



# Highland Youth Parliament

## **‘I’m HYP-PER’ Conference**

### Young People’s Participation, Equalities & Rights Report

## UHI Inverness Campus

### 14<sup>th</sup> – 15<sup>th</sup> June 2018



Supported by UHI





**Thursday 14<sup>th</sup> June**

**"And while I'm alive, I'll make tiny changes to earth."  
Frightened Rabbit, 2008**





## Introduction - The Highland Youth Parliament Chair, Joanna Shillaker

This Highland Youth Parliament (HYP) conference, in the Year of Young People 2018, was a celebration of Highland young people and all they are involved in.

HYP includes young people from all 29 Highland Secondary Schools and Local Youth Forums. The HYP conference is a young person-led event at which approx. 80 young people from across the Highlands meet with Service Directors, Lead Officers and Elected Members from The Highland Council, High Life Highland and partner agencies, in order to influence decision making that impacts Highland's young people.

Bruce Adamson, the Children and Young People's Commissioner for Scotland together with Highland MSYPs led a Rights session with support from the Scottish Youth Parliament, linking in with their 'Right Here Right Now' Campaign.

In this session, young people discussed their rights relating to issues of importance to young people in Highland including support for young people's mental health, LGBTi, Additional Support Needs issues, care experienced young people, sexual health, transport and connectivity.

At the conference, the Highland's Anti-Bullying Policy was launched and other sessions focusing on improving voices and support for young people requiring Additional support and LGBTi young people.

Highland young people also had the opportunity to have their say on the Highland Community Learning and Development Plan, the Youth Work Policy and the Highland Outcome Improvement Plan and worked in their local area groups, working on local issues and action plans.

In celebration of the Year of Young People, there were messages from previous Highland Youth Parliament Chairs and Highland Youth Conveners speaking about their journeys and highlighting their hopes for the future for young people in Highland

The Highland Youth Parliament Chair, Joanna Shillaker from Plockton, commented, "We had an extremely interesting two days at this year's HYP conference. Young people demonstrated why they should be listened to by providing professionals with their views on the issues they care most about. It was also a great chance for young people to meet, 'bounce off' and be encouraged by each other"

"HYP members got a chance to raise issues and actions they feel are important in Caithness, Sutherland, Nairn, Inverness, Ross and Cromarty, Skye and Lochalsh, Badenoch and Strathspey and Lochaber and are now reporting back to young people in their schools, youth forums and youth groups and make improvements."



## Area Conferences and Local Projects

*"I liked hearing about summer programme ideas from other areas and may steal a couple of them for our area"* Jane Parkes, Tain Royal Academy





## Young People's Rights led by Highland MSYPs and Bruce Adamson, Children and Young People's Commissioner for Scotland

*"The young people's rights session with Bruce Adamson was insightful and was great to hear from someone who was so passionate about children and young people's rights"*

Craig MacAulay MSYP





## Launch of Highland's Anti-Bullying Policy



## Walking with Young people with ASN

*"Learned how wide-scale and inclusive it should be."* - Kathryn Kelly, Lochaber High School





## YOYP18 – Film Messages & Hopes

YOYP 18 Film messages and hopes will be made available on Youth Convener and YOYP Facebook pages.



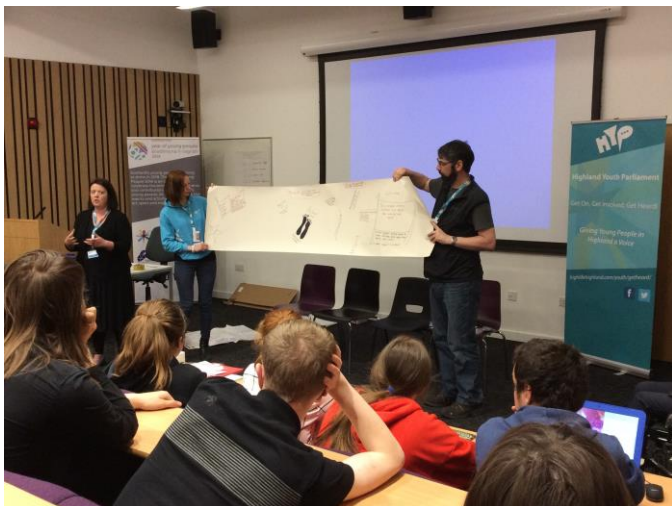


Friday 15<sup>th</sup> June

**“You may say I’m a dreamer, but I’m not the only one.”  
John Lennon, 1971**

### Highland’s CLD Plan & Youth Work Policy

*“I thought it was an interesting way of tackling what young people are facing.”  
Sandy Stirland, Grantown Grammar*

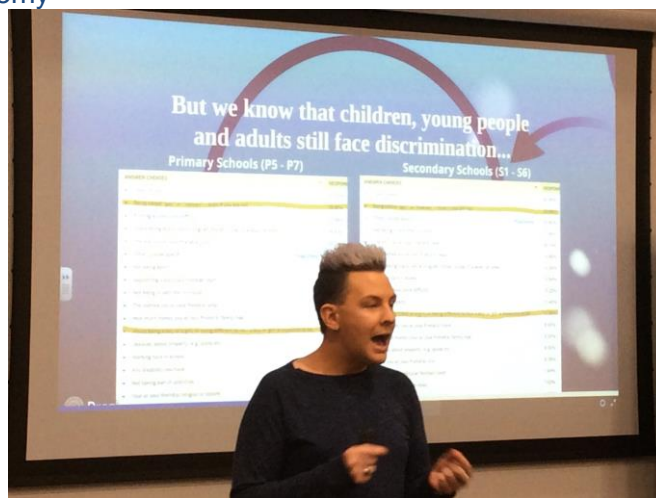




## LGBTi Inclusive Education

*"Interesting"* Angus Macdonald, Inverness Royal Academy

*"Informative"* Zander Navarro, Inverness Royal Academy



## Highland Outcome Improvement Plan

*"Enjoyed seeing the whole process from start to finish on the tree, made it clearer"*

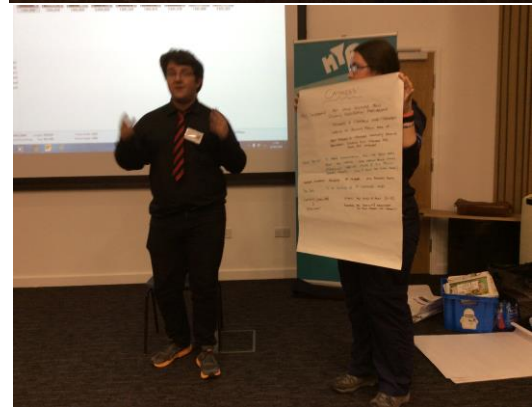
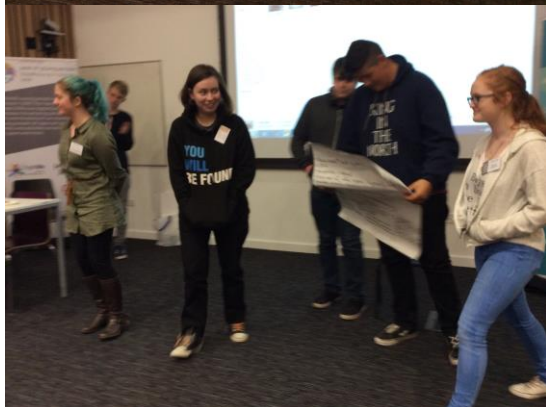
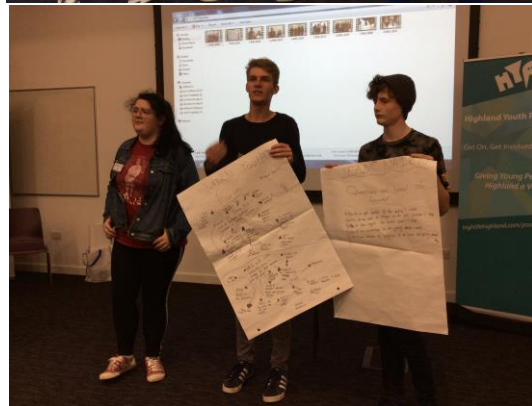
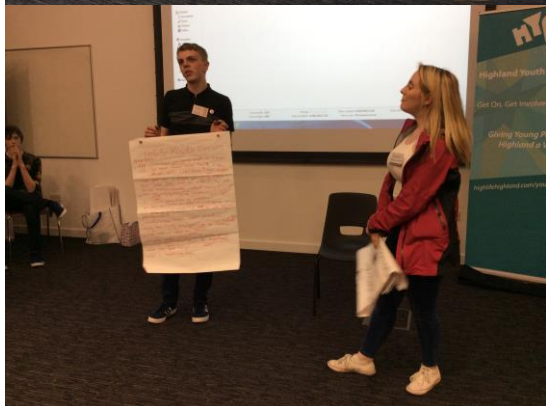
Mirren Mackintosh, Grantown Grammar





## Area Group Messages

Film clips from Inverness, Nairn, Ross and Cromarty, Badenoch and Strathspey, Caithness, Sutherland, Skye and Lochalsh and Lochaber area groups will be shared on Youth Convener and YOYP Highland facebook pages.





*"People were enthusiastic and talking passionately. Discussions could have gone on but we ran out of time because people had lots to say." Dylan Cundall, Wick High School*



## Highland Youth Parliament 2018 Issues

### PSE

- Improve PSE – content, delivery, relationships
- Establish a PSE curriculum
- As the PSE curriculum develops, HYP will request young people are involved in the design and delivery of some of the lessons
- Some lessons would be much more effective if they are youth-led,
- Provide more on life skills, interview prep, taxes, CVs, mortgages, relationships education, including awareness raising on sexual health (sexual health education is still old-fashioned), LGBTI+, mental health, bullying, ASN and care experienced young people's issues

### Relationships

- Importance of training and good relationships / 'getting it right' for PSE teacher and Guidance teacher

### ASN

- Provide more support/nurture/voice groups & open access to groups
- Education, awareness raising in PSE and youth forums – peer-led testimonies – what is ASN – this will help people recognise it in others and themselves and lead to better support
- Shaun, Em and Rachael are brave, inspiring and amazing!
- Assemblies and open community meetings could also be used to raise awareness
- Info in Primary Schools but stops in Secondary (should be nursery-primary-secondary)
- More training on mental health
- Connect with other groups, eg young carers, LGBTI
- Respect and seriousness
- Teachers need to be more understanding, need to take people's problems seriously, voices to be heard in a confidential way
- Teacher/YDO training, teach PSAs more
- Awareness raising and support for parents
- Include invisible disabilities – how to deal with, remove labels and assumptions
- Red card/time out system works well
- Improve the integration of pupils with additional needs in to their school communities
- Base – feels like you only go there if you have a visible disability
- Pros/cons of base – positive space, seems like they 'baby us', no independence, still big divides between bases and schools, sense of isolation, support system can be good, feel labelled by peers but staff too, language can be negative, assumptions are made
- More activities to be offered in base
- Talk to people with ASN more, be nice, be inclusive, ask 'how are you today?'

### Bullying

- Combat /Improve bullying – reporting, support, staff training, good relationships staff/pupils, police talks, awareness raising on policies, ethos of respect and being listened to, promote Anti-Bullying Policy

### Equality Forums

- Promote and encourage all schools to have equality forums

### LGBTI+

- Provide more support, training and awareness raising for LGBTI+ - use PSE
- Create equality forums or support groups (needs support from teachers)
- Some young people don't feel comfortable or safe
- Help schools properly tackle homophobia, discrimination and bullying and take it more seriously
- Normalize
- Include LGBTI+ things in general education and school life in a natural or unforced manner
- Include LGBTI+ in general sex education
- Ensure staff are trained and comfortable to promote and teach
- Talk to teachers, guidance and PSE staff, YDOs, HTs, SMT, Pupil Council
- Training for staff and parents so they are more aware and confident
- External tutors, advisors, agencies are helpful
- Schools to be more honest, open and active about their pledges
- Have a more inclusive and gender-neutral culture and curriculum
- Stop stereotyping and use of homophobic language like 'that's so gay' and behaviours, show the impact of bullying behaviours
- All roles in subjects / activities must have gender equality
- Pressure in PE – have things like mixed boy and girl football teams
- Older young people to teach younger young people
- Have age-specific education from younger years (2 mums, 2 Dads everyday life)
- Some different cultures are not as accepting – need to know it is ok/normal in our society
- Traditional values are no excuse for homophobia
- Have assemblies, community events, take part in 'pride' days, celebrate Purple Friday and LGBTI+ History month, posters about famous, inspirational LGBTI+ people
- Check social dance policy/arrangements and other events
- Make posters, videos, surveys for year groups, fund – young person's stories, young people need to be inspired to get involved
- Obtain flag status
- Advertise local and national events
- Watch 'Love Simon' – Kimberley Brown 2018
- Follow up on HYP Pledges
- 'Proceed until reprimanded'!
- Be the Change You Want to See!

### Sexual Health

- Improve sexual health relationships info and training (for young people and those working with young people)
- More privacy for sexual health info
- Sex and the internet
- Doctors should be more approachable and less intimidating
- Make it easier to obtain female contraception
- Work with NHS Highland and Wave Highland – [www.wavehighland.com](http://www.wavehighland.com) - providing sexual health, relationship advice, pregnancy and contraception
- RASASH are looking for sex health and abuse ambassadors

### Care Experienced Young People

- Find out what young people in care need (looked after at home / residential)
- Break stigma
- Highlight support available – local groups / online
- Young people need to know they are understood
- Understand the lack of stability faced by CEYP
- CEYP are equal
- Befriending policy / buddy system
- Focus on environments of love and understanding
- HYP to work with CHAMPs

### Mental Health

- Work with NHS Highland on young people's mental health and wellbeing - investigate Mental Health Worker provision linked to each secondary school and promote contact and support to young people
- Mandatory Mental Health first aid for teachers/YDOs
- Continue to raise awareness of supporting young people's mental health (roll out Ross and Cromarty's peer education training and Nairn's info night for Parents and lunchtime activities for young people)
- Mental Health awareness raising for young people in PSE involving peer-education
- Most support is central i.e. Inverness, not rural
- Reduce stigma, acceptance that young people have mental health issues
- Long waiting time for services
- Online support, Mikey's line Samaritans?
- Who to speak to in schools and outwith?
- Local accessible, supportive spaces – how do you do this?
- Make use of social media
- Some teachers, Doctors, parents don't fully understand
- More info on how to help friends and family
- Clearer information for parents



- Hold assemblies in schools
- Mental Health parents night for all community events – raise everyone's awareness
- Poster / leaflets campaign on help for young people
- Elect mental health ambassadors in schools
- Huge concerns throughout Scotland and Highland Council
- Look at national and international work being done

#### Employment

- Promote job opportunities and apprenticeships to young people in your areas
- Push for services to pay Living Wage – not just minimum wage

#### Rights

- Know your rights, use your rights and promote them to other young people – see [www.cypcs.org.uk](http://www.cypcs.org.uk)

#### Local Democracy

- Continue to develop young people's engagement in their local communities (youth forums, Community Partnership meetings, school meetings etc)
- Promote Area forums and events for young people to have a voice
- Promote good youth stories linked to YOYP
- Youth forum or area conference idea – Q&A with locals services, Police, Doctor, Councillor
- Include young people in community, 'get to know your neighbour events
- Encourage services to be more creative when consulting with young people

#### Drugs

- Investigate what is being done to decrease drug use amongst young people

#### Transport

- Continue to improve local transport
- Local youth forum-led – discuss local issues and ideas/solutions/next steps
- Better support, co-ordination of activities with transport included (particularly important for more rural areas where young people struggle to take part in clubs and activities because of where they live and lack of transport)
- Reduce cost, explore having young people's rates
- Change age to 18 for adult price tickets
- Improve timetables
- Make Young Scot discounts more relevant to Highland/local areas – arrange meeting
- Need accessible timetables / colour codes for different buses/ easy to read
- Long waits for trains in rural area
- Need more buses in rural areas
- Funding to support people as drivers of local community buses in rural areas



- Highlight link between transport and attainment, missed job opportunities, mental health issues arising if you can't go out, see friends and get involved in activities
- Improve systems to make roads safer in tourist season

#### Rurality

- Improve opportunities for young people in rural schools/areas
- Provide more non-sport activities for young people
- More support required from schools/clubs linked to after school activities
- Not enough activities in all villages, not fit for purpose
- Continue to improve local homelessness

The Highland Youth Convener and members of HYP will focus on the issues highlighted in this report in their ongoing engagement with decision makers. This will help inform the Highland Youth Convener, HYP and Youth forum's direction for the year alongside the more localised issues which youth forums and community partnerships will be working on in the coming months.