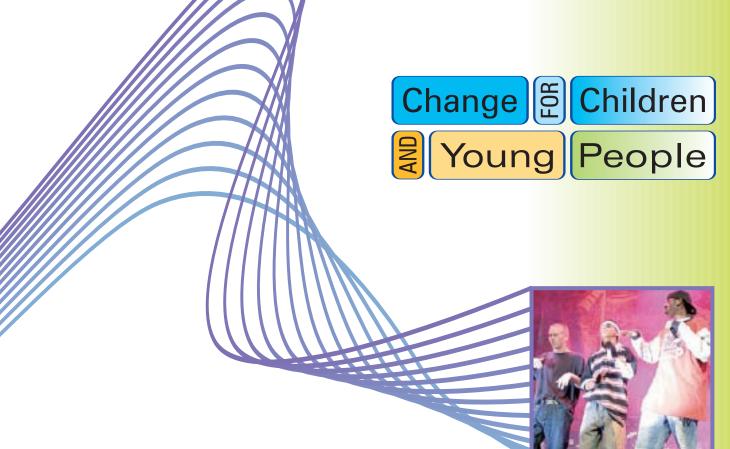


Nottinghamshire Children and Young People's Plan 2006-2007



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Introduction

This is the first children and young people's plan for Nottinghamshire. It was developed by all the organisations who work with children, young people and families. See page 20 for the details of all those involved.

This plan sets out what we will do over the next year to work together to improve the lives of all children and young people aged 0-19 in Nottinghamshire. In everything we do we will make sure we work towards fairness and equity, helping children and young people overcome barriers to succeeding.

This plan covers services that all families use, such as schools and health clinics, as well as the support given where children, young people and families need some extra help. All the organisations working with families are responsible for making the improvements set out in this plan. They are based on:

- the views of children, young people parents and carers, some of these are included as quotes
- looking at how well local children and young people get on compared to how well children and young people get on in other parts of England
- what each organisation is doing at the moment to improve the wellbeing of local children and young people.

We will be working together over the next year to make the improvements set out in this plan. For more detailed information please look at the implementation plan, which is on the County Council's website www.nottinghamshire.gov.uk/changefor children.

In April 2007 we will publish a new plan which will last for another three years. This will include how much we have done, how well we have managed and set out what we want to do next. There will be new information included about how we can make the best use of money and how our staff can be supported and trained to do the best possible job.

If you have any questions about this document or would like to have a copy in large print, braille or another language please contact:

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Our Vision

All the organisations set out in appendix I (page 20) are committed to working together to improve the lives of **all** children and young people aged 0 to 19 in Nottinghamshire - making sure each child and young person is able to do the very best they can.

We will make sure that, as far as is possible, children and young people:

- are healthy enjoy good physical, sexual and emotional health appropriate to their age, and live a healthy lifestyle
- stay safe are being kept safe from harm, neglect, bullying, discrimination, serious accidents and crime
- enjoy and achieve in play, sport and activities such as arts, drama, music, scouts, guides and youth groups as well as in school
- make a positive contribution to the community they live in, developing confidence and skills and being involved in decision making
- are free from poverty by offering children, young people and their families the opportunity to take part in work, training or further education to achieve economic well being.

Guiding Principles

Nottinghamshire is a large county, with a lot of different communities. We will work together to:

- provide help and support to children, young people and families as soon as there is a need, preventing problems developing where ever we can
- help communities to support their local children and young people
- make sure that all our services:
 - provide what is needed to give all children and young people the best chance to succeed

- are good quality and value for money
- make decisions based on the views of children, young people parents and carers
- provide what is needed, when it is needed, in ways that are effective
- are able to respond to the needs of individual families
- make best use of our staff, buildings, public spaces, money and knowledge
- make sure we concentrate on improving the lives of all local children and young people, taking into account the particular needs of children and young people affected by poverty, and the impact of discrimination in terms of race, gender, disability, lesbian, gay, bi-sexual, and transgender issues.

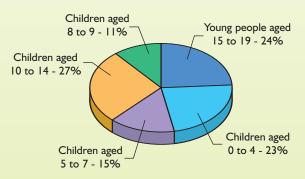
We will do this by:

- including children, young people and parents in decision making about the way we work
- finding out from local communities what is working well and what needs to improve, building on our success
- agreeing on the best way to work together to meet the needs of children, young people and families
- providing helpful information about support and activities for children, young people, parents and staff
- developing staff who are skilled and flexible
- sharing money, staff, time and buildings between organisations to best meet the real needs of families.

Children and young people in Nottinghamshire

There are 181,500 children and young people in Nottinghamshire. The numbers of children and young people in each district of Nottinghamshire are roughly equal. The breakdown of ages in each district is also similar

Ages of children and young people in Nottinghamshire



- On average families are becoming smaller in Nottinghamshire and across England, so the number of children and young people in Nottinghamshire is expected to fall to 158,000 by 2010, a fall of 15%
- 4% of children and young people living in Nottinghamshire are from black or minority ethnic backgrounds. There are slightly more black and minority ethnic pupils in Nottinghamshire schools, as 5,000 pupils who live in Nottingham City attend schools in the County
- There are 355 schools in Nottinghamshire providing education to 121,600 children and young people
- 90% of 3 year-olds in the County attend nursery school or some other early years' education.

Achievements of local children and young people

Local children and young people are involved in a very wide range of positive activities – these are a few examples:

 20,000 children in the County are learning to swim each year

- over 7,000 local children and young people are learning a musical instrument
- 2,413 young people gained accredited awards through the County Council youth service in 2005
- all children who are looked after by the County Council of school age are taking part in out of school activities they have chosen
- 29,800 young people participated in arts in 2005
- over 6,000 young people from the County are studying for a university degree.

Children and young people who need extra support

All children and young people benefit from health and education services. Some children and young people need greater levels of support to do well, for example:

- there are around 5,000 disabled children and young people in the County
- 6,200 pupils need extra help to do well at school
- 499 children and young people are looked after in public care by Nottinghamshire County Council
- we know that families who live in poverty (managing with little money, living in poor housing, not having a job) are more likely to have accidents, poor health, and poor educational achievements. The map below shows that children and young people are more likely to be living in poorer households if they live in Mansfield, Ashfield or Bassetlaw. But there are also pockets of poverty in other districts across the County



Priorities and actions

Being Healthy

in Nottinghamshire

We want to improve the health of all children and young people

What we do well

- We have lowered the rate of teenage pregnancies
- 207 of Nottinghamshire's schools are signed up to the Healthy Schools programme
- Our ten Sure Start programmes have helped parents to look after their babies and young children, so they have a good start to life. This important work will continue in our new Children's Centres
- We have a very effective nationally recognised Drug and Alcohol Action Team. It provides good local services, bringing together different organisations to offer support to young people and families affected by drug and alcohol use.

You can read all the parenting books in the world but for me sitting and chatting to other Mums has been the best support and comfort (parent about a Sure Start support group)





What we will do

Good *health* is important so that all children and young people in Nottinghamshire become healthy, successful adults. We will:

- develop 48 Children's Centres by 2008
- encourage and help women to take care of their health during pregnancy, including giving up smoking
- encourage and help new mothers to breast feed their babies as this helps to give a healthy start to life
- provide information, help and support to reduce the number of accidents to children and young people
- prevent the increase of obesity in children and young people by:
 - providing information for families about healthy eating and physical activity
 - increasing the availability of play, sports and physical activities
 - encouraging children and young people to eat healthy food in school.
 - providing local, free play space for all children and young people.

Children and young people need to feel happy and secure to do well. Nationally around 10% of children and young people have **emotional or**I think to

mental health needs, so we will:

provide support for children and young people with early signs of emotional or mental health needs through Children's Centres, schools, health and voluntary services I think they should work together on this as a team... and do joined up thinking (parent of a seventeen year old)

We enjoy coming and it's nice to be more active with the equipment... keep up the good work. (A parent talking about a parent and toddlers' activity group)

Its good, they give the children fruit for a snack now (parent of a six year-old) Thanks to Sure
Start, my life
has completely
changed... I
feel like a new
woman, I can
go anywhere
and do
anything. (A
mum, who was
scared to go out
after post natal
depression)

If parents are confident, our children are confident —that's what we gained (Parent)

I hate it when you see someone our age that smokes (young woman of twelve) make sure people working with new parents recognise early signs of emotional and mental health needs and provide support.

The use of *drugs, alcohol and tobacco* by parents or young people can seriously damage the health of children and young people and affect their well being and success in life. We will reduce the harm caused by the misuse of drugs, alcohol and tobacco by parents, children and young people by:

- working with adult services to increase the number of parents completing drug and alcohol treatment programmes
- providing effective education about the impact of drugs, alcohol and tobacco
- providing effective support to children and young people who smoke, use drugs and alcohol.

The number of sexually transmitted infections is increasing amongst young people. These can have long-term effects on general health and the ability to have children. Locally we have reduced the rates of **teenage pregnancy**, but being a young parent can affect opportunities for both the parent and the child, so we will:

- continue to work with young people, their parents, carers and organisations who support families, to help young people make healthy choices about sexual relationships.
- Support pregnant young women to make informed choices about their pregnancy.

Being a parent can be difficult; all parents need **support and advice**, so we will:

 make sure that all parents know how to get the right support and advice. They ought to be talking about safe sex all the way through so we don't get all the teenage pregnancies (parent of a seventeen year-old)

We had sex education in year 6 but that was only for about a month (13 year old young man)

There should be something like this every week, it is really good to come and meet new people (parent of a 12 year-old)





That stuff you taught me to do is working brilliantly, he's behaving really nicely now (parent of a three year-old)

Time for the Birds and the Bees?

But what are you going to say?

For support in talking to your children about relationships and sex

Staying Safe

in Nottinghamshire

We want to make sure that all children and young people in Nottinghamshire are safe

What we do well

- We work very well together across organisations to agree how to keep children and young people safe from harm and neglect and have an effective Local Safeguarding Children Board
- We provide a lot of training, bringing together workers from different organisations to improve their skills and knowledge in keeping children safe from harm and neglect
- We have worked hard to make sure that children who are adopted, in foster care or residential care are safe and are protected from harm.
- The Fire and Rescue Service help to avoid children and young people being injured by working with schools on safety information

I would be interested in further child protection training as it would be useful to help towards my family life (parent Sure Start West Mansfield)



What we will do

Keeping children and young people safe from *harm and neglect* is everyone's responsibility, so we will:

- provide more information about preventing harm and neglect and what to do if you are worried about a child, including where children are living with domestic violence
- make sure that every organisation working with children, young people and families considers the safety of all children in all their actions.

Children and young people need to know that if they are worried about **bullying** that they will be helped so we will:

- make sure we support the victims of bullying and deal appropriately with those who are bullying
- make sure that children and young people know who to talk to about bullying and that they feel they are listened to and supported.

All children, young people and families have the right to protection from *discrimination* and harm due to their identity. We will:

- increase the number of schools with effective antidiscrimination policies, ensuring that all incidents are reported properly with appropriate action taken
- take action across all organisations to tackle discrimination and be positive about differences between people.

The most important thing is community; people don't even know their neighbours (parent of an eighteen year old)

My son had

problems with

bullying to the

point where he

moved classes

but really, it

should have

who moved

(parent of a

thirteen-year

been the bullies



celebrate the achievements of young people

I don't feel part of my community and if I was a young child, I wouldn't feel safe (young man of seventeen)

There are blaces where there are always police so that's OK but there are others where there are never police so you just don't go there (young woman of seventeen)

Children and young people are worried about being the victims of crime, so we will:

- target young people at risk of committing offences to increase the range and choice of activities to help prevent them getting into trouble
- work with all organisations to increase the safety of our streets and neighbourhoods

Living with domestic violence has a serious impact on the health and well-being of children and young people, so we will:

they normally get.

to balance the negative press

improve our joint working to tackle domestic violence

improve support to all children and young people living with domestic violence.

We need to reduce the number of children harmed though accidents. We will:

work together to make sure that homes, play, leisure and recreation are safe.

If you walk around town in a group of more than 4 of you, older people clutch their bags and flinch...that makes me feel bad (young man of eighteen)

If you walk past an old person and smile, they assume you are going to rob them (young woman of seventeen)





Enjoying and Achieving

in Nottinghamshire

We want to improve the achievement of children and young people at school, especially for 16 year olds

What we do well

- We provide a large number of free education places to three and four-year olds and other child care support
- Most primary schools are providing good, enjoyable education to children and young people
- Many children and young people with additional needs are supported to attend mainstream schools.
- We provide a wide range of activities for children and young people which are fun and help them do well.

If you make it more interesting to learn then they will enjoy it (parent of a seventeen year -old)





What we will do

Children achieve more at school where their **families** are involved with and support their learning. We will:

- make sure very young children have books to enjoy with their family
- help parents to be involved in their children's education
- support parents with their own learning.

A wide variety of *play, sport, creative and arts activities* help children and young people have fun, feel better about themselves and want to do well. We will:

- provide affordable activities such as play, youth services, homework clubs, sport and leisure, to help children and young people to enjoy themselves, do well and achieve recognised awards
- celebrate children and young people's successes.

Children, young people and parents want better, cheaper *transport*, so that they can get to activities and services. We will:

 agree how to improve transport for all children and young people including those with particular needs. The thing is if the children do anything wrong in school they'll phone you straight away and involve you (parent of a twelve year old)

It would be better if someone organised things for us to do. Not everyone likes the same things. Some like sport, music, art or maybe just being with your mates (young berson to a Connexions personal advisor)

What about if you could use a card to get a discount, then we would use it more (young woman of fifteen) There is climbing I go to but it takes four buses to get there (young man of seventeen)

I was pleased to see how my child had progressed. I am sure he will settle and behave in school now (parent of a four-year old)

I like the books and doing science. I don't like writing (boy aged 8) It is important that all children are **ready to start school**, so that they can do their best, so we will:

 open 48 Children's Centres by 2008. These will offer family support, early learning and play to help children prepare for school.

We need to continue to improve education, so that children and young people do well at school, especially in secondary schools so that young people get *formal qualifications* at the age of 16. We will:

extend services in and around schools, working with families and other organisations, to help children and young people achieve in all aspects of their lives and do better at school work to increase children and young people's ambition to succeed.

We want to offer young people a better **choice of learning opportunities**. We will:

- encourage schools to work with colleges and employers to further develop work based learning
- increase the number of young people who leave school with a qualification.

They tend to get pushed down the academic track because this is how the education system is set up (parent of an eleven yearold)

Thank-you for my two weeks' work experience...
I've really enjoyed myself...thanks for the opportunity to let me find out about working with children (Fifteen year-old young woman)

Some kids have no idea what they want to do so give them a taster of what they can do (parent of a thirteen year-old)

They should have a workshop type thing where at 13/14 they should go and try different trades (parent of a twelve year-old)

You want to do what you're good at rather that thinking 'I am failing at this' and putting yourself down (young woman of twelve)

I think you should be able to do the things you're good at and so you are happy and doing well (young woman of thirteen)

I will be a police lady. I'll pass the exams. I'll have a uniform. It will be good because you get to chase people in a car and I'd be able to drive. I'd need handcuffs. I'd go to a big school (girl aged 9)



Making a Positive Contribution

in Nottinghamshire

We want to raise the ambition of children and young people to do well

What we do well

- Children and young people take part in decision making in many different ways, such as school councils, district and County Youth Assemblies and Connexions. Disabled children and young people take part in decision making through the Cool Kids group, children and young people in public care looked after by the County Council are involved through Listen 4 a Change
- We have agreed ways to involve children and young people in all decision making about the services we offer them
- The Youth Inclusion Support programmes (YISPs) offer support to 8-13 year-olds and their families to try to prevent young people getting into trouble at home, at school, in the community, and with the police.

I think it should be run by people who go there, because people resent it if it is too structured (young man of seventeen) If you can talk to some one... you have got a weight off your shoulders... if you listen to them they can give you advice about what to do (young woman about Connexions)



What we will do

Involving children and young people in decisions improves our services. We will promote the involvement of children and young people in decisions that affect their lives by:

- providing more opportunities for all children and young people to take part in school councils, youth assemblies and other groups
- putting into place a new Nottinghamshire charter to make sure that children and young people are involved in all decision making
- making sure that children and young people who need a lot of extra support are involved in meetings about their services.

Children and young people tell us that they want 'places to go and things to do', so we will:

- provide activities such as play, youth services, homework clubs, arts and drama, sport and leisure activities, to help children and young people to enjoy themselves, do well and achieve recognised awards
- provide more opportunities for young people to get involved in voluntary activities in their community.

They built a skate park, but no-one uses it; it is at the bottom of a hill but did they even ask anyone if they wanted a skate park? (seventeen year-old young man)

I am very
happy with
Connexions and
want to get
more involved
with feeding
back the views
of young people
(young person
about
Connexions)

My son volunteered to help autistic children one summer and he enjoyed it so much, he went back the next year (parent of a seventeen year old)





We will help children and young people to **want** to **do better** for themselves by:

We get absolutely nothing, they just focus on the kids that are bad or do drugs (young woman of fourteen)

- encouraging attendance at school and make school a more enjoyable experience
- making sure that children and young people gain a sense of achievement both in schools and other activities
- encouraging families to learn together
- extending services in and around schools, working with families and other organisations, to help children and young people achieve in all aspects of their lives
- encouraging parents to return to education, training or employment through our Children's Centres, extended services in and around schools, and after school clubs
- providing useful information, advice and guidance about school, college, training, apprenticeships and work.

Children and young people can find **moving** between primary and secondary school, or school and college difficult. We will:

 offer support to make it possible for more young people with particular needs to move successfully between primary and secondary school, school and college.

If I hadn't met my PA I wouldn't be planning to go to college (young person talking about support from a connexions personal advisor)

Achieving Economic Well-being

in Nottinghamshire

We want to help more young people and families to be employed or in training

What we do well

- Locally the proportion of young people in education, training or employment aged 16 to 19 is amongst the best in the country
- All those working with young people aged 14 to 19 have agreed ways to give a better choice of work-based learning and alternatives to GCSEs
- We have a good choice of entry to employment schemes to help young people who need extra support to gain work
- We have successfully developed a range of good quality childcare places across the County, so that parents can return to work if they wish.

What we will do

It is important for parents who want to return to work to have affordable *childcare* that they can trust, so we will:

increase the number of good quality child care places where they are most needed by developing 48 Children's Centres, after school clubs and extending services in and around schools.

Young people who are able to take part in *employment*, *education and training* are more likely to feel happy, be healthier and have money to look after themselves. We will:

When I am
20 I will have
£1,000 a day.
I get my money
because I work
hard. I will
spend it on
fashion and
clothes (girl
aged 5)

- increase the proportion of young people aged over 16 who are attending school, college, training or apprenticeships.
- increase the proportion of teenage mothers who are attending school, college, training or who are working.

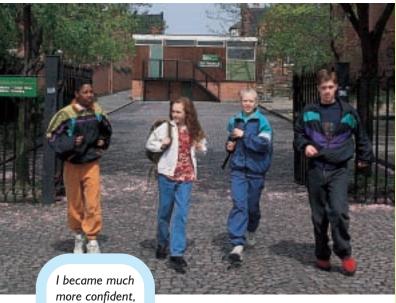
More young people will do well if there is a wider choice of *learning opportunities* available to them after they are 16. We will:

 increase the proportion of young people who complete courses and gain a qualification after they are 16.





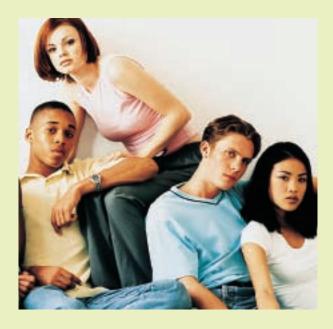




more confident, I went to lots of different courses and learned that I could do lots of things... I can see that I do have skills and talents that I can use to get a job. (parent Sure Start Meden Vale)

They (Sure Start) gave my children the best start in life and gave me the confidence to fulfil my dream and train as a nurse (parent Sure Start) **Family poverty** leads to a range of disadvantages for children and young people. We will:

- make sure families and young people know about and receive the benefits and tax credits they are entitled to
- increase the number of people with jobs across Nottinghamshire
- encourage families to support the learning and achievement of their children and young people.



Adequate **housing** is very important for the well-being of children and young people. We will:

- work together to improve housing for children, families and young people and reduce the number becoming homeless.
- make sure that teenage lone parents, under 18, who cannot live with their parents or partner have appropriate housing and support.

We haven't got a lot of this (social housing) now. The starting prices for houses are telephone numbers and getting worse... we need more affordable housing (parent of a ten yearold)

Local Children and Young People's Groups

There are six groups meeting regularly around the County to make sure we improve the lives of children and young people. The groups will help to put this plan into action, but will be working on local particular priorities. These are set out for each area.

Ashfield and Mansfield Children and Young People's Group

This group has been meeting for some time and is working to improve life for children and young people in the area. A local plan of what we think is important is being developed. This includes:

- trying out new ways to help staff from different organisations to work better together
- finding out why some families don't use our services locally
- making it easier for parents, children and young people to find the help they want
- helping children and young people to believe that they have a positive future
- giving children and young people the support they need to do well
- finding ways to help families learn and enjoy life together.





Bassetlaw Children and Young People's Group

The Bassetlaw group has been meeting together to decide how to help improve the lives of children, young people and families locally. The things we think are important are:

- the emotional health and well being of children and young people in Bassetlaw
- providing help and support to local parents in the important job of raising their children
- helping local children and young people to want to do well and succeed in life
- keeping children and young people safe from harm, neglect, bullying, accidents, domestic violence and being exploited sexually
- helping children and young people to have healthy lifestyles including exercise and healthy food
- reducing the number of teenage pregnancies in Bassetlaw.

When working with children and young people who have particular problems or challenges, we want to make sure we meet their needs in a way that suits them as individuals.

Broxtowe Children and Young People's Group

The Broxtowe Children and Young People's Group has improved the way organisations work together locally. Over the next year the group want to:

- celebrate the good things about living in Broxtowe and make it a safer place to live for all children, young people and families
- offer the right help and support for all children, young people and families, including those serving in the armed forces and those visiting from abroad

- gain a clearer picture of all the help offered to families across Broxtowe and make sure we don't waste money or repeat each others work
- support children and young people to help in their community and celebrate their success
- help children and young people to be healthy physically, emotionally and sexually
- work together to help children and young people want to do well and give them a range of learning choices.

Gedling Children and Young People's Group

As a new group, we are planning how we will work together to:

- make sure that parents, carers, children and young people are part of planning
- support families with advice about healthy food and exercise
- work with young people and families to make our communities safer
- help children and young people to do the best they can both in school and in other activities
- work together to involve young people in the life of their community and improve their image
- make sure the new Children's Centres support families to gain confidence as parents and to work or study.

Newark and Sherwood Children and Young People's Group

This group has brought together local organisations to work in the interest of children, young people and families. We want to:

 involve children and young people in local planning and see them as positive, not as a problem provide good local support in line with work that has been agreed for children, young people and families across Nottinghamshire.

This year we will give special attention to:

- improving the emotional well being of children and young people
- reducing the number of accidents to children and young people.

To do this we will:

- find out about what children and young people need across Newark and Sherwood
- write a plan to outline how we will work together to improve the lives of children, young people and families locally.

Rushcliffe Children and Young People's Group

Organisations in Rushcliffe met recently to plan ways to improve the lives of children, young people and families locally.

Over the next year we will be meeting together to:

- provide more support to young people to reduce their use of alcohol and drugs, and provide advice about sexual health
- provide more support for the emotional well being of children and young people
- provide more support to women and children experiencing domestic violence
- help children and families with advice about healthy food and exercise
- make sure that all children get support if they are bullied, or if they are hurt because of their race, culture, disability or because they are lesbian, gay, bi sexual or transgender
- reduce the amount of accidents to children through better information on road safety and home safety checks.

Appendix 1: Partners

These people and organisations have been involved in writing this plan and will make sure that we do what we say we will do.

Ashfield and Mansfield District PCT's

Ransom Wood Business Park Southwell Road West, Rainworth NG21 0ER Jo James Director of Children

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Chief Executive Officer a.mellor@ashfield-dc.gov.uk

Bassetlaw District Council

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Bassetlaw PCT

Retford Hospital, North Road Retford DN22 7XF Sue Gill Head of Healthcare Stategy

Head of Healthcare Stategy sue.gill@bassetlaw-pct.nhs.uk

Broxtowe & Hucknall PCT

Priory Court, Derby Road NG9 2TA Sue Dryden Assistant Director - Children's Services susan.dryden@broxtowehucknallpct.nhs.uk

Broxtowe Borough Council

Council Offices, Foster Avenue Beeston NG9 IAB Richard Lea Community Development Officer richard.lea@broxtowe.gov.uk

Children and Family Court Advisory Support Service

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Connexions Nottinghamshire

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Gedling Borough Council

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Gedling PCT

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NAVO

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Newark & Sherwood District Council

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Newark & Sherwood PCT

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Director of Operations & Strategy barbara.dempster@newarksherwood-pct.nhs.uk

Nottinghamshire County Council

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Nottinghamshire Fire and Rescue

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Appendix 2: Words used in this plan

Word	What this means
Black and Minority Ethnic	Words used to describe people who have African, Caribbean, Chinese, Irish, and traveller back grounds plus other groups of people from a country other than Britain who have come to live or work
Children and Young People's Plan	A new way of planning all the support for children, young people aged 0-19 across Nottinghamshire. This plan is something the government expect all local areas to have
Children's Centres	Following on from the support of Sure Start programmes, Children's Centres will offer support to families with young children with health, education, parental learning, training or returning to work, child care etc
Discrimination	Behaving towards or thinking badly of some one because of their race, culture, religion, appearance, or because they are disabled, lesbian, gay, bisexual or transgender
Domestic violence	When physical, emotional or sexual harm is caused to someone by another member of their family
Drug and Alcohol Action Team (DAAT)	An organisation that brings together a lot of help, support, advice and information for people who want to stop using drugs and alcohol
Drug and alcohol treatment programmes	Regular help, support and advice for people who want to stop taking drugs or harmful amounts of alcohol
Economic well being	Families need enough money to meet their basic needs, such as a safe place to live, food and clothing. Doing well at school and college and being able to work are important ways to achieve this
Emotional and mental health	If parents, carers, children or young people are unhappy, worried or stressed it makes life difficult and can affect the whole family. The way you think and feel about yourself and your life affects how well you manage.
Extended services in and around schools	Groups of schools and other organisations are going to work together with communities to offer support, child care, and things to do
Formal qualifications	Recognised awards that are helpful when going into further education or work such as GCSEs, diplomas, degrees, etc.
GCSEs	The qualification that some young people work towards between the ages of 14-16. This involves school work and exams
Guiding principles	The most important ideas
Healthy Schools Programme	A government plan to help schools offer healthy choices to children with food and exercise
Local Safeguarding Children Board	A group with members from all the main organisations working with families, who meet to plan keeping children and young people safe from deliberate harm or neglect
Mainstream schools	The schools that most children go to rather than those for particular groups with extra support needs
Post natal depression	Women can become very low and depressed after having a baby and need support to feel better

Obesity Is when people weigh too much so that it harms their health

Preventative services Early support to children and young people from all the organisations to try

and prevent problems happening

Recognised awardsAwards such as the Duke of Edinburgh Scheme where young people work

towards completing a range of organised tasks and receive certificates to

prove what they have done

Services The work offered to children and families by organisations such as schools,

health, Children's Centres, youth activities

Sexuality The way people see themselves in terms of being heterosexual (straight),

lesbian, gay, bi-sexual, transgender

Sexually transmitted infections Infections that are passed on through people having sex with each other

Vaccinations Injections given to protect from illnesses such as mumps and measles

Work-based learning Learning for young people based on preparing for jobs that they want to do

rather than school-based learning

Youth assemblies Organised groups of young people who help make decisions about their

local community































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