



Child friendly update

# Children's Rights

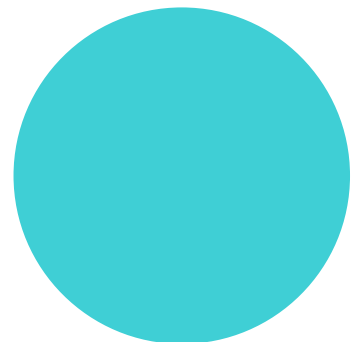
How we are helping you stay  
**safe, healthy and heard.**



Updating from July 2024 to March 2026.

United Nations Convention  
on the Rights of the Child.

From NHS Fife and Fife Health  
and Social Care Partnership.



# Hello!

## This is about **you** and your rights.

All children and young people have **rights**. Rights are things every child is entitled to so they can be **safe**, **happy** and **healthy**.

### These rights help you to...



#### Be safe

Grown-ups look after you and keep you from harm.



#### Be healthy

You feel well in your body and your mind.



#### Be listened to

Your voice and opinions matter. We hear you.



#### Be treated fairly

Everyone is helped and no one is left out.

These rights come from something called the United Nations Convention on the Rights of the Child (UNCRC). If you want to learn more, you can explore a child-friendly version at [unicef.org](https://www.unicef.org)

# Health and care services in Fife.

**NHS Fife and Fife Health and Social Care Partnership**  
work together to provide health and care services  
for people across Fife.

You might use these services if you are unwell, visiting someone,  
looking for advice, or getting support to stay healthy.



Many people work in these services, including nurses,  
doctors, therapists, reception staff, porters, cleaners and more.

**We call them health and care workers.**

They all help make sure your rights are respected.

This report tells you about what these health and care services  
are doing to make sure you are safe, healthy, listened to and  
treated fairly whenever you are in touch with them.



# What helps children do well? **SHANARRI.**

The letters in **SHANARRI** stand for all the things every child needs to feel good. Each letter is a little promise to you.



People caring for you use something called the SHANARRI wellbeing checklist to help make sure you get the right care and support.

# Big things we are working on for you.



## Thinking about your rights

When planning your care and treatment, we think about what's best for you. This means that:

- ✓ We provide support to make sure you get the care you need.
- ✓ We check how a decision might affect children.
- ✓ We make rules that help keep children safe.



## Listening to children

Your voice matters!  
Here is what we have done:

- ✓ Talked to children just like you about their thoughts and feelings.
- ✓ Asked what we could do better.
- ✓ Used your ideas to make things better

“Focus group work with children and young people has been beneficial in hearing what has gone well and what needs to change.”

- Maternity Services

# Being fair, and making things easy to understand.



## Being fair to all children

Fair means being kind and making sure everyone gets the help they need to do well, even if that looks different for each child. To make our health and care services fair, we have:



Helped children who need extra support.



Tried to make things easier for all children.

### Example

Public Dental Service providing [virtual tour](#) of dental theatre so children don't have to take more time off school.



## Easy to understand

All the information we share with children should be clear and simple. To help with this, we have:



Made videos and leaflets for children.



Explained things in child-friendly ways.

### Example

Speech and Language Therapy Service used talking mats with pictures to help children share feelings.



Like this booklet:  
written for you.



If something is hard to understand,  
please tell us and we will fix it.

# Helping grown-ups learn, and working together.



## Training staff

Adults need to understand your rights too. To improve our health and care services we have:

- ✓ Taught staff about children's rights.
- ✓ Helped them learn how to listen better.



## Working together

Different people work together to help you. In Fife, to make sure children get all the help they need:

- ✓ Health staff, teachers and social workers are working together closely.

### Example

Psychology, school staff and social workers work together to help children and families.

Doctors

Nurses

Teachers

Social workers

Families

Friends

The best help happens when lots of people work together like a team around you.

# What we will do next.

We want to get even better. Here is our plan:

01

## Listen more

- ✓ Give children more chances to share ideas.
- ✓ Let children help design services.

02

## Improve how we work

- ✓ Make sure rules support children's rights.
- ✓ Check how well we are doing.

03

## Keep learning

- ✓ Help staff learn more about children's rights every year.

04

## Make places better

- ✓ Make waiting areas more child-friendly.
- ✓ Make information easier to understand.

## We can still do **better**.

We know there are things we still need to work on:

- Not all children are asked for their views yet.
- Some staff need a little more training.
- Different services could work together even more.

### A good example

## We improved how we check decisions.

Now we think more about children, involve children and young people more, and make things clearer for staff.

## What happens next?

We will:

- ✓ Make a plan to improve things.
- ✓ Work with children and young people.
- ✓ Work together to check we are doing the best we can.

We promise to keep going and to keep asking you what you think.

# We are working hard to make sure...



You are **safe**.



You are **heard**.



You are **supported**.

We want to make sure everyone can access this communication. If you need this document in a different format, such as large print, Easy Read, Braille, or audio, please contact us, and we will try to help you.

If you have trouble hearing or need help with spoken communication, you can use our SMS text service at **07805 800005**.

For more information about accessible formats, please email **fife.EqualityandHumanRights@nhs.scot** or call **01592 729130**.

## **NHS Fife**

Queen Margaret Hospital,  
Whitefield Road, Dunfermline,  
KY12 0SU

**nhsfife.org**

