Further information

Other information leaflets in this series include Getting it right for every child, Named Person and Child's Plan.

For more information on Getting it right for every child (GIRFEC) visit: www.gov.scot/girfec

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The eight wellbeing indicators are commonly referred to by their initial letters - SHANARRI.

Child protection services will continue to protect children and young people at risk of significant harm.
What is wellbeing?
To help make sure everyone – children, young people, parents, and the services that support them – has a common understanding of what wellbeing means, we describe it in terms of eight indicators.

How are the wellbeing indicators used?
Each child is unique and there is no set level of wellbeing that children should achieve. Each child should be helped to reach their full potential as an individual.

The wellbeing indicators help make it easier for everyone to be consistent in how they consider the quality of a child’s or young person’s life at a particular point in time.

Families and people working with children and young people can use the wellbeing indicators to identify what help a child or young person needs in order to help them access the right support or advice.

All services working with children and young people, and those who care for them, must play their role to promote, support and safeguard children and young people’s wellbeing.

Key facts about wellbeing
1. Every child or young person should be safe, healthy, achieving, nurtured, active, respected, responsible and included.

These eight indicators help make sure everyone – children, parents, and the people who work with them, such as teachers and health visitors – has a common understanding of wellbeing.

2. The eight wellbeing indicators connect and overlap. For example, a health difficulty may have an effect on a child or young person achieving their goals or being active. When considered together the different elements of wellbeing give the whole picture of a child’s or young person’s life at a particular point in time.

3. A child’s or young person’s wellbeing is influenced by everything around them. This includes their individual circumstances, the support they get from their family and community, and the services that support them. Factors such as adequate sleep, play and a healthy, balanced diet have a positive impact on all aspects of a child’s or young person’s wellbeing. The effects of poverty and isolation can also have a negative effect on their wellbeing.

4. It is up to all of us – parents, early learning providers, health visitors, teachers, GPs, police – to work together to promote, support and safeguard the wellbeing of all of our children and young people. Children and young people have different experiences and needs at different times in their lives. Understanding how this affects their wellbeing, and providing the right support when they need it, helps them grow and develop and reach their full potential.