



WHAT IS THIS CHAPTER ABOUT?

This chapter is about children's right to health. This includes being able to get treatment for physical and mental health issues, but also things that help you stay healthy - like having a warm and safe home and good food. The chapter looks at how living in poverty can affect children's health. It shows that children know and understand how poverty affects everything from being able to get healthy food through to making and keeping friends. It also shows how bad housing and air pollution can make children less healthy. The chapter also looks at things that affect disabled children.

WHAT DID THE COMMITTEE SAY?

The Committee said that the government needs to make a plan about child health and make sure there is enough money, technology, doctors, nurses and other people so that the health system works well. Governments also need to protect children's health from the effects of poverty and put more money into mental health services. Children shouldn't have to wait too long if they need help with their mental health.

The Committee also made recommendations about disabled children, including that governments should make a plan for them to be included, and for their views to be listened to and taken seriously. Governments should also make sure that disabled children are supported as they grow up and move from children's services into adult services.



WHAT HAS SCOTTISH GOVERNMENT DONE?

Scottish Government has made some plans to try and improve children's health, including a plan to improve the food that children eat and a plan to help make sure fewer children live in poverty. Scottish Government also set up a Young Disabled People's Forum to hear disabled young people's views and created a new fund to help disabled children aged 16 and older as they become adults.



WHAT DO CHILDREN THINK?

Mental health services

"When I was then told I was rejected I was like well, it made me feel rejected because it made me feel am I not worthy of help, am I not deserving, am I not ill enough?"

Poverty

"If your parents are stressed about money and argue a lot, it'll impact you and you feel like you can't do anything about it."

Food at schools

"Fatty, unhealthy foods are way cheaper – burgers and paninis. People think that it's just the rich kids who go for salads."

WHAT DOES TOGETHER THINK?

Scottish Government needs to do more to make sure that all children know about their right to health and are able to get help and support with their mental and physical health as soon as they need it. Scottish Government must spend money wisely to make sure that fewer children live in poverty, and that these children are able to live in warm houses, eat good food and are still able to do well at school.

WHAT'S NEXT?

Scottish Government has made some promises about what it will do next. It said that from Christmas 2020 families who have children under 6 and who need help will get extra money every week. Scottish Government also promised that it will give a free meal for all children in nursery from August 2020 and that it will make school meals cheaper. There will also be a programme to help children learn more about where food comes from, through things like going on farm visits and healthy cooking lessons.

WHAT ELSE IS TALKED ABOUT IN THIS CHAPTER?

- Children who are put into adult wards at hospitals
- Learning about relationships, sexual health and parenthood at school
- Children who are homeless
- Gypsy/Traveller children who need better places to live
- Effects of air pollution on children's health

If you want to see the full chapter, you can find this [here](#).

