

Protected groups



Adverse
childhood
experiences
(ACE's)



Asylum
seekers



Disability



BAME



LGBTQIA+



Care
experienced



Young
carers



Young
parents



Youth
homeless-
ness

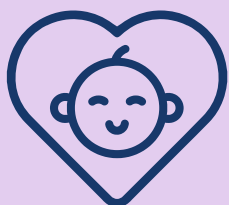


Youth
justice

It is important for all staff working with children and young people to understand EDI and how related factors can affect health and wellbeing. Some groups are more likely to face inequality and discrimination due to characteristics such as race or gender, or socioeconomic factors such as poverty or poor housing. This booklet highlights some of these groups and how their health may be impacted.

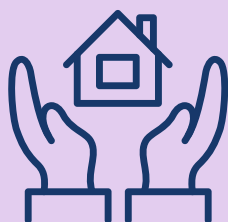
Adverse Childhood Experiences (ACE's)

- Adverse Childhood Experiences (ACE's) are stressful events that occur during childhood and include experiences of neglect, abuse and/or household adversity.
- People living in the most deprived areas are two times more likely to experience ACE's compared to those living in the least deprived areas.
- Those who experience 4+ ACEs are more likely than those with no ACEs to: be obese, smoke, have a limiting long-term condition, have cardiovascular disease, have lower mental wellbeing, not meet the physical activity guidelines



Asylum Seekers

- Many refugees and asylum seekers experience physical and mental health problems associated with the reason they have had to seek asylum.
- The experience of seeking asylum, experiences of racism or prejudice and the challenges understanding and exercising rights can worsen existing health problems and often create new ones.



Disability

- Compared to non-disabled children, disabled children more frequently have high scores of self-reported difficulties compared to strengths.
- Disabled children report more social, emotional and behavioural difficulties at an early age, compared to non-disabled children.
- Childhood disability is strongly linked with deprivation which has a direct impact on the health and wellbeing of the child.
- More than half of disabled young people feel their views are not listened to by adults.



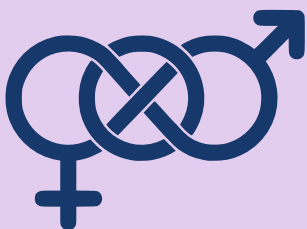
[Go back to HWB Equality,
Diversity and Inclusion](#)



- Glasgow has the highest population of minority ethnic groups in Scotland.
- BAME families are more likely than other families to be impacted by inequalities and adversities such as mental health issues, poverty and domestic abuse.
- BAME children and young people often do not have English as their first language, making it more challenging to seek support.
- Children in minority ethnic households are more likely than other children in Scotland to experience poverty.



- LGBT young people are more likely to experience poor mental health as a result of prejudice, discrimination and pressure to conform to gender norms.
- A high percentage of LGBT high school pupils in Scotland experience homophobic bullying. Experiences of homophobic bullying can leave pupils feeling excluded from their peers and school community, this can have a major impact on their mental health with an increased risk of suicide, self-harm and depression. Experiences of bullying are also likely to have an impact on pupil's academic work and truancy.



Care experienced young people

- Care experienced young people include those who are looked after and accommodated, in foster care, residential care and kinship care. It also includes those living independently or with their parents or relatives while under the supervision of social workers.
- In 2022 there were 12,596 children in care of the local authority in Scotland.
- Many care experienced young people experience multiple moves in placement and care setting, which can impact on development of attachment and result in moving away from schools, friends or extended families.
- Care experienced children and young people are more likely to have ACE's and can have higher rates of mental health difficulties than their peers.



Young carers

- Young carers are at a higher risk of experiencing poor health and wellbeing.
- Living with someone with a disability, condition or substance issue is associated with higher levels of risk behaviours, poorer mental health & wellbeing and skipping meals.
- Being a young carer often has a direct impact on a young person's education and employment and they may struggle to attend or achieve in school in comparison to their peers.



Young Parents

- Young women experiencing deprivation are more likely to become pregnant and to proceed with their pregnancy.
- Young parents are more likely to miss out on education and to be unemployed.
- Young parents are likely to experience social, health and economic inequalities and often require support and education on a range of topics e.g. housing and childcare.
- Young parents should be supported to access local support services and organisations and information to guide them through pregnancy and parenthood.



Youth Homelessness

- 28,882 households (including 14,372 children) in Scotland were homeless in 2021/22.
- Homeless people experience poorer physical and mental health than the general population and children and young people's development is directly impacted.
- There are many forms of homelessness. Some are visible, such as rough sleeping. However, people living in temporary accommodation, such as hostels and Bed and Breakfasts are also considered to be homeless. People experiencing hidden homelessness are those who may be staying with family and friends temporarily, sofa surfing or living in unsuitable or unsecure accommodation.



Youth Justice

- Children and young people involved in offending have higher risk of experiencing poor mental health.
- There is a strong link between youth offenders and ACE's and a number of risk of behaviours. Similarly, children and young people who have a parent, carer or relative involved in the criminal justice system, are at higher risk of experiencing poor mental health and wellbeing.
- Scottish Government have established a Whole Systems Approach to addressing the needs of young people involved in offending. The approach is underpinned by GIRFEC, which aims to ensure that support for children and young people puts their – and their family's – needs first.



[Go back to HWB Equality,
Diversity and Inclusion](#)

