

The purpose of this document is to provide a breakdown of the **Trusted Adult illustrated journey resource**.

Provided in the format of a Powerpoint handout this resource will be useful to both individuals and those learning as a group e.g., a staff team.

Delivered as a workshop the session will last approximately 45 minutes (this includes some time for reflection and discussion).

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The UNCRC Act  
2024 makes  
children's rights  
part of Scottish law.



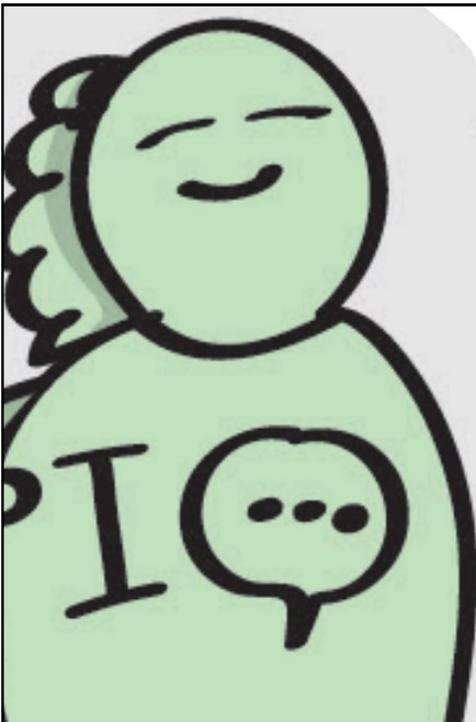
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**The UNCRC Act 2024 is a promise to respect and protect children’s rights including:**

- To be listened to and taken seriously
- Best interests of the child
- Protected from exploitation
- Protected from hurt and being badly treated
- Protection against discrimination
- To play and relax

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**Article 12 of the UNCRC states:**

“children have the right to express their views freely in all matters affecting them”

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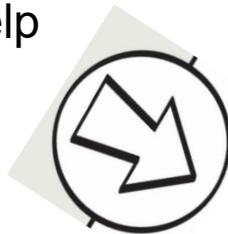
Every child should have their rights met.

But when something isn't working, what should they do?



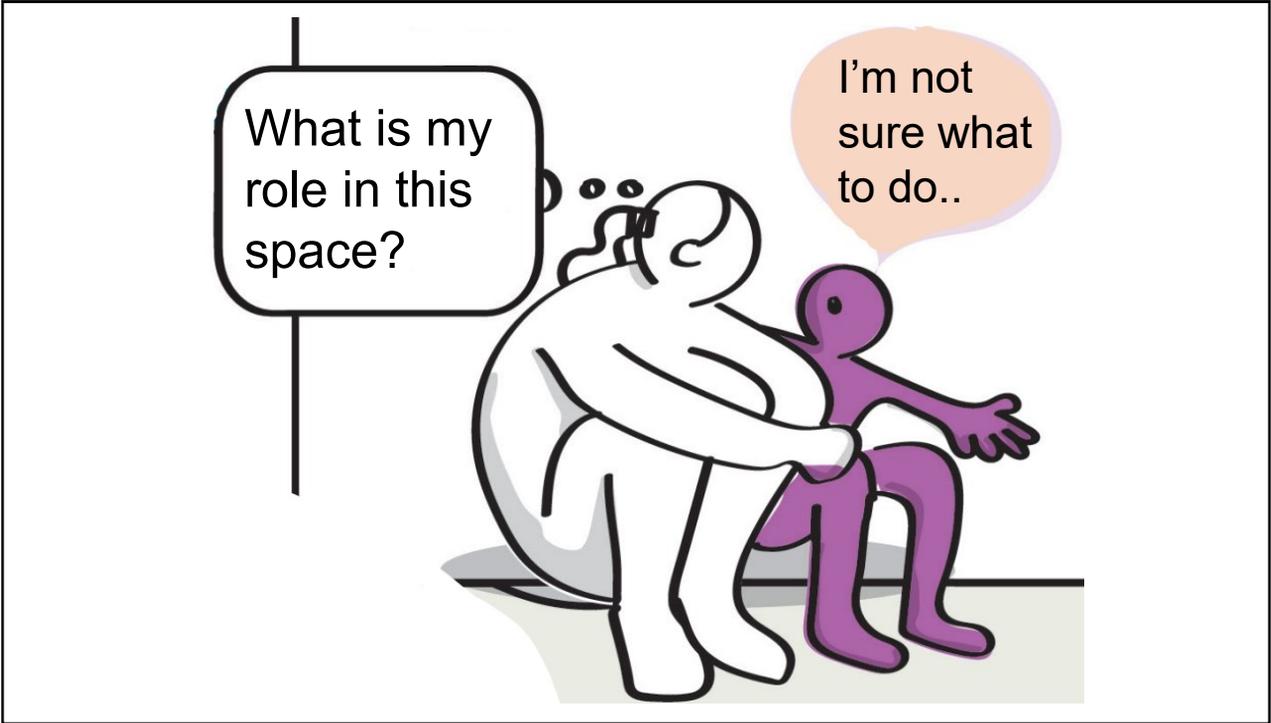
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When children feel their rights aren't respected there are people who can help



Trusted adults together with children, can create positive change and make things better for everyone.

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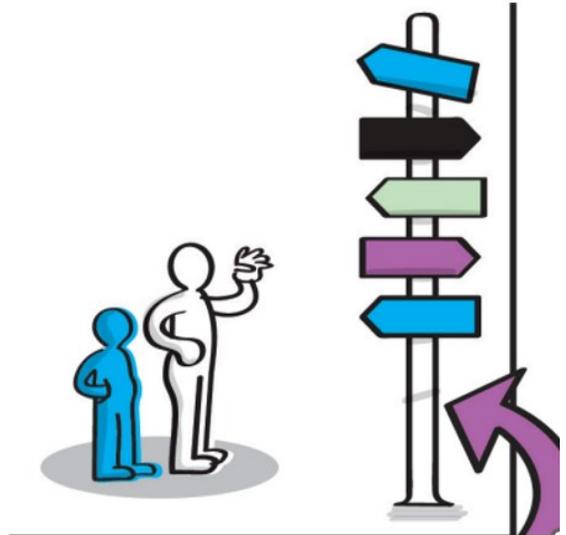
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Trusted adults and children and young people can work together to find solutions



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Trusted adults  
can listen and  
help plan  
what's next



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## Discussion

### “Trusted Adult”

- What do you think of when you hear the term ‘trusted adult’?
- What professions and people do you think of?
- What skills do they need?
- What knowledge do they need?
- Do you consider yourself to be a trusted adult?

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## Who are trusted adults?

- Youth worker
- Health worker
- Parent/ carer/ family member
- Advocacy worker
- School staff
- Social worker



## What are their qualities?

- Non-judgemental
- Friendly
- Trustworthy
- Caring
- Kind
- Respectful
- Supportive
- Understand children's rights
- Believes in children
- child-centred

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## Families Outside short video

### **Discussion**

- What did you hear/what stood out?
- What did the child need from the trusted adult?
- What skills and knowledge did the adult need to support the child?
- What can we learn/ take away from this?

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Health and Wellbeing Census 21/22 findings:

- 67% of children and young people said they always have an adult in their life they can trust and talk to
- 24% said they sometimes do

### **Discussion**

What does this data tell us about the experiences or needs of children and young people?

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**Where can trusted adults go to develop their knowledge and confidence to support children and young people to access their rights?**



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- Trusted adults, at times, may seek out information to strengthen their support for children and young people.
- Sometimes, and in certain circumstances, children, young people and their representatives need to seek further support from other professionals.
- If there are safety concerns, trusted adults may need to speak to other adults to keep children safe.



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**Trusted adults can seek advice and support from other professionals. What do the terms below mean to you?**

**Discuss in pairs (answers on the next slide).**

- **Advocacy - ?**
- **Law centres - ?**
- **Children and Young People's Commissioner Scotland - ?**
- **Complaints - ?**

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- **Advocacy** – advocacy plays a vital role in ensuring children’s rights are realised, particularly Article 12
- **Law centres** – Specialist lawyers in Scotland trained to help children with their rights
- **Children and Young People’s Commissioner Scotland** – listens to children and young people
- **Complaints** – In Scotland, the process of making a complaint has been made more child-friendly, to ensure children are able to use their voice

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## EXPLORE MORE:

Scan the QR codes to find resources, guidance, and tools that support children’s rights in practice.



ACTIVATE YOUR RIGHTS



SKILLS AND KNOWLEDGE FRAMEWORK



COMPLAINTS JOURNEY



PARENT CLUB RESOURCES

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Working together, we can make sure children's rights are respected.



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**Other useful links to explore:**

[Decision-making: children and young people's participation - gov.scot](#)

[Get help - Children and Young People - The Children and Young](#)

[People's Commissioner Scotland](#)

[Children's advocacy guidance - gov.scot](#)

[My Rights, My Say: Supporting children to share their views](#)

[How professionals make rights real \(Children's Parliament\)](#)

[Children's rights case studies | Parent Club](#)

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The Scottish Government cannot guarantee the quality or accuracy of the materials contained in the external linked resources. Nothing in this document, or in its linked resources, is intended to constitute legal advice.