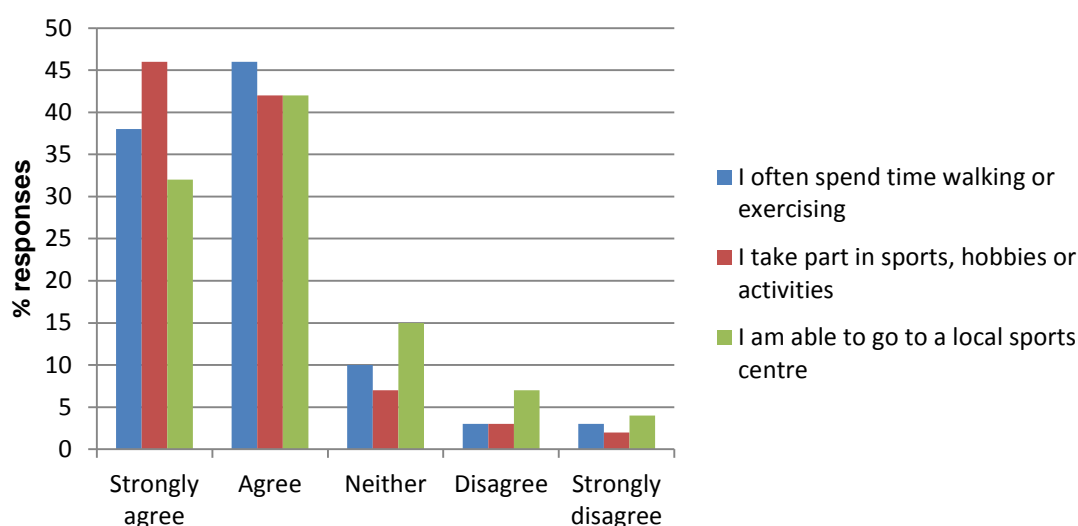
Young people were asked about exercise and sport, and if they could access sports facilities (Table 9 and Figure 9).

Table 9. Supported young people's involvement in exercise and sport

	Number of young people		
	I often spend time walking or exercising	I take part in sports, hobbies or activities	I am able to go to a local sports centre
Strongly agree	56	67	46
Agree	67	61	62
Neither	15	11	22
Disagree	5	5	10
Strongly disagree	4	3	6
Totals	147	147	146

Most young people agreed or strongly agreed that they often exercise (84%), take part in hobbies or sports (88%), and are able to go to a local sports centre (74%).

Figure 9. Supported young people's involvement in exercise and sport (%)



Twenty young people provided comments showing the range of activities they are involved in:

'I play a lot of football and go to the gym once a week'. (15 years old, living in a secure unit)

'I go dancing as a hobby and I'm able to go to the local sports centre'. (11 years old, living with foster carers)

I always go out on my bike. I take part in a lunchtime sports club. I do have a local sports centre near me but I don't use it.' (10 years old, living with their parents)

'I really like the gym'. (15 years old, living in a secure unit)

'I go swimming at the local sports centre'. (10 years old, living with their parents)

Two young people commented that they didn't exercise:

'I am unfit'. (16 years old, living with their parents)

'Could be more active. Sports centre is too far away'. (11 years old, living with foster carers).

3.7 Respected

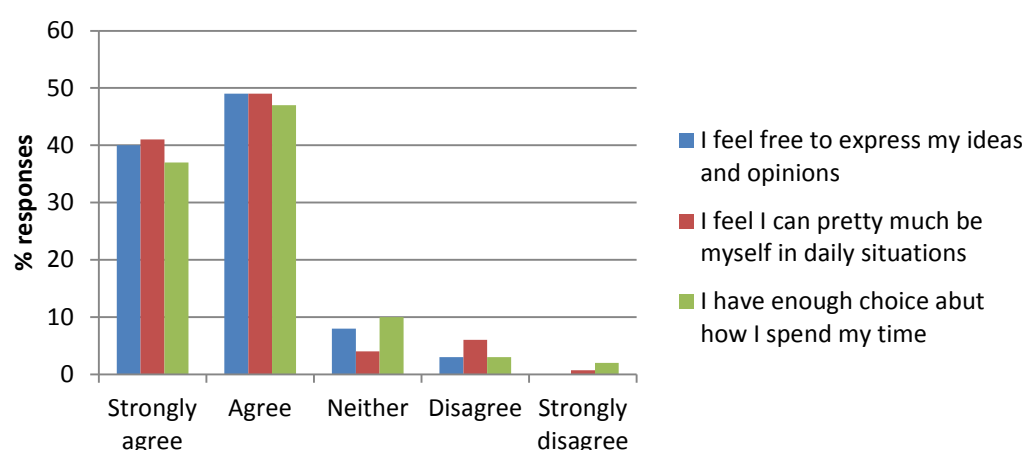
‘Given a voice, and involved in the decisions that affect their well-being’

Young people were asked three questions to find out if they felt respected: – if they could express their opinions, be themselves and chose how they spend their time (Table 10 and Figure 10).

Table 10. Respected - choices and opinions

	Number of young people		
	I feel free to express my ideas and opinions	I feel I can pretty much be myself in daily situation	I have enough choice about how I spend my time
Strongly agree	58	59	53
Agree	71	70	68
Neither	11	6	15
Disagree	4	8	5
Strongly disagree	0	1	3
Totals	144	144	144

Figure 10. Respected – choices and opinions (%)



Almost 90% of young people agreed or strongly agreed that they felt free to express their views and opinions (89%), be themselves in daily situations (90%), and have enough choice about how they spent their time (84%)⁷.

‘I am a well-spoken person and always put my point across’. (14 years old, living with their parents)

‘At a young person meeting I can always express my views or even on a 1 to 1 basis with staff’. (15 years old, living in a secure unit)

‘I have had training that helped me learn how to voice my opinions in the correct manner.’ (17 years old, living with their parents).

‘After school I do what I want. I go out with my friends.’ (15 years old, living with their parents)

3.8 Responsible

⁷ 11 young people provided comments

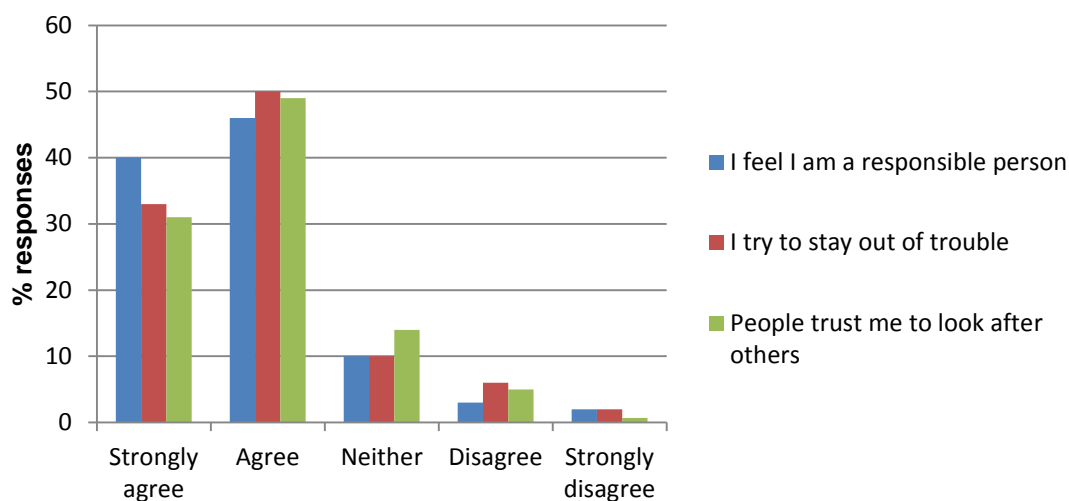
‘Taking an active role within their schools and communities’

Young people were asked if they felt they were responsible, kept out of trouble, and if they were trusted to look after others (Table 11 and Figure 11)⁸.

Table 11. Supported young people’s views on feeling responsible

	Number of young people		
	I feel I am a responsible person	I try to stay out of trouble	People trust me to look after others
Strongly agree	57	47	45
Agree	66	72	71
Neither	15	14	20
Disagree	4	8	7
Strongly disagree	2	3	1
Totals	144	144	144

Figure 11. Supported young people’s views on feeling responsible (%)



Most young people (86%) agreed or strongly agreed that they are responsible.

‘I am a very responsible person as I have been managing and making good decisions’. (15 years old, living in a secure unit)

‘I take responsibility for most things that are suitable for me.’ (14 years old, living with their parents)

Most (83%) also agreed or strongly agreed that they try to stay out of trouble.

‘I hang out with the right people and keep myself to myself’. (15 years old, living with their parents)

‘Some of my friends get into trouble but I try to stay out of it.’ (10 years old, living with their parents)

A few (8%) found this more difficult.

⁸ 13 young people provided comments.

'Sometimes I can't help but get angry this gets me into trouble at home and in school.' (11 years old, living with foster carers)

Most (80%) also agreed or strongly agreed that they are trusted to look after others.

'I look after my sister.' (15 years old, living with their parents)

'It's good to be trusted to help with others so when I am older I will get a better job and earn more money.' (13 years old, living with foster carers)

3.9 Included

'Getting help and guidance to overcome inequalities; full members of the communities in which they live and learn'

3.9.1 Having enough money

Young people were asked if they had enough money to buy the things they need and to do the things they want to do; and to see and fit in with their friends (Table 12 and Figure 12)⁹.

Table 12. Having enough money

	Number of young people			
	I have enough money to buy the things I need	I have enough money to do the things I like to do	I have a enough money to see my friends	I have enough money to fit in with my friends
Strongly agree	45	44	42	44
Agree	68	65	63	63
Neither	14	19	24	21
Disagree	8	7	8	8
Strongly disagree	5	5	1	3
Totals	140	140	138	139

Over three quarters agreed or strongly agreed that they have enough money to buy the things they need (81%), to do the things they like to do (77%), to see their friends (76%), and to fit in with their friends (77%).

'I save up in advance for what I need.' (15 years old, living with their parents)

I get enough money from my carer to see my friends. Sometimes she is strict when I need to save up for holidays.' (13 years old, living with foster carers)

'My mum and dad give me money for stuff.' (15 years old, living with their parents)

Others were less happy with how much money they have.

'My pals get pure hunners of money n a get a tenner.' (16 years old, living in a secure unit)

'Mum has recently given me money but not usually.' (14 years old, living with their parents)

⁹ 19 young people provided comments

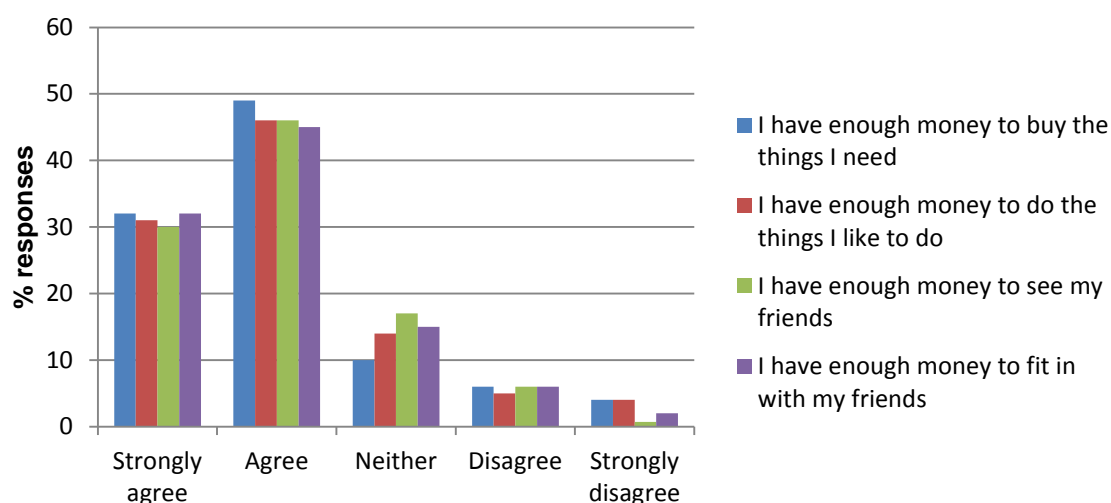
Several young people commented that money is not important to friendship:

'I don't need money to fit in with my friends because money doesn't matter only friendship matters.' (14 years old, living with foster carers)

'I don't need money to be with my friends.' (10 years old, living with their parents)

'You don't need money to fit in with your friends.' (14 years old, living with relatives)

Figure 12. Having enough money (%)



3.9.2 Relationships with friends

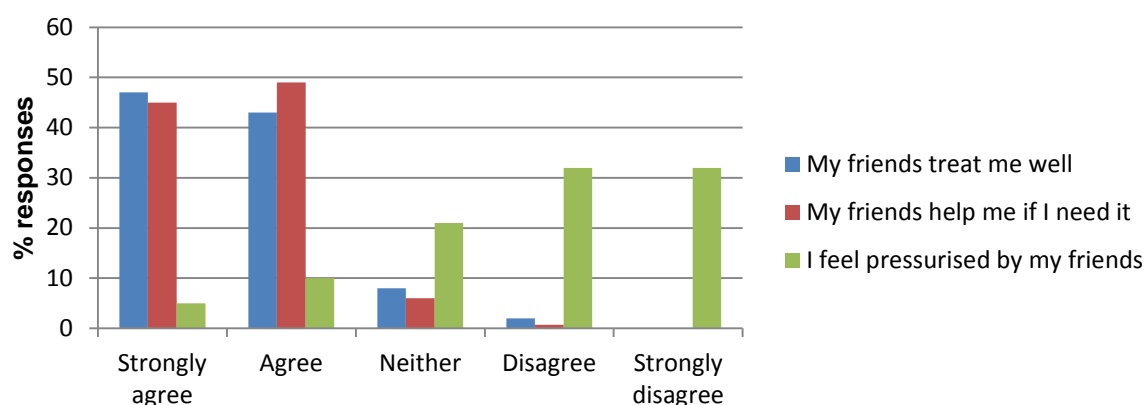
Young people were next asked about if their friends treat them well, will help them when they need it, and if they feel pressurised by their friends (Table 13 and Figure 13).

Table 13. Supported young people's views on their relationships with friends

	Number of young people		
	My friends treat me well	My friends will help me if I need it	I feel pressurised by my friends
Strongly agree	65	62	7
Agree	60	68	14
Neither	11	8	29
Disagree	3	1	44
Strongly disagree	0	0	44
Totals	139	139	138

90% agreed or strongly agreed that their friends treat them well, and 94% that their friends would help them if they needed it. But 15% agreed or strongly agreed that they felt pressurised by their friends.

Figure 13. Supported young people's views on their relationships with friends (%)



3.10 And finally – how do you feel about your life?

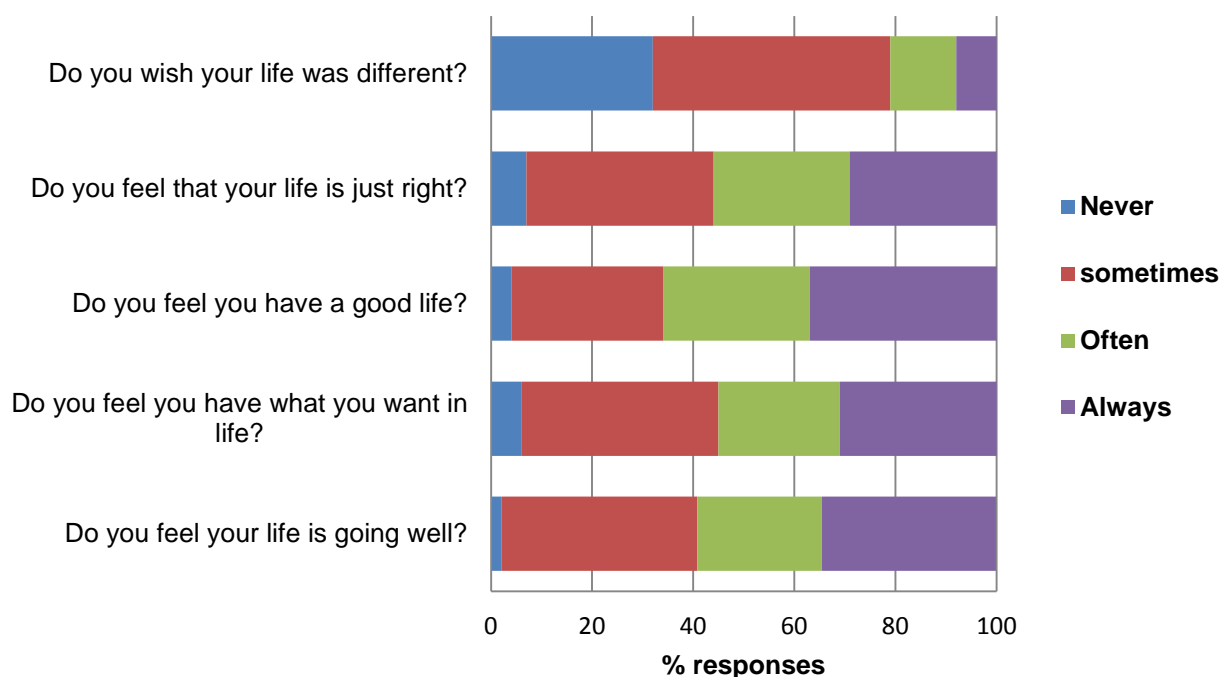
Young people were asked five questions about their lives more generally. Responses are given in Table 14 and Figure 14.

Table 14. How supported young people feel about their lives

	Number of young people				
	Do you feel that your life is going well?	Do you feel you have what you want in life?	Do you feel you have a good life?	Do you feel that your life is just right?	Do you wish your life was different?
Never	3	9	6	10	45
Sometimes	55	55	43	52	66
Often	35	34	41	38	19
Always	49	44	52	42	12
Totals	142	142	142	142	142

The responses to the more general questions about how the young people felt about their lives could be seen as being less positive than those to the questions on the individual well-being indicators.

Figure 14. How supported young people feel about their lives (%)



- 2% of young people never felt their lives were going well and a further 39% felt this sometimes.
- 6% of the young people never felt that they had what they wanted in life and 39% sometimes felt this.
- Over a third either never (4%) or sometimes (30%) felt they have a good life.
- Over a half felt that their lives are always (29%) or often (27%) just right.
- However, 7% never felt this way and 37% sometimes felt that their lives are just right.
- 21% of the young people wished that their lives were different always (8%) or often (13%). A further 47% wished sometimes that their lives were different.

4.0 DISCUSSION

4.1 Supported young people's views on their well-being

This survey sought the views of young people being provided with support by: Aberlour Child Care Trust, Action for Children, Barnardo's, Good Shepherd Centre, The Fostering Network, Includem, Kibble Education and Care Centre, and Who Cares? Scotland.

One hundred and sixty four young people, aged from 10 to 17 years old, from across Scotland took part in the survey. In this chapter, the survey findings are compared with those from other consultations and surveys with children and young people where these are available.

Safe

Almost all the young people in this survey (96%) agreed or strongly agreed that they felt safe at home, 90% agreed or strongly agreed that they felt safe at school, and 88% agreed or strongly agreed that they felt safe in the area where they lived. Young people (n=8,000) aged 10 to 15 years in England were asked similar questions in the Good Childhood Survey – 94% said they felt safe at home a lot or totally, 83% said they felt safe at school a lot or totally, and 6.8% gave low scores on feeling safe in the area where they live (The Children's Society, 2015).

Achieving

The majority were positive about education agreeing or strongly agreeing that it is important (88%), that they take part in it (92%), and that they learn a lot from it (87%). A previous consultation with care experienced young people found that they do want to get an education and work (Who Cares? Scotland, 2012).

Healthy

Most (90%) agreed or strongly agreed that their physical health is good, and 79% said this about their mental health. In the general population of children and young people in Scotland, 96% of those aged 10 to 11 years, 91% of those aged 12 to 13 years and 92% of 12 to 13 year olds rated their general health as good or very good (Scottish Government, 2014). It is not possible to make a comparison on mental health as at present there is not an available data set for children in the UK that contains measures of subjective well-being, psychological well-being and mental ill-health (The Children's Society, 2015).

About three quarters (76%) agreed or strongly agreed that they liked the way they looked. However, 40% agreed or strongly agreed that they often worry about the way they look. The UK Household Longitudinal Study (UKHLS) asked 4,900 children aged 10 to 15 years old how they felt about different aspects of their lives – 76% reported being happy to completely happy with their appearance (Knies, 2012). In the Good Childhood Survey in England, 13% gave a low score on their satisfaction with their appearance (The Children's Society, 2015).

The majority in this survey said that they never (57%) or hardly ever drink alcohol (26%), and very few said that they used drugs. The vast majority either have never

taken drugs (71%) or do so hardly ever (18%)¹⁰. The Scottish Schools Adolescent Lifestyle and Substance Use Survey of over 30,000 school pupils found that 82% of 15 year olds and 96% of 13 year olds said they had never used drugs, and 30% of 15 year olds and 68% of 13 year olds had never drank alcohol (ISD Scotland, 2014).

Nurtured

Almost all of the young people in this survey agreed or strongly agreed that their parents or carers listen to them (92%), treat them fairly (93%), and will support them (96%). In the Good Childhood Survey in England, 88% of young people said that their parents treated them fairly a lot or totally, 81% said that their parents listen to them and take in account what they say a lot or totally (The Children's Society, 2015).

Active

Most of the young people in this survey agreed or strongly agreed that they often exercise (84%), take part in hobbies or sports (88%), and are able to go to a local sports centre (74%). The Scottish Health Survey found that in the general population of children and young people aged 2 to 15 years old – 67% had taken part in sport in previous week (Scottish Government, 2014)¹¹.

Respected

Almost 90% of the young people in this survey agreed or strongly agreed that they felt free to express their views and opinions (89%), be themselves in daily situations (90%), and have enough choice about how they spent their time (84%). In the Good Childhood Survey in England, 8.2% of young people gave low scores on their satisfaction with the freedom they have (The Children's Society, 2015).

Responsible

Most of the young people in this survey (86%) agreed or strongly agreed that they are responsible; 83% agreed or strongly agreed that they try to stay out of trouble, and 80% agreed or strongly agreed that they are trusted to look after others.

Included

Over three quarters in this survey agreed or strongly agreed that they have enough money to buy the things they need (81%), to do the things they like to do (77%), to see their friends (76%), and to fit in with their friends (77%). An analysis of UKHLS data that explored whether child life satisfaction is associated with household income found that family income and income-based measures of poverty are not associated with child life satisfaction as perceived by children themselves (Knies, 2012). The Children and Young People's Well-being Monitor for Wales found that children and young people valued relationships with others over more materialistic concerns (Parry *et al*, 2011).

The responses to the questions under the SHANARRI domains in this survey are similar to those from surveys on the general population of young people. This shows that the supported young people in this survey have similar and as positive views on

¹⁰ It should be noted that these two surveys are not directly comparable, as there is a wider age range in this study with 39% of participants being 16 or 17 years old.

¹¹ These two surveys are not directly comparable due to differences in the age ranges of participants.

their well-being as their peers. However, the information that exists on looked after children shows that they tend to have poorer outcomes across a number indicators (Scottish Government, 2015b; Scottish Parliament, 2013b; Bazalgette *et al*, 2015). There could be a number of possible explanations for this apparent discrepancy: maybe the young people in this survey have moved to a better place in lives as they see it; or it's because of the support they are getting from organisations; or maybe they just see these issues in a similar way to other young people their age. This shows the importance of seeking supported young people's views to provide a more holistic reflection of their well-being than can be achieved through statistics alone.

How do you feel about your life?

In this survey young people were asked five questions about their satisfaction with their lives more generally.

Do you feel that your life is going well?

Over half of the young people in the survey said that they always (34%) or often (25%) felt that their lives were going well. There were 2% who never felt their lives were going well and 39% who sometimes felt this.

Do you feel you have what you want from life?

Similarly, over half felt that they always (31%) or often (24%) have what they want in life. There were 6% who never felt they have what they want in life and 39% who sometimes felt this.

Do you feel you have a good life?

Two thirds felt that they felt they always (37%) or often (29%) have a good life. There were 4% who never felt they have a good life and 30% sometimes felt this.

Do you feel that your life is just right?

Over a half felt that their lives are always (29%) or often (27%) just right. However, 7% never felt this way and 37% sometimes felt that their lives are just right.

Do you wish that your life was different?

Over three quarters said that they never (32%) or sometimes wished that their lives were different. There were 8% who always wished their lives were different and 13% who often felt this way.

The responses to the five questions about how the young people felt about their lives more generally were less positive than those to the individual SHANARRI domains (paras. 4.1.1 to 4.1.7). When compared with those aged 10 to 15 years in the general UK population, of whom nearly 90% reported being completely happy, somewhat happy or happy with their lives as a whole (Knies, 2012), it can be inferred that supported young people may not always be as happy and satisfied with their lives as their peers. The Good Childhood Survey found that 52% of children in England who were not living with their family gave low scores for their subjective well-being, compared to 9.4% who were living with their families (The Children's Society, 2015). All of the 21 looked after young people interviewed in previous SCRA research said that they would be happier if they lived at home with their family (SCRA, 2011). It is important to consider these differences in interpreting the survey

results as it indicates, that when reflecting on their lives overall, that supported young people have experiences that others do not and as a result may not always feel that their lives are going well. It also shows the importance of gathering information on overall subjective life satisfaction when assessing the impact of policy and interventions on supported young people.

4.2 Survey design

This survey was developed to assist corporate parents and the Scottish Government in obtaining the views of supported young people on their well-being. Young people themselves had a large part in the development of the survey questions. Their input informed how best to capture how young people feel: **Safe, Healthy, Achieving Nurtured, Active, Respected and Included**. The young people in the focus groups in this study were insightful in their understanding of well-being and the SHANARRI domains (Holligan and Hanson, submitted). A recent consultation by Who Cares? Scotland with 87 care experienced young people found that they too had a good understanding of the language associated with SHANARRI, and concluded that: *'it is apparent that 'wellbeing' needs to be defined and interpreted consistently. It is important that the interpretation of wellbeing by corporate parents is supported by care experienced young people – as young people know better than anyone the day to day and long term consequences of their wellbeing not being safeguarded or promoted'* (Who Cares? Scotland, 2014).

4.3 Why is a survey of the well-being of supported children and young people in Scotland needed?

A range children's and young people's outcomes are recorded at a national level in Scotland, most of which can be reported on as single item issues and are on the general population in this age group (for example: the Scottish Schools Adolescent Lifestyle and Substance Use Survey (ISD Scotland, 2014) and Growing Up in Scotland (Bradshaw *et al.*, 2013)).

Information specifically on the outcomes of supported and looked after children in Scotland is much more limited. As Scott and co-authors (2013) note: – *'although LACYP¹² are a particularly vulnerable group, comprising a sizable proportion of children and young people in Scotland (1.6%), there is no comprehensive health and wellbeing profile. Although there would appear to be a great deal of tacit knowledge, held within services, on the health of looked after children and evidence of good multi-agency collaboration and data-sharing at the level of individual case management, there is a lack of a quantitative overview of the health of this sub-population of children in Scotland. It is highly plausible, given their often-times previous experience of maltreatment and disrupted attachment, that looked after children and young people will be at higher risk of poor outcomes. There is some evidence of this in educational terms but a lack of documentation to evidence the situation in health and other social terms'*.

¹² Looked After Children and Young People

There is no information currently collected and reported in Scotland on how supported young people themselves feel about their well-being (other than this survey). Such information would be valuable for corporate parents to show how they are meeting their obligations under the 2014 Act to the children and young people they support. And if this outcome information is to be meaningful, then it needs to be based on meaning to children and young people themselves (Holligan *et al*, 2014).

4.4 Conclusion

This survey offers an approach that can be used at local and national levels to gain the views of supported young people on their well-being in a way that is directly linked to the SHANARRI indicators and can be reported on. The survey is subjective and as such responses to it will be solely those of its participants at a point in time - it should therefore be used as part of a range of approaches to assess well-being. Its value lies in it being meaningful to young people and directly seeking their views. It is hoped that corporate parents and the Scottish Government will use this survey methodology to obtain and report on the views of supported children and young people in Scotland.

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Appendix 1

Definition of wellbeing¹³

Safe

- Every child or young person has the right to be safe and protected, and to feel safe and protected from any avoidable situation or acts of commission or omission which might result in that child:
- Being physically, sexually or emotionally harmed in any way;
- Put at risk of physical, sexual or emotional harm, abuse or exploitation;
- Having their basic needs neglected or experiencing that their needs are met in ways that are not appropriate to their age and stage of development;
- Being denied the sustained support and care necessary for them to thrive and develop normally;
- Being denied access to appropriate medical care and treatment; and
- Being exposed to demands and expectations which are inappropriate to their age and stage of development;

Healthy

- Every child and young person has the right to the highest attainable standard of health to support them fulfilling their developmental potential;
- The health of children and young people should be promoted, supported and safeguarded to maximise their health throughout their life course; and
- Children and young people should have access to timely, acceptable, and affordable health care and support of appropriate quality.

Achieving

- Every child and young person has the right to fulfil his or her potential. Improving attainment and achievement go hand in hand and mean improving life chances and enabling all our young people to progress and develop the skills, ambition and know-how to enable them to fulfil their potential. Achievement also applies to a child's development as a social being with a fully-formed and autonomous personality who feels they belong and can navigate their way through life with knowledge, understanding, skill and confidence in their ability to cope with new and different challenges.

Nurtured

¹³ Scottish Government (2014) Proposal for the Development of Guidance to Support the GIRFEC Provisions in the Children & Young People Act 2014. Parts 4 (Named Person), 5 (Child's Plan), and 18 (Wellbeing) Guidance Framework

- The right of every child to thrive and develop into a safe, healthy, happy, well-adjusted child and, ultimately, an independent, respected and responsible adult is fundamental. There is a clear overlap between the outcomes of nurturing and those related to being safe, healthy, achieving, respected, responsible and included.

Active

- Being active is not just about 'doing'. It is also about children and young people having access to and being encouraged to take up opportunities to explore their home and community environment, play with others and express themselves in a variety of different ways. It is about developing new skills, learning how to assess and manage risks, and acting responsibly and cooperatively within teams and groups. Above all, activity and play is essential to the child and young person's subjective sense of wellbeing; the positive feelings about the self that come from having fun.

Respected

- The United Nations Convention on the Rights of the Child highlights the importance of parents, carers and practitioners in children's services recognising every child's right to be treated with respect and dignity at all times, regardless of their age, gender or social, religious and cultural background, regardless of what they may have done or failed to do. Respect and being respected are multi-dimensional concepts. Every child or young person has the right to express their views on matters that directly affect them, and to have those views given due weight in accordance with their age and maturity by the adults who care for them or come into contact with them in a professional or personal capacity. The child who is treated with respect is more likely to be safer, emotionally and physically healthier, happier, more nurtured, more likely to feel and be included, more likely to achieve and more likely to respect themselves and others and behave in a considerate and responsible way.

Responsible

- Being responsible is about accountability, but it is also about leadership and decision making and understanding the rules, norms and parameters which guide how we live alongside each other. It is about the capacity for moral judgement and taking a principled stand. It is also about showing respect and compassion for others, being honest with oneself, and with others and resisting pressure to engage in inappropriate, dangerous or anti-social behaviour. Being responsible is also about self-control; being patient when one's wishes are not instantly gratified and not resorting to aggression and violence to get one's way. It is also about learning how to negotiate with others.

Included

- Every child has the right to be included. Inclusion is about the acceptance of all, and the recognition that each, regardless of their differences, can make a valuable contribution to the community. The emphasis is placed on addressing the needs of the whole child and not just those of current or most urgent concern and also assessing the child's needs within the context of his or her development and environment and identifying the strengths and pressures in that child's world. A strong emphasis should be given to removing the social, economic, cultural and personal barriers that prevent children and families from accessing services, exercising their rights and engaging with their community and society at large.

Appendix 2. Briefing notes for practitioners and foster carers, and letters to parents and social workers

Well-Being of Supported Young People in Scotland

SCRA Survey 2015

Briefing Note for Practitioners

Thank you for giving your support to the SCRA survey on the well-being of young people in Scotland.

We are trying to collect a national picture of how young people feel about their lives in 2015.

We have asked a number of organisations to help as we want to hear from young people who often do not get included in other big surveys.

Anyone who is supported by your organisation and is aged between 10-17 years old can take part.

Please introduce the survey to them by explaining that it is all about how they feel about their lives just now. There are no right or wrong answers but to try and answer honestly. The survey asks questions about things such as their health, their friends and education. Please complete all questions if possible. If the young person does not want to answer a particular question that is still OK.

The young person can fill in the survey by themselves, so that it is private, but please be on hand to help if they do not understand a question. At the end of the survey we encourage practitioners to ask how the young person is feeling to check they are OK. If during the survey a young person discloses a matter which you are concerned about, please follow your organisation's child protection procedures as normal.

We will put all the answers together and share the results of the survey by writing a report. We will share this with young people, the organisations taking part and other organisations including the Scottish Government by sending out copies and putting the report on our website. We are looking to do this in August 2015. No names or details about any individuals will be given in the report so young people can be reassured their information is confidential.

The survey will start from the 16th March and anyone can take part up until the 15th of May. The survey can be completed online at www.scra.gov.uk or on paper from your office.

Any young person who takes part has a chance of winning an iPad Mini, a 10" Android Tablet or £30 of H&M vouchers.

Any questionnaires completed on paper should be handed back in to your office, who will return them to SCRA. A list of contacts for each organisation is shown on the back of this sheet.

If you have any questions about the survey please contact Lucy Hanson at lucy.hanson@scra.gsi.gov.uk

Well-Being of Supported Young People in Scotland

SCRA Survey 2015

Information for Foster Carers

Thank you for giving your support to the SCRA survey on the well-being of young people in Scotland.

We are trying to collect a national picture of how young people feel about their lives in 2015.

We have asked a number of organisations, including the Fostering Network to help as we want to hear from young people who often do not get included in other big surveys.

Anyone who is in foster care and is aged between 10-17 years old can take part.

Please introduce the survey to them by explaining that it is all about how they feel about their lives just now. There are no right or wrong answers but to try and answer honestly. The survey asks questions about things such as their health, their relationships and education. Please complete all questions if possible. If the young person does not want to answer a particular question that is still OK.

The young person can fill in the survey by themselves, so that it is private, but please be on hand to help if they do not understand a question. At the end of the survey we encourage carers to ask how the young person is feeling to check they are OK. If during the survey a young person discloses a matter which you are concerned about, please follow your normal child protection procedures with your support/social worker.

We will put all the answers together and share the results of the survey by writing a report. We will share this with young people, the organisations taking part and other organisations including the Scottish Government by sending out copies and putting the report on our website. We are looking to do this in August 2015. No names or details about any individuals will be given in the report so young people can be reassured their information is confidential.

The survey has started and anyone can take part up until the 15th of May. The survey can be completed online at www.scra.gov.uk or paper copies can be sent to you from Lucy Hanson lucy.hanson@scra.gsi.gov.uk

Any young person who takes part has a chance of winning an iPad Mini, a 10" Android Tablet or £30 of H&M vouchers.

If you have any questions about the survey please contact Lucy Hanson at lucy.hanson@scra.gsi.gov.uk or



SCOTTISH
CHILDREN'S REPORTER
ADMINISTRATION

If calling please ask for:

Lucy Hanson

Direct Dial:

0300 200 1597

Email:

Lucy.hanson@scra.gsi.gov.uk

Dear Parent/Carer

I am writing to let you know that your son/daughter has been invited to take part in a research project being held at Kibble Education Centre. The project is being organised by Lucy Hanson from the Scottish Children's Reporter Administration. The aim of the research is to develop a survey that can collect what children and young people think about their well-being. The research will involve your son/daughter taking part in a small group discussion about what questions we should include in our survey, such as questions about their health and their relationships. The discussion will be very informal and last between one and two hours.

After the discussion Lucy Hanson will put the survey questions together and invite children and young people all over Scotland to complete it.

So far your son/daughter has said that they would like to take part in the project and I am now seeking your permission for him/her to take part.

If you are happy for your son/daughter to take part you **do not** need to do anything else.

If you would prefer that they did not take part then please contact Lucy Hanson or Gwen McNiven on 0300 200 1597 by the 25th September 2014.

I have included a leaflet about the project that the children and young people have received. If you would like more information about the project then please contact Lucy Hanson on 0300 200 1597.

Yours

Lucy Hanson

Research Officer

Scottish Children's Reporter Administration

Ochil House, Springkerse Business Park, Stirling, FK7 7XE

If calling please ask for:

Lucy Hanson

Email:

Lucy.hanson@scra.gsi.gov.uk

To the Attention of Social Work

My name is Lucy Hanson and I am a researcher at the SCRA. I am leading on a new research project that aims to collect the views of young people on their outcomes and well-being. Ultimately the project will develop a self-complete survey that will be completed by children and young people over 10 years old across Scotland. Part of this work is to develop the survey questions and I have been granted ethical approval by Kibble Education Centre to run a small focus group for this part of the project. I recently conducted a similar group discussion with Action for Children in East Lothian.

The focus group will last between one to two hours, with the aim to develop survey questions on 2-3 key topics around health, feeling respected, and relationships with friends. Young people will receive a £10 gift voucher for taking part in the focus group.

Three young people at Kibble have expressed an interest in taking part in the focus group, one of whom you support. Following Kibble's procedures I would be grateful if you could consider their participation as well. **If you feel it is suitable for them to take part please contact myself at the above details by the 24th September.** You can also contact Dan Johnson (Senior Forensic Psychologist) at Kibble on dan.johnson@kibble.org.

I have included a leaflet about the project that the children and young people have received. If you would like more information about the project then please do contact me on.

Yours

Lucy Hanson

**Research Officer
Scottish Children's Reporter Administration
Ochil House, Springkerse Business Park, Stirling, FK7 7XE**

Appendix 3

Children and Young People's views of what counts for well-being

Consent form

We would like to speak to you about your experience and thoughts about doing surveys. We would also like to ask what you think are good questions to be used in a big survey in Scotland. We would like to spend about two hours choosing the right questions and you can help. The survey will look at issues such as friendships, safety, and your local area. If you would like to take part, please read this form carefully, tick the boxes and sign your name.

I have been told about the research and I am happy to speak to you. ☐

I know that if I want to stop talking to you then I can and I don't need to give a reason. I can also ask you to leave out and/or destroy any information that I give you. ☐

I understand that the meeting will be kept private and nobody else will be told what I have said, unless I disclose any harm to myself or to others. ☐

I am happy for notes to be taken at the meeting ☐

I am happy for the meeting to be tape recorded ☐

Once you have ticked the box(es), please sign and write your name below and enter the date.

Signature

Date

Name

Thank you.

Lucy Hanson

Any questions? Please email:

Lucy.hanson@scra.gsi.gov.uk

Appendix 4

The following text was provided in a leaflet to children and young people.

We need your help!

Would you like to help design a new survey about children and young people's well-being?

Children and young people's views on what counts as well-being

What is SCRA?

The Scottish Children's Reporter Administration (SCRA) is part of the Children's Hearings System - the child protection and youth justice system for children in Scotland. SCRA employs Children's Reporters and their staff and provides the rooms for Children's Hearings, also known as Children's Panels

What is this research about?

SCRA is working with Action for Children to find out what children and young people think about their **well-being**. We want to know how to make a good survey. For example, should it include questions about how young people feel about their local area, friends, family and how safe they feel. In other words, we want to make sure we ask questions that are important to young people!

What are you asking me to do?

We want to make a group of young advisors to take part in a discussion. This discussion would last about two hours. This group will advise us the experience of young people in doing surveys and the issues that are important to your lives. At the end of the discussion we will have a list of questions to put in a survey. This survey can be completed by other children and young people later in the year.

If you become an Advisor you **do not** have to take part in the survey as well.

You **do not** have to discuss anything that might be difficult for you.

Do I have to take part?

You do not have to become an Advisor, it is completely up to you.

You can also change your mind at a later date if you want to – at any time.

What will it involve?

Becoming an Advisor will involve one meeting on July 9th 2014. This will be in a small group of other young people at Action for Children. The meeting will last about two hours. Lucy and Zoie from SCRA will come to see you all.

If you enjoy the discussion and want to take part in more of our work you can also be trained in research and how to interview others. We will do this on a different day.

What will it achieve?

We hope many children and young people will take part in the survey that you have helped design. We will then write a report to tell the Scottish Government and services like Action for Children what they need to think about the most when considering the well-being of children and young people.

None of the children and young people who take part in the meeting or the survey will have their name in the report.

What happens at the end of the research?

The report will be available in early 2015 and it will be sent to you when it has been published. If you want more copies of the full report, this will be on SCRA's website www.scra.gov.uk

Contact details

My name is Lucy and I am a researcher at SCRA. I am working with Action for Children to get your views on what is important in young people's lives.

If you would like to take part in the meeting please fill in the enclosed consent form and give it back to Action for Children to Robert Inglis or Mark Benson.



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