

Discussion Prompts for Forces Children Scotland's Rights Snakes and Ladders



Square 3 – Ladder – My teacher arranged the support I needed when I asked for it.

What support in school would help you? What additional support might you need in school?

Are there times when you need more support than others? Who would you go to, to ask for support?

Have you ever wanted some support and didn't know how to get it? What did that feel like? What could have helped at the time?

What could school or other adults do so that you know how to get extra support or who to ask for it?

Is there someone in your school who is a dedicated support for forces children? If yes, does this help? If no, would this help?

Do you think the teachers in your school understand about forces life and how to identify when you might need more support?

In Scotland, the Additional Support for Learning Act gives forces children the right to additional support for learning, particularly at times such as deployment or new postings. Did you know this, and do you know how to ask for extra support?

Article 29 of the UNCRC says that education should develop the child's "personality, talents and mental and physical abilities to their fullest potential". Additional support can be more than just Maths and English. What other support would be helpful to you? Can you access support for your mental wellbeing in school?

Square 6 – Ladder – I got the support I needed for my mental health.

Are there times you need support for your mental health? When are these?

Have you been able to access support for your mental health when you have needed it?

What support do you think would work best for you? For example, in school or in the community; support from CAMHS or something less formal/medical?

Article 24 of the UNCRC says that children have the right to "the enjoyment of the highest attainable standard of health" and to services for treatment and support. This includes mental health support. The article also says that governments must strive to ensure no child is deprived of their right to access services. Have you tried to access support or services and not been able to? What were the barriers?



Square 10 – Ladder – I got all the information I needed before I moved.

Think about when you last moved, what information did you get? Was it helpful? Was it child friendly and accessible? Did it come to you or your parent?

What sort of information would you like to get to make the move better/easier? How would you like to get information? For example, online or printed out, from school or directly from the MOD?

Is it important for you to get information that is just for children and young people? Would it help if this information had been created by other children and young people from the area you are moving to?

Sometimes you won't be able to get all the information you want because of national security. Article 13 of the UNCRC says that when information needs to be restricted it should only be as much as necessary. When this happens what would you like to know?

Article 13 of the UNCRC says that children have the "freedom to seek, receive and impart information and ideas of all kinds". This information can be orally, in writing, through art or any other media of your choice? What is the best way for you to get and give the information you want or need?

Square 15 – Ladder – Everyone thought about what was best for me when my loved one had to deploy.

What would help you when your loved one is deployed? Who would you like to help you?

Article 3 of the UNCRC says that all actions taken by the government (which includes the MOD) must make the best interests of the child a primary consideration. What does the MOD need to think about for you when your loved one is deployed?

Article 9 of the UNCRC says that if you have to be separated from your parent due to decisions made by the government (such as deployment) then you have the right to maintain regular and direct contact with your parent. Thinking about what is best for you, how could the MOD support your relationship with your parent while they are away? Are there things that other adults in your life could do to help?

Square 25 – Snake – I need more support in school sometimes, but I don't know how to get it.

What additional support might you need in school? Who would you go to, to ask for support? Are there times when you need more support than others?

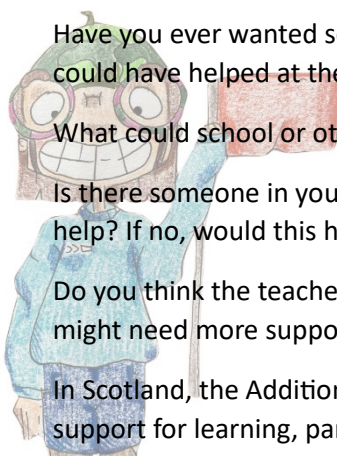
Have you ever wanted some support and didn't know how to get it? What did that feel like? What could have helped at the time?

What could school or other adults do so that you know how to get extra support or who to ask for it?

Is there someone in your school who is a dedicated support for forces children? If yes, does this help? If no, would this help?

Do you think the teachers in your school understand about forces life and how to identify when you might need more support?

In Scotland, the Additional Support for Learning Act gives forces children the right to additional support for learning, particularly at times such as deployment or new postings. Did you know this, and do you know how to ask for extra support?



Article 29 of the UNCRC says that education should develop the child's "personality, talents and mental and physical abilities to their fullest potential". Additional support can be more than just Maths and English. What other support would be helpful to you? Can you access support for your mental wellbeing in school?

Square 30 – Ladder – At my new school I was given a buddy who understood.

Have you ever had a buddy or dedicated teacher to help you settle in at your new school? Was this helpful? What was good or bad about this?

Is it important to you to be linked with another young person from a forces family who understands what it is like?

Article 3 of the UNCRC says that the government ensure the child such protection or care as is necessary for their wellbeing. What else can school or adults do to help you when you are moving?

Article 6 of the UNCRC says that the government shall ensure your development to the maximum extent possible. What can school or adults do to ensure that you grow up and develop to be the best person you can be? What impact do you think moving to a new posting or your parent being deployed has on you? What could help make things better?

Do you think the teachers in your school understand about forces life and how to identify when you might need more support or why a buddy might be helpful?

Square 35 – Snake – I can't get the information I want, when I want it, and in a way that works for me.

What information do you get in relation to your serving parent's deployment, training or postings? Is this the right information, in a way that you understand? Why is it important that you get the information you need? What information would you like to get?



Article 13 of the UNCRC says that children have the right to seek, receive and impart information and ideas of all kinds in the way that works best for them. This can be orally, written, through art or any other media of your choice. How would you like to receive information about your serving parent's deployment, training, postings etc?

Article 12 of the UNCRC says that children have the right to express their views about everything that affects them and for those views to be given due weight. In order to form and express a view, you need the right information. What information do you need? How can adults help you to tell people about your ideas and views?

Would you be interested in being part of developing information for other children and young people? Why?

Would it be important to you that the information you get has been developed by and for children and young people specifically, rather than getting the same information that is given to your parents? Why?

Square 37 – Ladder – My family are getting some support while my loved one is deployed.

The emotional cycle of deployment shows that children and young people can experience a range of positive and negative emotions before, during and after deployment. What has been your experience of deployment? What are some of the emotions you have experienced?

Sometimes it can be hard for you and your family to adjust to your loved one coming and going. Have you found it hard at times? What about it has been hard? What about it have you found okay? What would help you and your family before, during and after deployment?

Some young people have told us that one of the things that makes deployment difficult is the lack of information. What information would be helpful when your loved one is deployed? How would you like to receive this information?

Article 18 of the UNCRC says that governments must give parents help to be the best parents they can be. This includes the development of appropriate services. If you were to design a family support service for forces families, what would it look like? Who would you like to deliver it? Is it important to you that it is connected to the MOD or independent of the MOD?

Square 45 – Snake – I need to stop my hobby because I am moving and I can't do it in my new area.

Have you ever had to stop doing something you liked because you were moving? How did this feel? Were you able to find something to replace it when you moved?

What are some of the things you have had to give up because of a new posting? What are some of the new opportunities you have gained because of a new posting?

Are there some new activities or hobbies you would like to try? How can the adults around you help with this?

Article 15 of the UNCRC says that children have the right to freedom of association. This means joining clubs. Are there times when being part of a forces family affects this right? What are some things that adults around you can do to help?

Article 31 of the UNCRC says that children have the right to rest and leisure, to engage in play and recreational activities. Are there times when being part of a forces family affects this right? What are some things that adults around you can do to help?

What things would you like to do that helps you to rest, play and participate in recreational activities?

Square 58 – Snake – A lack of support means extra responsibilities.

Are there times that you have extra responsibilities because your loved one is deployed or working away from home? What are some of these responsibilities?

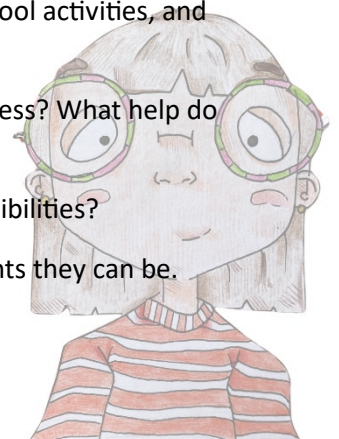
What is positive about having these extra responsibilities?

Has your non serving parent tried to get some help, such as childcare or after-school activities, and they haven't been able to? What has this meant for you?

Do you see yourself as a young carer? If yes, what help have you been able to access? What help do you need?

Are there things you would like to do but you can't because of your extra responsibilities?

Article 18 of the UNCRC says that parents should get support to be the best parents they can be. What support would help with your extra responsibilities?



Article 18 of the UNCRC says that children of working parents have the right to benefit from childcare services. Has your mum or dad been able to get the childcare they needed when they needed it? What did this mean for you?

Square 60 – Ladder – I can stay in touch using social media.

How have you stayed in touch with your friends after you have moved for a new posting? What are the positives and negatives of this?

What sort of things do you do to stay in touch with your loved one when they are away for work? What helps with this? What can make it harder?

What would help you to stay in touch with the people you love or are important to you?

Article 17 of the UNCRC says that children have the right to access mass media, especially if it is aimed at promoting their social wellbeing and physical and mental health. What does it mean to you that you can stay in touch with those people who are important to you via social media?

Article 9 of the UNCRC says that if you are separated from your parent that you have the right to maintain your relationship with them and have direct contact with them. What helps you to stay in contact with your loved one when they are away? What can adults around you do to help you stay in contact with your loved one when they are away?

Square 63 – Snake – I don't know who to tell that I am unhappy and want something different.

Article 12 of the UNCRC says that you have the right to form an opinion on everything that affects you and for that opinion to be given due weight by decision makers. What sort of things would you like decision makers to know and do something about?

Do you feel able to talk to the adults around you when things are working for you? What makes this easy? What makes this hard? What would help you to do this better?

What sort of things make you unhappy? What would help to make this better for you?

Article 42 of the UNCRC says that the government needs to do everything it can to make sure that everyone knows about the UNCRC and the rights that children and young people have? What do you think the government should do to make this real for you and those around you?

An important part of accessing your rights includes the right to complain. Decision makers and services around you should ensure that it is easy for children to complain when things aren't working for them. How easy is it for you to complain or raise a concern about the decisions that affect you? Do you know who to complain to if you need to? What would help you to raise a concern/complaint when you need or want to?

Square 69 – Snake – My house has mould and damp, it takes forever to get anything repaired.

What have been your experiences of Service Families Accommodation? What are the good things? What are the no so good things?

Have you or your parents ever tried to complain about SFA or get some repairs done? What was this like?

Article 27 of the UNCRC says that children have the right to a standard of living adequate for their physical, mental, spiritual, moral, and social development. This includes nutrition, clothing and housing. What do you need from your housing to make sure it is enough for your development?

Children and young people consistently tell us that they are unhappy with SFA. What would make SFA better for you?

Square 79 – Snake – My loved one is back, we all need help to adjust but there isn't the help we need.

The emotional cycle of deployment shows that children and young people can experience a range of positive and negative emotions before, during and after deployment. What has been your experience of deployment? What are some of the emotions you have experienced?

Sometimes it can be hard for you and your family to adjust to your loved one coming and going. Have you found it hard at times? What about it has been hard? What about it have you found okay? What would help you and your family before, during and after deployment?

Some young people have told us that one of the things that makes deployment difficult is the lack of information. What information would be helpful when your loved one is deployed? How would you like to receive this information?

Article 18 of the UNCRC says that governments must give parents help to be the best parents they can be. This includes the development of appropriate services. If you were to design a family support service for forces families, what would it look like? Who would you like to deliver it? Is it important to you that it is connected to the MOD or independent of the MOD?

