

Our Plan

2009-2011

Your guide to Gwynedd Children and Young People's Plan



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Each county needs to have a Plan in order to improve the lives of children and young people who live there. As one of the children and young people of Wales, you have rights.

It's these rights that will make sure that you have the best life possible.

Gwynedd Children and Young People's Partnership therefore has created Our Plan to help you get these rights. Many people will be working together to make sure that everything being said in Our Plan comes true. This is a plan for the next three years, and we will look at how well it gives you the opportunity to live life in full by:

1. Helping You to Get the Best Start in Life

2. Helping You to Learn and Gain Skills

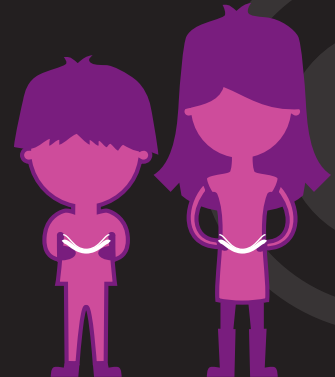
3. Helping You to Be Healthy

4. Helping You to Enjoy and Relax

5. Helping You to Have Your Say

6. Helping You to Live in a Safe Home and Community

7. Helping You to Have a Good Future



If you have any questions or comments on Our Plan, we want to hear them!
You are welcome to contact us on:



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Designed by  www.gwynedd.gov.uk

1. Helping You To Get The Best Start in Life

What does this mean?

Every child in Gwynedd has the right to the best start in life.

This means having:

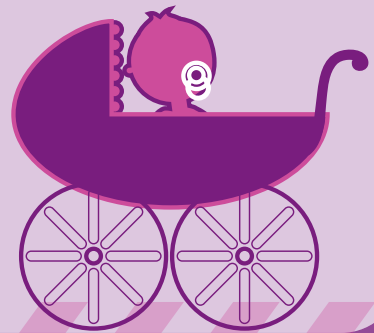
- A parent or someone to care for you and support you from the moment you're born.
- The best care by people outside your family, like nurses, midwives or child care staff.
- Being taught in the best way possible when you are very young in Nursery School and the beginning of Primary School.

Why is it important?

- By getting the best start in life, it can help you to be healthy, to learn, and to have your say for the rest of your life.

Help yourself to get the best start by:

- Appreciating the people who bring you up, and show them respect. Raising children can be hard work!



To find out more about getting the best start in life go to www.gwynedd-ni.org.uk

1. Helping You Get The Best Start in Life

Making sure that there are plenty of places for children to be cared for by encouraging more people to work as childminders in after school clubs etc.

Making sure that parents realise that there is money available to help to pay for childcare.

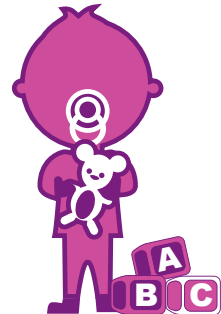
Teaching people to be good parents by offering them courses to improve their skills.

Making sure that the people that work with you have the best skills, people like staff at nursery schools and childminders.

Making sure places where children are cared for are safe, clean and interesting.

Noticing children's problems early on in their lives, like any illnesses or problems in the family, through making sure that people like nurses and social workers talk and work together to help make things better

**How will
Our Plan
help?**



2. Helping You To Learn And Gain Skills

What does this mean?

Every child and young person in Gwynedd has the right to learn and gain skills. This means having:

- Good learning experiences at school or college.
- The opportunity to gain new skills and to use different talents.
- Experiences and skills by going to clubs like Youth Clubs and Young Farmers'.

Why is it important?

- Doing your best at school or college will help you get good qualifications that will help when applying for jobs.
- Choosing how you learn and gain new skills in a way that best suits you.
- Gaining skills by taking part in clubs can help you gain confidence, learn how to talk and listen to other people and much more!

Help yourself to learn and gain skills by:

- Doing your very best to learn and gain skills at school or college.
- Taking part in activities that happen in local clubs and groups.



To find out more about learning and gaining new skills go to www.gwynedd-ni.org.uk

2. Helping you to Learn and Gain Skills

We are going to make sure that good work takes place in Clubs for children and young people and that the latest information on Gwynedd-Ni will be up to date about what's going on in your area.

Supporting schools and colleges to make sure that you get the best education. That the subjects are taught to you in the best way, and that teachers and tutors have the skills to teach you through Welsh and English. We will make sure also that there are plenty of other ways that you can learn and gain skills e.g. an apprenticeship or training.

Making sure that everybody is taught well and gains skills, whatever their circumstances e.g. children and young people who are disabled or from different backgrounds (e.g. religion, race or language) or children and young people who commit crime. We don't want anybody missing out!

**How will
Our Plan
help?**



3. Helping You To Be Healthy

What does this mean?

Every child and young person in Gwynedd has the right to be healthy. This means having:

- A healthy mind and body.
- Being safe and living without someone bullying you, abusing you, taking advantage of you, or committing a crime against you.

Why is it important?

- Healthy Mind + Healthy Body = Happy Person!
- If you don't take care of your body, it will lead to lots of problems, especially when you are older.
- A healthy diet and exercise is a good way of taking care of the body.
- If you don't take care of your mental health, you could have emotional problems, find it difficult to in making friends and won't be able to take part in different things.

Help yourself to be healthy by:

- Choosing to be healthy wherever possible by eating healthily, exercising and respecting your body.
- Tell someone if another person bullies or abuses you or if you know of someone being bullied or abused.
- Respect others by not bullying, abusing or committing a crime.



To find out more about being healthy go to www.gwynedd-ni.org.uk

3. Helping You to Be Healthy

Smoking, using drugs and binge drinking are bad for your health. We will make sure that information and advice is available on how to quit, if you smoke or take drugs.

Making sure that no-one abuses you. We offer courses to parents about how to raise children well, and we'll make sure that staff that work with you are able to give you the best care.

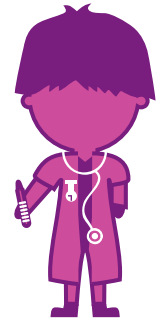
Helping children and young people that have been abused. We must make sure that they move to live with another family that will care for them so that they can have a happy and safe life.

Making sure that you are supported to have good mental health by helping schools to deal with bullying and trying to get a Counsellor in every Secondary School – this is a person that will be there to listen to you and give you advice.

Making sure that you know what sexual health is by teaching you how to control your emotions, have a healthy relationship and be safe.

Helping you to eat healthily by giving cooking courses for parents, and trying to make sure that it is possible for every mother to breastfeed wherever she wishes e.g in cafés.

**How will
Our Plan
help?**



4. Helping You To Enjoy And Relax

What does this mean?

Every child and young person in Gwynedd has the right to enjoy and relax. This means having:

- The opportunity and time to relax and enjoy yourself.
- Take part in different activities such as playing, going to the theatre, going to the library, visiting galleries, being part of a sports team, going for a walk, reading and listening to music.

Why is it important?

- By taking part in activities and having plenty of things to do and places to go, you will keep your body and mind healthy.
- You can learn new skills, make friends and also appreciate the world around you.

Help yourself to enjoy and relax by:

- Going to the fantastic places available to you. There are plenty of things to do there.
- Visit Gwynedd-Ni website and see what's available. Have a look!
- Keep the balance! Relaxing is just as important as being on the go.



To find out more about enjoying and relaxing go to www.gwynedd-ni.org.uk

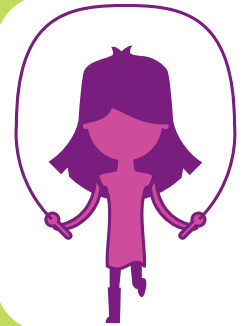
4. Helping you to Enjoy and Relax

Improving the opportunities for you to take part in activities such as drama, art and dancing and to give you the opportunity also for you to visit Museums, Archives and Libraries. There's plenty to choose from!

Making sure that there are plenty of opportunities for you to play at home, in the community and at school - especially during the summer holidays. Playing is fun and is good for children and young people of all ages!

Improving the opportunities for you to take part in physical activities and sports such as swimming, climbing and canoeing.

**How will
Our Plan
help?**



5. Helping You to Have Your Say

What does this mean?

Every child and young person in Gwynedd has the right to have their say. This means having:

- Your say about anything that affects your life or the world around you.
- People listening to your opinion.
- People helping you to voice your opinion if you wish and to help you change things for the better.
- Clear advice and information about anything that you need that is easy to get hold of, and easy to understand in Welsh and English.

Why is it important?

- To be a part of the community, being a fair person that accepts other people and treats everyone the same.
- Behave well at school and the community and you'll have more self-respect and confidence.
- By giving the opportunity to you to have your say, you could change things for the better for you and other children and young people!

Help yourself to have your say by:

- Being part of your community, and paying attention to what is going on around you.
- Taking the opportunity give your opinion, but to respect other people's opinion also.



To find out more about how to have your say go to www.gwynedd-ni.org.uk

5. Helping You to Have Your Say

One way to have your say is through the School Council. Every school has a School Council and its job is to listen to what every pupil has to say and pay attention to what's important to them.

Giving some of you the opportunity to present the opinions of Gwynedd's children and young people to the whole of Wales through the Funky Dragon, which is the Children and Young People's Assembly.

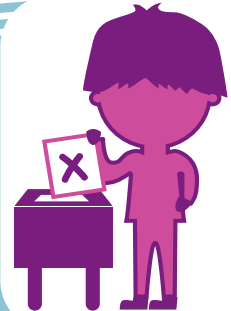
Making sure that someone is available to help and support you if you need help to voice your opinion or complain.

Helping you to volunteer (giving your time to work without being paid). Some young people volunteer with the aged, others help to care for the environment. We are going to let you know where you can volunteer. There are plenty of to choose from!

Encourage you to speak Welsh and English, and help families that have moved to Gwynedd to learn Welsh.

Helping you to respect different people in your society e.g. people with different languages, religion or race. No-one then will be treated unfairly or be left out.

**How will
Our Plan
help?**



6. Helping you to Live in a Safe Home and Community

What does this mean?

Every child and young person in Gwynedd has the right to live in a safe home and community.

This means having:

- A cosy, clean, warm and safe home.
- Living in a community where no one is afraid, and where no one breaks the law and makes other peoples lives a misery.

Why is it important?

- A safe home can help you grow to be healthy and strong. Without a safe home, you are more likely to suffer illnesses, to miss out in school, to miss out on taking part in activities in your community.
- Being part of a safe community prevents you from breaking the law.

Help yourself to live in a safe home and community by:

- Obeying the law and not disturbing, abusing or bullying other people in your community, abuse or bully them.
- Respecting the world around you and caring for the environment.



To find out more about living in a safe home and community go to www.gwynedd-ni.org.uk

6. Helping you to Live in a Safe Home and Community

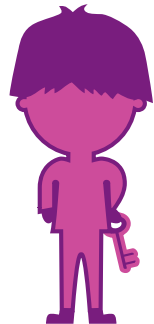
Arranging activities that will stop children and young people breaking the law and abusing or bullying others.

Making sure that there are plenty of homes available in good condition for families in Gwynedd. We don't want to see any one living in poor housing.

Young people, in particular, have difficulties getting houses that they can live in. We are going to try to help them get a roof over their heads.

Helping people that commit crimes or who behave badly to change and stop. We will help them to understand the results of their behaviour, to learn about a better way of life, and to give them another chance to learn new skills.

**How will
Our Plan
help?**



7. Helping You To Have a Good Future

What does this mean?

Every child and young person in Gwynedd has the right to have a good future. This means having:

- A fair wage if you are working.
- Living in a home that gives you good opportunities in life.
- The opportunity to give your opinion about what goes on around you.
- The opportunity to take part in educational, play, sports and leisure activities and having a healthy mind and body.

Why is it important?

- Having a decent wage, voicing your opinion, and getting good care and education is going to help you to reach your full potential in life.
- Being poor can affect everything in the lives of children and young people e.g. your health, your happiness, your education and aspirations in life.

Help yourself to have a good future by:

- Deal with your money responsibly and spend it wisely.
- Taking every chance you get to voice your opinion on things that affect you.
- Making the most of everything offered to you in life such as education and skills, and respecting yourself and your health.



To find out more about having a good future, go to www.gwynedd-ni.org.uk

7. Helping You To Have a Good Future

Some families are treated differently if they live in poverty and they miss out on many different things. Help will be available for children and young people in a situation like this to take part in activities such as free swimming as well as free school dinners. We are also going to make sure that schools in areas with a lot of poverty, offer the best education for the community.

Helping families to earn more money and save. We'll do this by letting parents know which benefits they are entitled to by the Government, and we will also give you the opportunity to save your money in a safe way and teach you more about everything to do with money.

**How will
Our Plan
help?**

