

Getting it Right for Every Child: Glossary of Key Terminology

Getting it Right for Every Child (GIRFEC) is Scotland's national policy approach to improve outcomes for children and families in Scotland. It aims to make sure children, young people and parents/carers receive the right help, at the right time, from the right people.

GIRFEC introduced the National Practice Framework to provide children, families and professionals with a shared approach for assessment and planning and a common language to describe this. The GIRFEC approach is applicable to services/organisations providing support to adults as well as to services for children/young people.

Wellbeing The concept of [Wellbeing](#) is at the heart of the GIRFEC approach. It is described by **8 Wellbeing Indicators** which interconnect and overlap: **Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, and Included** (SHANARRI). These help us consider a child/young person's unique needs and identify areas where extra support is needed.

Named Person Every child/young person from birth-18 (or beyond if enrolled in school) has a [Named Person](#) made available to them as an entitlement. The Named Person is a clear point of contact in Universal Services of Health/Education with a key role in helping families access the support they need, if and when they need it. The Named Person is usually a child's Health Visitor from birth to Primary 1, their Head Teacher/Depute Head Teacher in Primary School and a young person's Guidance Teacher in Secondary School. **The Named Person Service is delivered as a national policy requirement.**

The 5 GIRFEC Questions If a professional is made aware of or identifies a potential wellbeing concern for a child/young person, they should ask themselves the **5 GIRFEC Questions** to identify if extra support or further action is required.

- ***What is getting in the way of this child/young person's wellbeing?***
- ***Do I have all the information I need to help?***
- ***What can I do now to help the child/young person/parent/carer?***
- ***What can my wider service/organisation do to help?***
- ***What additional help, if any, may be needed from others?***

National Practice Model The GIRFEC [National Practice Model](#) is used to gather/analyse information in order to gain a holistic understanding of a child/young person's wellbeing needs in context. The involvement of children, young people and families is central to this model of assessment, planning support and decision-making. The National Practice Model tools (*Wellbeing Indicators, My World Triangle, Resilience Matrix*) identify strengths, pressures or risks in a family situation and inform the different types of support which may be needed by a child/young person or parent/carer.

Chronology

A *Chronology* records **significant** concerns, events or incidents (positive and negative) which have had or currently have a **significant impact** on a child or young person's wellbeing. A Chronology can be single or multi-agency. Reviewing the *Chronology* helps to inform ongoing assessment and decision-making by the *Named Person*, *Lead Professional*, and *Team Around the Child*.

My World Triangle

The main tool for gathering information to assess a child/young person's current circumstances is the **My World Triangle**. This takes an ecological approach to consider a child/young person's whole world across 3 domains: **How I Grow and Develop** (physical, cognitive, social and psychological development), **What I Need from People who Look After Me** (support from parents/carers/significant others), and **My Wider World** (wider family, social, economic, and community networks/influences). Specialist assessment reports will contribute to the information being gathered using this framework.

Resilience Matrix

The **Resilience Matrix** supports analysis of information gathered using the My World Triangle. The Matrix considers the balance and impact of strengths and pressures on an individual child/family under headings of: **Resilience, Protective Factors, Adversity and Vulnerability**. The **National Risk Framework** toolkit is used in more complex/high risk cases.

Child/Young Person's Plan

GIRFEC introduced a single-planning process known as **The Child's Plan**. A Child/Young Person's Plan is put in place when it is agreed **coordination of one or more targeted supports is required** to meet a child/young person's wellbeing needs. A Child's Plan can be Single or Multi-Agency and will address the wellbeing needs identified through assessment. A Child's Plan will also reference support being provided to parents/carers by Adult or Community-based Services. A Child's Plan can be agreed at different meeting forums, such as CPCC, LAC Review, or Single/Multi-Agency Child's Plan Meetings.

Lead Professional

A **Lead Professional** will be appointed from involved professionals to coordinate the Child/Young Person's Plan. The Lead Professional role ensures that targeted support is being delivered as agreed, and that the Child's Plan is achieving improved outcomes for the child/young person. An appropriate Lead Professional will be identified depending on the nature of a child's wellbeing needs and the family situation. It will be someone with the right professional skills and experience to manage, coordinate and review The Child's Plan properly. The Named Person can also be the Lead Professional where this is appropriate to actions in a Child's Plan.

Team Around the Child

The **Team Around the Child/Young Person** refers to the family members and professionals working together to support a child/young person (and their parent/carer). They are the team who develop/review The Child's Plan.

Generally Available Support

Extra support is that which is generally available to children through services like health visiting, GPs, and school-based education. This support does not require a Child's Plan to be in place as it is not targeted, however might be coordinated/reviewed by the Named Person using Universal Services Planning approaches such as an IEP, Care Plan, or Individual Health Plan.

Targeted Support/ Intervention

Targeted support/intervention is support which is not generally available to children or young people. It refers to particular types of support provided by Universal Services of Health or Education or can refer to provision of a specific targeted service such as Children's Services Social Work or CAMHS (Child & Adolescent Mental Health Services). Each organisation/service determines what provision they class as targeted.

Children's Rights and the UNCRC

The GIRFEC approach is rooted in [children and young people's Rights](#). This means they should be involved in making decisions which affect their lives, with their views influencing service planning/delivery. GIRFEC principles reflect the [United Nations Convention on the Rights of the Child \(UNCRC\)](#) - this details 45 Articles (or Rights) which children and young people are entitled to. GIRFEC also respects parents' rights under the [European Convention on Human Rights \(ECHR\)](#).

ACES

A range of life experiences can have a negative effect on children and young people's healthy development. These could be one of 10 [Adverse Childhood Experiences \(ACES\)](#), or may be other adversities such as bereavement, bullying, or the experiences of families affected by disability or poverty.

Children and Young People (Scotland) Act 2014

The [Children and Young People \(Scotland\) Act 2014](#) (The Act) is one of the most significant pieces of recent legislation relating to children, young people and families. The Act defines wellbeing and focusses on prevention/early intervention. It sets out partnership with children and families as a cornerstone of the GIRFEC approach. The Act is very wide-ranging and introduced requirements including Children's Services Plans, Children's Rights reporting, Early Learning and Childcare provision, extending support for Care Experienced Young People and provision of free school meals. Statutory Guidance provides further detail on legal requirements.

Children's Services Plan

Part 3 of the Act requires every Local Authority/Health Board/CPP partners to publish a **3 year plan** showing how organisations/services work together to ***safeguard, support and promote the wellbeing of all children and young people*** who live in that area. This includes *Services for Children/Young People* (Schools, Health Visitors etc) and *Related Services* (Adult/Community-based services like Housing, CLD, Fire & Rescue, Care Management or Criminal Justice). The annual report details the impact of Universal Services on all children, and of targeted support aimed at improving outcomes for specific groups of children. [Aberdeenshire's Children's Services Plan](#) has 5 strategic priorities: **Early Years, Substance Use, Mental Health, Corporate Parenting and Children with a Disability.**

Find out more at: Scottish Government GIRFEC Information: <https://www.gov.scot/policies/girfec/>
Aberdeenshire's GIRFEC Website: [GIRFEC Website](#)