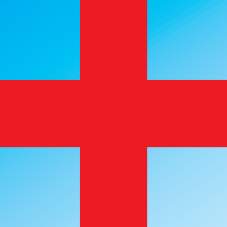


The Children's Rights Service

# Right about Health



promoting children's human **rights**



# RIGHT *ABOUT* HEALTH

Being healthy is much more than not being ill. There are different parts of your health that are important to look after. These are:

PHYSICAL HEALTH

MENTAL HEALTH

EMOTIONAL HEALTH

SOCIAL HEALTH

SPIRITUAL HEALTH

Here are some thoughts about how you can make choices that are good for all aspects of your health.



# RIGHT *ABOUT* PHYSICAL HEALTH

Some things you can do to improve your Physical Health.

**DO:** Eat a diet that includes vegetables and fruit  
While you are Looked After by Dundee city Council, you have a right to choices of healthy food.

Eat foods that that are low in fats and sugar.

Experts say that eating lots of fruit and vegetables helps you stay healthy as you get older.

**DO:** Choose not to smoke or give up if you have already started.

Experts say that the one greatest cause of death and illness is smoking.

As smoking cigarettes is addictive, some people find it difficult to give up.

For help to give up see the contact list at the end of this leaflet.

**DO:** Choose not to take drugs.  
Experts say that there is no such thing as a safe drug. Some drugs carry more risk than others. Drug use is not just a health issue. It can also lead to problems with: the law, relationships, money.

Remember alcohol is a drug too and can be very dangerous if mixed with other drugs.

For confidential information see the contact numbers at the end of the leaflet.

**DO:** Take exercise for an hour each day.  
You do not have to join a Gym to take exercise. Walking is a good way to exercise as is swimming, football, hockey, skating, bowling. The list is long. Speak to your parent, carer or keyworker to find out how you can get involved. If you already know, go for it.

Experts say that exercise improves all aspects of your health. If you are looked after by Dundee City Council, you will be encouraged to be physically active and make healthy choices.

**DO:** Make sure you get enough rest. Try and have regular sleep time, making sure you go to bed and get up at the same time.

Try and relax before going to bed by reading, listen to some music or have a hot, relaxing bath. If you find yourself being sleepy during the day, even though you can sleep at night, talk to your doctor or school nurse.





# RIGHT *ABOUT* MENTAL HEALTH

## **If we have good Mental Health we are able to:**

- Make good relationships that last.
- Learn how to deal with emotions and express them.
- Develop by learning new things
- Know and continue to work out the difference between right and wrong
- Understand other people's feelings and respect them.

## **Some of the things You might notice if someone was having Mental Health difficulties.**

- Their mood changes
- They start falling behind with schoolwork
- They start Avoiding people
- They do not enjoy the things they used to
- They are not sleeping as well as they used to
- Their appetite changes.

- They start to see things in a very negative way and find it hard to be positive
- They start to feel bad about themselves
- They stop looking after themselves properly

**Like all other aspects of our health, we have to look after our mental well-being. Here are some ways we can improve our Mental Health.**

- Eat a healthy diet
- Take regular exercise of some kind every day
- Make sure you are able to talk to somebody about any worries you may have
- Have a sense of humour
- Be able to think problems through and sort them out. Make sure you ask for help when you need it
- Have fun
- Have a positive outlook on life
- Have more fun

If you want to talk to someone about your Mental Health or the Mental Health of a friend or family member, see the contact details at the end of the leaflet.



## RIGHT *ABOUT* EMOTIONAL HEALTH

People with good emotional health are usually in control of their thoughts, feelings and behaviours.

They usually have:

- high self-esteem (feel good about themselves)
- positive relationships
- the ability to cope better with stress and problems

Self-esteem can be developed and so can our ability to solve problems and deal with stress. Here are some tips that will help you feel better about yourself (develop your SELF-ESTEEM)

- Listen to the good things people say about you. They say nice things because they value you as a person. Learn to value yourself.
- Try not to blame yourself for any bad experiences you might have had in the past.
- If you are feeling down or anxious, treat yourself to the things you enjoy like music, reading your favourite magazine, play the Playstation. Or, have a relaxing soak in the bath.
- Make a list of the things that you like. Things that make you feel happy and good about yourself.
- Ask you carer or key worker about joining a club that does music, sports, drama, or anything that you might enjoy.
- Remember that exercise improves all aspects of your health.

- Talk to a friend or an adult you can trust, if something is bothering you.
- There are people who are trained to talk to young people, like youth workers or counsellors. Sometimes talking to someone like this, who you do not know, can help.
- Your culture and background is an important part of who you are and how you feel about yourself. Carers and residential staff should be sensitive to this and understand your cultural needs.

Remember that no one feels happy all the time, but it is possible to feel good about yourself even if you feel unhappy about something. You can still feel good about the person that you are on the inside. Believing that you are valued, listened to and understood helps you to feel good about yourself.





# RIGHT *ABOUT* SOCIAL HEALTH

Being part of groups is fun, as well as helping you to develop. It does not matter whether the group is a family, a club, a community or a residential home, being part of a group is important to understand who you are as a person and how you feel about yourself.

Social Health is affected by:

- School. Relationships with school friends and teachers are important for support, learning, fun, staying safe and so on.
- Learning the Rules. You have to learn the rules in all social settings. This is sometimes known as “learning boundaries”
- The Community you live in. You may feel you belong to a community where you grow up. Feeling you belong is a sign of good social health. Your community may have clubs or teams in them that you feel loyalty to.

- Culture or religion. You may have been brought up in a culture or religion that is different from most of your school friends or other young people in your residential home, if that is where you live. Respect is given to all cultural and religious backgrounds as it is important for many aspects of your health and who you are as a person. If you have been brought up in such a culture or religion and are looked after by the Social Work department, you have a right to expect respect and support from those who care for you.
- SOCIAL INCLUSION. When you are socially included you are listened to and are given respect. That is a healthy position to be in.
- SOCIAL EXCLUSION. When you are socially excluded, you are ignored and disrespected. Not a healthy position! Social Exclusion can happen through things like bullying.

Bullying is never acceptable because of the terrible effect it can have on all aspects of your health.

To talk to someone about any aspect of Social Health see the contact numbers at the end of the leaflet.





# RIGHT *ABOUT* SPIRITUAL HEALTH

Spiritual health is not just for those who a religious faith. It is also about having a set of beliefs that help us to understand, give and receive:

Love  
Justice  
Compassion\*  
Hope  
Peace

People, young and old, often look for answers when changes happen in their lives like the death of someone close, someone becomes disabled, someone becomes ill, someone is growing up or growing old.

\*Being aware and caring about other people's feelings

Spiritual health is learning a set of beliefs or “principles” that help us cope with difficulties in life and still allows us to have an “inner peace”, a feeling of “well-being” or being calm inside.

To talk to someone about Spiritual health see the contact details at the end of the leaflet.



## ***The Children's Rights Officer***

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