

Every child and young person in secondary school has a **Named Person** who parents can approach to discuss their child's wellbeing.

safe

Protecting your child or young person physically and emotionally is one of the most important things you can ever do as a parent. A child or young person who feels safe from harm is more able to grow and develop in every way.

included

The bond between you and your child or young person is special, but your child or young person needs contact with other children, young people and adults. Encouraging your child or young person to have friendships and keep close connections with other people is really important for them to help them fit in and be part of the world around them.

responsible

As a parent you teach your child or young person what is acceptable and what is not acceptable. Regular routines for eating, sleeping, attending school, taking part in activities all help your child or young person to make sense of life. Supporting children and young people to understand what behaviour is expected of them also helps them to become *responsible citizens* and to feel secure and confident.

healthy

By encouraging and supporting your child or young person to make healthy choices about what they eat, how much exercise they take, how much sleep they have, you will help them to keep their bodies and minds in the best possible shape.

achieving

Supporting and guiding your children or young people in their learning and encouraging them to learn new skills will increase their confidence and self-esteem. This will help them to become *successful learners* who will continue to learn new things throughout their life.

nurtured

As a parent you are the best person to understand what your child or young person needs. Sometimes they need a hug, sometimes they need advice and direction and sometimes they need to know that you are there for them. If your child or young person feels loved and cared for they will develop into *confident individuals*, who will grow strong and cope better with the challenges life brings.

active

Children and young people need to use their energy in positive ways. Helping your child or young person to find out what they're interested in and encouraging them to take part in new experiences is a really important part of growing up. Early activities can often grow into interests, hobbies, activities or sports which support your child or young person to know who they are.

respected

Children and young people grow up in different ways, at different speeds and into different people. As a parent you respect the uniqueness of your child or young person by listening to what they have to say, responding to their ideas and encouraging them to express themselves enabling them to become *effective contributors*. As they grow into the person they are meant to be, they will respect the rights of others to do the same.



The **GIRFEC** (Getting It Right For Every Child) approach ensures every child or young person has a designated **Named Person** available to them. Under a **Curriculum for Excellence** every learner is entitled to personal support and will have an adult who will get to know them; this person is usually their **Named Person**. They are a first point of contact for you, your child or anyone who has a concern about your child or young person's **wellbeing**. Your child or young person's **Named Person** is available to provide information, support or advice when needed or when help is requested.

Ask a member of school staff if you want more information about your child or young person's **Named Person**.

www.GIRFECinNL.com

getting
it right
for every child
in North Lanarkshire

