



Children's  
Health Scotland

# YOUNG PEOPLE'S EACH CHARTER

Every child has the right to the best possible health



# HEALTH RIGHTS FOR CHILDREN

Children's Health Scotland is the leading Scottish children's healthcare charity, first founded in 1961 as Mother Care for Children in Hospital. The health and wellbeing of children and young people lies at the heart of our work. We deliver health and wellbeing services directly to children and young people and we are the only charity dedicated to informing, promoting, and campaigning on behalf of the needs and rights of all children and young people with health conditions.

- We provide expertise and information to children and young people, families, carers, educators, and health professionals and are a national voice for health-related issues relating to children and young people.
- Our charity is also a champion for health-related play in hospital, in the community or at home. More than just a chance to have fun, play is serious business when it comes to a child's health and health-related play can help children physically, mentally, and emotionally.

# AND YOUNG PEOPLE

All children and young people under the age of 18 have rights. The United Nations Convention on the Rights of the Child (UNCRC) sets out the 42 rights that all children and young people are entitled to.



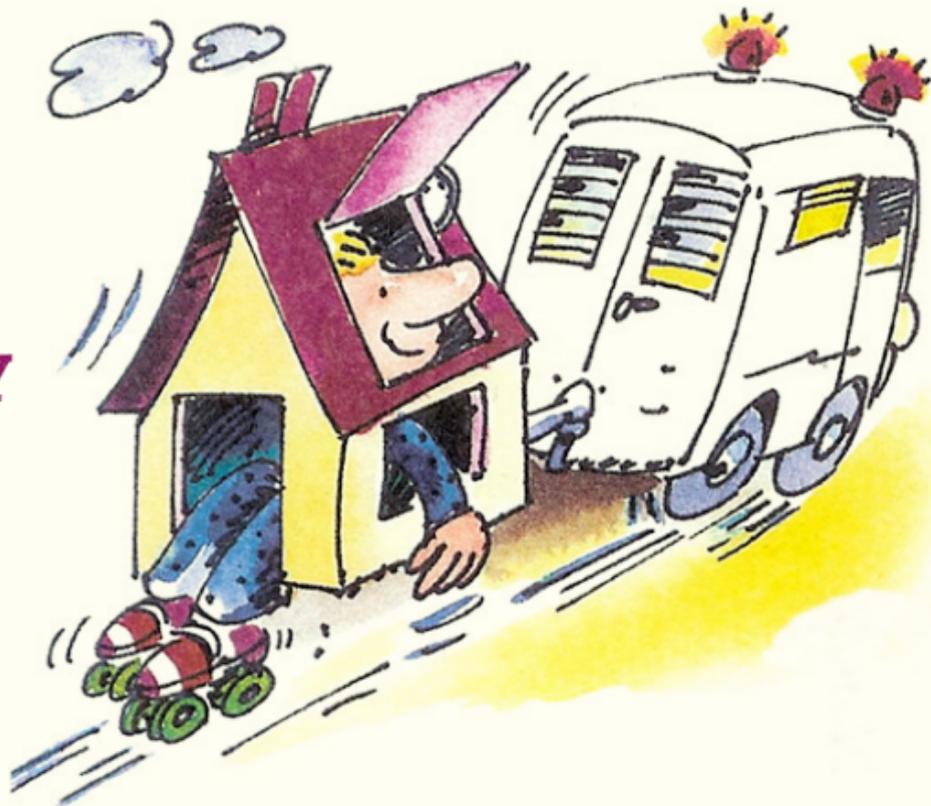
Article 24 talks about young people's rights in relation to health care. 'You have the right to the best health possible and to medical care and information.'

Children's Health Scotland is a member of the European Association for Children in Hospital (EACH) which has produced a charter of 10 standards or rights for children and young people's healthcare at times of illness. We asked young people to come up with a young person's version of the charter and this booklet is the result.

We'd like to say thank you to all the young people and adults who gave us their ideas, suggestions and time to produce this charter.

**YOUNG  
PEOPLE  
SHOULD  
ONLY GO TO  
HOSPITAL  
WHEN THEY  
CANNOT BE  
CARED FOR  
AT HOME.**

EACH Charter point 1





Hospital  
only when  
it's necessary



**YOUNG  
PEOPLE  
SHOULD  
HAVE  
SOMEONE  
WITH  
THEM FOR  
SUPPORT.**

EACH Charter point 2





Can someone  
come with me?



**THE PERSON  
SUPPORTING A  
YOUNG PERSON  
SHOULD BE  
ABLE TO STAY  
OVERNIGHT  
WITHOUT COST.**

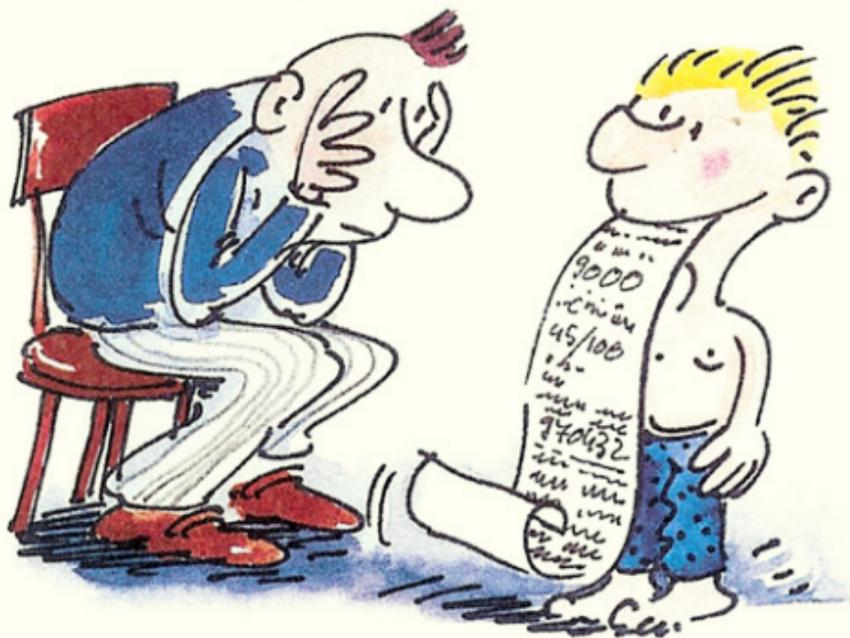
EACH Charter point 3





Can someone  
stay with me?





**YOUNG PEOPLE HAVE THE RIGHT TO INFORMATION IN A WAY THEY CAN UNDERSTAND.** EACH Charter point 4



Tell me what's  
going on so I can  
understand



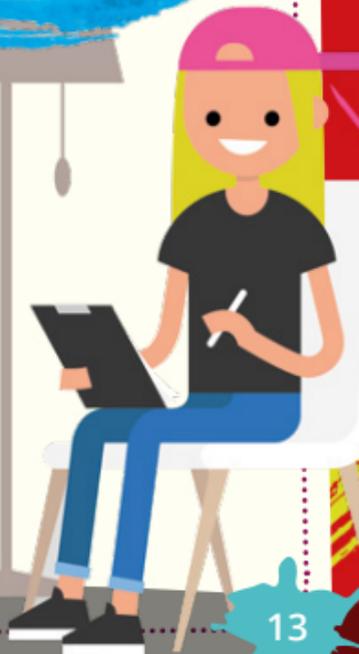
**YOUNG PEOPLE SHOULD BE LISTENED TO AND TAKE PART IN ALL DECISIONS AFFECTING THEIR HEALTH CARE.**

EACH Charter point 5





Listen to me  
and hear what  
I've got to say



**YOUNG  
PEOPLE  
SHOULD  
BE CARED  
FOR WITH  
OTHER YOUNG  
PEOPLE WITH  
THE SAME  
NEEDS AND  
NOT ON AN  
ADULT WARD.**



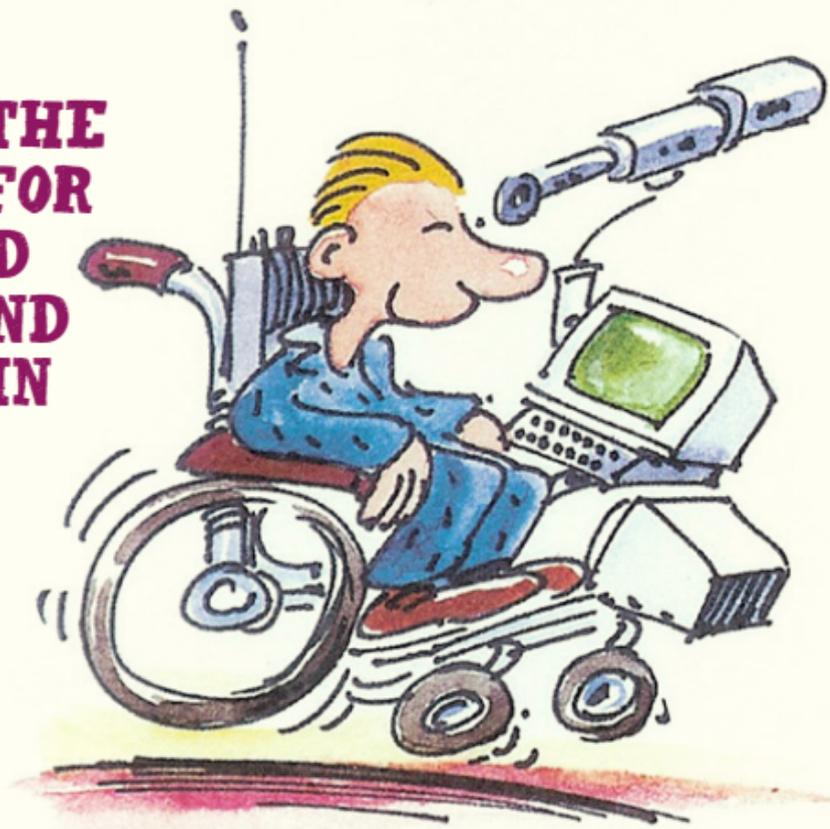
EACH Charter point 6

Look after us  
all together



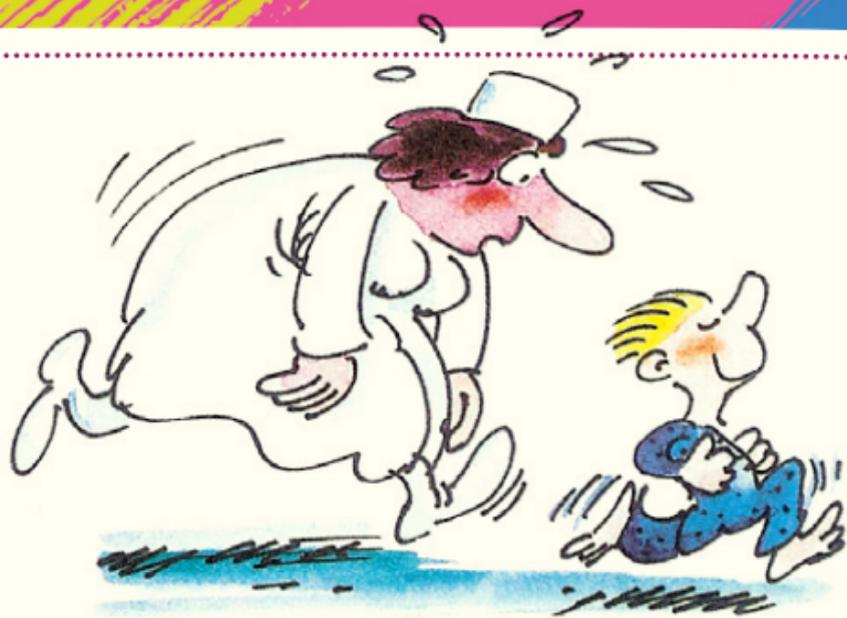
**YOUNG PEOPLE SHOULD HAVE THE OPPORTUNITY FOR EDUCATION AND RECREATION AND BE CARED FOR IN SURROUNDINGS DESIGNED TO MEET THEIR NEEDS.**

EACH Charter point 7



School matters  
and time out too





**YOUNG PEOPLE SHOULD BE CARED FOR BY STAFF TRAINED TO UNDERSTAND AND MEET THEIR PHYSICAL, EMOTIONAL AND DEVELOPMENTAL NEEDS.** EACH Charter point 8

Staff should understand  
what makes us tick

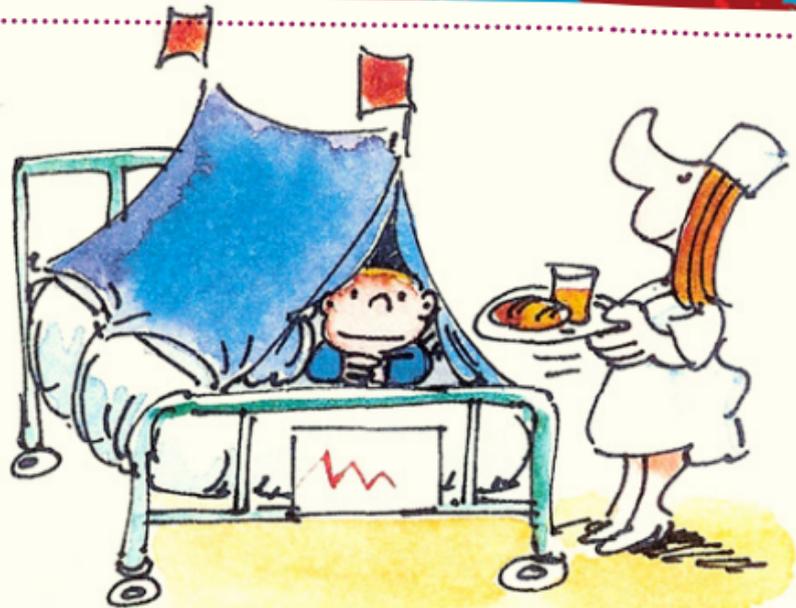




**YOUNG PEOPLE SHOULD BE PROVIDED WITH CONTINUITY OF CARE FOR AS LONG AS REQUIRED EVEN AFTER THEIR STAY IN HOSPITAL.** EACH Charter point 9

Work together  
for us





**YOUNG PEOPLE SHOULD BE TREATED WITH THE RESPECT, UNDERSTANDING AND PRIVACY THEY NEED AT ALL TIMES.**

EACH Charter point 10

Get to know  
and respect me



**PRIVACY  
AND  
RESPECT**

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 [www.childrenshealthscotland.org](http://www.childrenshealthscotland.org)

## Find us on:



## Useful Websites

- [www.each-for-sick-children.org](http://www.each-for-sick-children.org)
- [www.children1st.org.uk/help-and-advice/for-children-and-young-people](http://www.children1st.org.uk/help-and-advice/for-children-and-young-people)
- [www.whocaresscotland.org](http://www.whocaresscotland.org)
- [www.cypcs.org.uk](http://www.cypcs.org.uk)
- [www.nhsinform.scot/care-support-and-rights/health-rights](http://www.nhsinform.scot/care-support-and-rights/health-rights)
- [www.sclc.org.uk](http://www.sclc.org.uk)
- [www.unicef.org.uk](http://www.unicef.org.uk)
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.youngscot.org](http://www.youngscot.org)



Scottish Government  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)

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