The Scottish Football Association (SFA) has published its five year Child Wellbeing and Protection Strategy outlining their commitment to ensuring a safe and inclusive environment for all involved. The five strategic pillars in the Strategy are:

- embedding a consistent child wellbeing and protection system throughout the game
- promoting children’s rights in all they do
- support and develop learning and knowledge of child protection and wellbeing
- improve standards at all levels
- strengthen leadership, governance and accountability
Child Protection

Analysis of outcomes of work with sexually exploited young people (Wales)

The Centre for excellence for Children’s Care and Protection (Celcis) is highlighting the publication of research analysing the case records tracking children and young people involved with social services in one local authority in Wales and highlighting the experiences and factors that increase the risks of child sexual exploitation (CSE). The report shows that females in the cohort were more likely to be victims of child sexual exploitation, if the child had been a victim of sexual abuse previously, they were more than five times more likely to be abused through sexual exploitation, and the more moves a child experiences, the higher their chances of becoming victims of sexual exploitation later.

Disability

Nutrition and hydration resource for people with learning disabilities

A new resource is under development for social care providers on good practice in food and drink provision for people with learning disabilities using care services. Lancaster University is working with the Voluntary Organisations Disability Group on ‘Good Food Matters’ which aims to tackle health issues caused by poor nutrition and hydration. The resource recognises the need for change in organisational cultures and personal attitudes in care services to ensure a long-term commitment in improving practice, and includes dietary information about how food can impact conditions such as epilepsy, obesity and dysphagia.

Early Years and Childcare

Call for Scottish Government to adapt early years funding policy

The think tank Reform Scotland has highlighted that only children born between March and August are guaranteed to receive the full two years’ of funded early years provision under the Scottish Government’s policy, in a new report. A briefing paper suggests children born after August will receive only 18 months’ worth of provision, while children born in January and February, but starting school aged 4, receive only 15 months. Reform Scotland raises concerns that, based on the Government’s expansion to 1,140 hours per year, this means that the younger children will be entitled to over 750 hours less than the older children in their year-group. The briefing paper states this will create an attainment gap and called for all children to be entitled to two years of early years and childcare with a single start point two years before they are due to start school.

Study of first phase of ELC expansion published

The Scottish Government has published the Phase 1 report of the Scottish Study of Early Learning and Childcare, carried out by the Scottish Centre for Social Research. The study aims to evaluate whether early learning and childcare (ELC) expansion has achieved the Scottish Government’s main policy objectives for eligible for two
year olds. The study used observations of ELC settings, which were carried out by reviewers from the Care Inspectorate using the Infant/Toddler Environment Rating Scale (ITERS-3). Key findings cover themes including characteristics of the Phase 1 cohort, how ELC was used, child health and development, parent outcomes and characteristics of the ELC itself. The findings note that the ITERS-3 tool should be looked at in conjunction with Care Inspectorate gradings which “provide a broader measure of quality of practice and policy within settings that have also been found to be related to children’s outcomes”.

**Education**

**Resource to support children’s understanding of their wellbeing**

Children in Scotland has launched a new resource, ‘Improving Children and Young People’s Understanding of their Wellbeing’, for teachers and practitioners. The resource is divided into sections for different age groups, ranging from early years to teenagers, with recommendations provided by Scottish Book Trust for books that explore and celebrate wellbeing.

**Human Rights**

**Commissioner seeks young people to take part in Gathering**

The Children & Young People’s Commissioner Scotland is seeking young people aged 15 – 17 years old to take part in their annual Human Rights Gathering. This Gathering will be a weekend residential where young people get to make a real difference to the human rights of children and young people by helping the Commissioner shape what he’ll do over the next four years, by taking part in the process of creating their Strategic Plan for 2020-2024.

**Justice**

**New blog post on Barnahus standards development**

A blog on the Healthcare Improvement Scotland website has outlined joint work with the Care Inspectorate on the development of standards for a Barnahus model in Scotland. The article provides background information on discussions to date and findings from the scoping exercise which took place recently. In early December 2019, the Barnahus standards will go out for a 12-week consultation.

**Looked After and Accommodated Children**

**LGBT people with care experience invited to share views for Care Review**

LGBT Youth Scotland has organised a Youth Commission to gather the views and experiences of care experienced LGBT people to contribute to the Independent Care Review. LGBT people aged between 13 and 25, who live in Scotland and have had experience of care are invited to discuss how the care system currently works and how it should change at the Youth Commission, which meets every six weeks for
development days. Being part of the Youth Commission will also allow participants to consult with other care experienced LGBT people on their views and experiences and engage with service providers and people who make decisions about the future of the care system.

**Mental Health**

**Major study on the mental health impact of social media**

A study published in The Lancet Child & Adolescent Health journal has looked at the impact of young people’s use of social media on their mental health, according to the BBC. Researchers said the study, which involved more than 12,000 teenagers in England, has provided evidence of a link between social media use and mental health and wellbeing. However, the factors leading to poor mental health were lack of sleep, cyber-bullying and lack of exercise rather than a direct result of using social media. The study suggests there were differences in the way girls and boys used social media that were not yet understood. The authors said more work was needed to find out what was influencing boys’ psychological distress from using social media.

**New website for Mental Welfare Commission for Scotland**

The Mental Welfare Commission for Scotland (MWCS) has updated its website, making it easier for users to access resources for either personal or professional use. The website now includes a ‘What People Tell Us’ section including reports outlining the views and experiences of people who have spoken to the MWCS team about different aspects of care and treatment.

**Other**

**Review of Scotland’s population and demographic trends**

The latest statistics on Scotland’s population and demographic trends have been published by the Registrar General. The data confirms that life expectancy has increased over the past three decades but has stalled in recent years, a trend seen across all UK countries. However, Scotland continues to have the lowest life expectancy in the UK. The number of births continued to fall in 2018 and the report states Scotland’s total fertility rate is the lowest in the UK. Adoptions in Scotland decreased in 2018, falling by 13 per cent since 2017.

**Event to explore improvement activity in care**

The Institute for Research and Innovation in Social Services (Iriss) has highlighted a free event hosted by the Scottish Social Services Council (SSSC) for workers in the sector who lead improvement activity. Iriss, SSSC and the Care Inspectorate will explore how they support people’s learning so that improvement activity can be promoted by leaders within their services. Those attending will be invited to share their own learning and examples, and also take part in discussions on topics such as practice guidance, improvement learning support groups and simple improvement techniques. The event will be held in Perth on 28 August.
Disclaimer

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Each item in the bulletin has a hyperlinked headline that will take the reader to the original source.

We collate items from our parliamentary and Scottish Government monitoring covering health and social care news from throughout the UK, and current research and policy development. We use a variety of sources for the bulletin, including alerts from Newsdirect, Community Care, Children & Young People Now and ISD Scotland.

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