

Scotland's Armed Forces Children's Charity

Pre-Teen Talks

You have the right to give your opinion, and for adults to listen and take it seriously

'UNCRC Article 12'

The voices of Primary pupils

RCET is committed to taking a children's rights-based approach to all aspects of our work and is committed to listening to the voices and gathering the views of children and young people.

Key Messages

Our families and friends are really important to us



We need people to help us feel safe when times are difficult



We feel a real sense of loss and sadness when someone we love is away for a very long time



We have real worries about whether someone we love will ever come back to our family



Sometimes we get frightened, worried and upset but we can't help how we are feeling, so please don't get upset with us for feeling like this



"Thank you for listening to me - I'm not often asked how I feel about being part of an Armed Forces family"

This project focused on providing opportunities for the children to share their views and have their voices listened to. It also collected information from them about what additional support they would like thus allowing professionals to shape their Action Plans accordingly.



With thanks to the children, parents and staff in Argyll & Bute, Highland, Mid Lothian and Moray for their support in helping to gather the information for this leaflet.



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Primary school pupils from across Scotland share their views on being part of Armed Forces families.



What is it like being part of an Armed **Forces family?**



What is it like when someone you love goes away?

We get to meet new friends and live in different places

Not having dad home every night is not good (P5)

Not much fun at times (P6)

My dad is away a lot and misses loads of family time (P5)

Feeling as if you don't belong anywhere **(P7)**

My mum plans more fun things for us to do on the weekends (P6)

I get anxious not knowing when he is coming back (P4)

What is it like moving to a new school?



Excited to start and see new teucher und class but scary not knowing if the class but scary not knowing to teacher and class are going to see new teacher and

Rubbish if you are made to do the be nice to you (P4) same topics as you've done before Sume topics as you ve dome before - sometimes more than once **(P6)**

Anxious about not knowing your Way around the school **(P5)**

You can build up more friends as you can still keep in touch with old friends but make new ones as well (P6)

Scary as you don't know anyone to begin with and you don't know if you are going to get bullied **(P5)**

Mobile phones are good but not as good as hanging out with your friends in person (P7)

What is it like moving to a new house?

Great if I get to pick my new room **(P7)**

It can be exciting but not being near family is not so good **(P5)**

What is it like moving away from old friends and meeting new ones?



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