



EARLY ENGAGEMENT FACILITATION AND FEEDBACK PACK

‘Youth Voices’

The development of the next Suicide Prevention Strategy for Scotland is underway and we know how important it is to hear from as diverse a range of people, groups and communities as possible about what they think should be included.

We would love to be able to meet face-to-face with everyone who wishes to engage but we are not currently able to do that. Whilst we are very conscious of the pressure that is currently on children, young people and practitioners and how busy people are; we believe it is really important that children and young people’s views are heard on this topic and have therefore produced this facilitation and feedback pack.

We would like you to use this pack as a prompt to guide conversation with young people. These discussions can take place in whichever way suits the young people best. Please see page 3 of this pack for more information.

We would appreciate it if you could record information anonymously for each engagement and share this us by 7 January 2022. In doing so, we request that you explain the work to the child/young person using the [‘information for young people’](#) section on page 3 of this pack and verbally gain their consent and agreement for this information being shared anonymously with the Scottish Government and partners.

Please ensure that you have explained to the child or young person that if they tell you information that they, a member of their family or someone else is at immediate risk of being hurt or harmed, you have a duty to share this information.

Once this initial engagement stage is complete the Scottish Government and partners will analyse feedback that has been provided and draw out themes and potential actions.

There will be further engagement in the spring of 2022 to provide feedback and ensure these themes and actions reflect the views shared through this process before the final strategy is published in September 2022.

A New Suicide Prevention Strategy for Scotland



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Background

The Scottish Government and the Convention of Scottish Local Authorities (COSLA) are publishing [a new suicide prevention strategy for Scotland](#), in September 2022.

This strategy will replace the current [Suicide Prevention Action Plan \(SPAP\)](#) which was published in 2018 and is currently delivered through the [National Suicide Prevention Leadership Group \(NSPLG\)](#). The strategy will be long term and is likely to cover the next 10 years, although this timeframe has not yet been confirmed.

There will also be accompanying action plans which sit alongside the strategy and will describe clear actions to be taken in the short term which flow from themes outlined in the strategy document. The action plan document will be refreshed over the lifetime of the strategy.

Our vision is for Scotland to be a place where suicide is preventable and prevented, and where help and support is available to anyone feeling suicidal, and to those who have lost a loved one.

Because this strategy is for the whole of Scotland, we are eager to ensure that we take a collaborative approach to development of the strategy from the beginning. We want to hear from individuals, groups and communities across Scotland about what matters to them and what they think should be included in Scotland's new suicide prevention strategy throughout its' development over the next year.

The strategy and action plan should reflect the fact that different people have different needs. Equality legislation covers the protected characteristics of age, disability, gender, pregnancy and maternity, race, religion and belief, and sexual orientation. The strategy has the potential to affect everyone so we are eager to ensure consideration is also given beyond the list of protected characteristics, to include wider socio-economic considerations such as poverty, employment, and others.

For more information, you can visit the dedicated webpage for the strategy at:

[Suicide Prevention Strategy Development | COSLA](#)

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What you can do

In order to ensure that the next Suicide Prevention Strategy for Scotland is a strategy for everyone, we want to hear about what matters to you and the groups you represent.

The strategy is at the early stages of development and this toolkit is to help you support young people to share thoughts and views on what the final strategy should look like.

Questions could be asked over the phone, text, virtually or in person and can be as part of a group discussion or on a one to one basis. The intention is that they are used flexibly and based on what children and young people are most interested or concerned about and in a manner that suits them. Responses can be submitted for all topics or a selection of questions can be answered. An optional recording template is available to support you to submit a response.

We would also encourage youth organisations/ practitioners and where suitable young people to complete the online questionnaire, this can be found [here](#). We would also ask organisations to share this information with any groups you are aware of who may have an interest in this area. Additionally, we would welcome any evidence you might have or know of around current gaps in suicide prevention activity affecting your particular networks, groups and communities.

Information for Young People

The Scottish Government and COSLA want and need to hear from you!

Young people have a voice and should be given a say in the issues that affect them and right now the Scottish Government is gathering views on what the new suicide prevention strategy and action plan should look like. They want to hear your thoughts on what should be included so have asked the people that work with you to talk about this and see if you would like to take part. If you are happy to do so, they will ask you some questions and write down your views, so they can share this with the Scottish Government and the organisations they work with.

When having discussions please remember there is no requirement to share any details of your experience and you should share only what you are comfortable with. The Scottish Government and their partners will read all the information you and other young people have given them and will let you know what they did with the information. This will be looked at alongside views from workers, researchers and the public and will help them to focus on what work needs to happen in their new suicide prevention strategy and action plan. Only information relevant to the questions will be shared with the Scottish Government and they won't be given your personal details.

If you are happy to participate, please let *'the person running this session'* know.

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Prompt questions for your session

You might want to consider the questions below in your conversations with young people about the new Strategy, and wider suicide prevention work, as well as some general questions that could apply to any area.

We know thoughts and experiences may not fit neatly into one area, and that the best results often come from conversations that are allowed to flow naturally. You do not need to discuss all the areas outlined or feedback on them, and you should feel free to adapt them to the needs of your group (or not use them at all!).

For each topic in the boxes below, we are looking for the answers to: **What words do you use to describe these topics? What is currently working well? What needs to change?**

Prevention - being understood as the support given to keep people safe and well.

How can we prevent people reaching the point of having thoughts about not wanting to be alive/ thoughts of suicide for example, promoting good health and wellbeing, reducing trauma, engagement in community activities etc.?

Early Intervention - being understood as the support given when a problem first emerges.

How can we ensure that people get help at as early a point as possible when they begin to experience suicidal thoughts/ thoughts about not wanting to be alive?

Crisis Intervention - being understood as the support given where someone is distressed or at risk of taking their life.

What should be done to help people who reach a point of suicidal crisis/ take part in behaviours that are a danger to their life?

Postvention - being understood as support given after someone attempts to take their own life or where sadly someone does die by suicide, support given to those around them such as family and friends.

How can we support survivors of suicide attempts? What support should there be for those bereaved by suicide?

Tackling Stigma - being understood as “The negative attitudes or beliefs based on a preconception, misunderstanding or fear”(See Me).

We know open discussion can help save lives, so how can we help to tackle the attitudes and silence around suicide?

Raising Awareness - being understood as a way of educating people about a topic or issue with the hope of changing their attitudes, behaviours and beliefs.

What opportunities are there to raise awareness of suicide and suicide prevention work?

Building Capacity - being understood as developing & strengthening skills, knowledge, abilities & resources.

How can we help people to develop skills and knowledge to help prevent suicide? Do you think certain people should have certain skills & knowledge? What would be useful skills & knowledge for young people to have? What would be useful knowledge & skills for adults in your life to have?

Suggested activities for promoting discussions creatively

The below has been designed as a list to offer inspiration and consideration of the approaches you may wish to take to discuss this important and sensitive topic with the children and/or young people you work with. It is not an exhaustive list but we hope that they are useful as a starting point to illustrate the different tools and resources available. We also recognise that many organisations already have creative and innovative ways of engaging children and young people that suit their young people's needs and so those listed below may not be needed at all.

Collaborative tools for online meetings:

- Padlet: a real-time collaborative web platform where users can upload, organise, and share content to virtual bulletin board (which can be locked), more information [here](#).
- Miro: an online collaborative whiteboard platform (which can be locked, more information is [here](#)).

Check in tools for online meetings:

On a scale of Baby Yoda, how are you feeling today?



In an online setting, it can be harder to pick up how members of a group are feeling, one way of doing this is having a check in activity at the start of your session. One tool that could be used to facilitate this, although there are many good practices is, 'how are you feeling today' meme and asking members where they feel comfortable to share which image they relate to and why. Opposite provides an example of this.

It may also be useful to plan in time after the session for group members to raise any issues they have, given the sensitivities of the topic being covered.

Creative resources for in-person and online meetings:

- You may also wish to look at the creative resources you have to hand such as Lego, crafts, playdough, pens and paper, voice notes and reflect on how these may be used to creatively engage the group.
- Iriss's Co-production Project Planner, which provides examples of co-productive activities that can be adapted to suit a topic/ conversation-more information is [here](#).
- Citizen Engagement Activities, which provides examples of co-productive activities that can be adapted to suit a topic/ conversation-more information is [here](#).

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Submitting your Feedback

This flowchart demonstrates the process of engaging with, and collecting information from your networks.

If you have any queries or wish to request support from the strategy team, please do this via email contact@suicidepreventionengagement.scot

When you are ready to submit your feedback, there are two ways to do this, please pick the way which works best for you:

1. Use the online questionnaire [Suicide Prevention Strategy Development Questionnaire - Scottish Government - Citizen Space \(consult.gov.scot\)](https://consult.gov.scot)
2. Type your feedback onto a word document and send to this email address: contact@suicidepreventionengagement.scot

PLEASE ENSURE ANY FEEDBACK SUBMITTED DOES NOT CONTAIN PERSONAL DATA

When sending your feedback - please remember to include any evidence you might have around current gaps in suicide prevention activity affecting your particular networks, groups and communities.

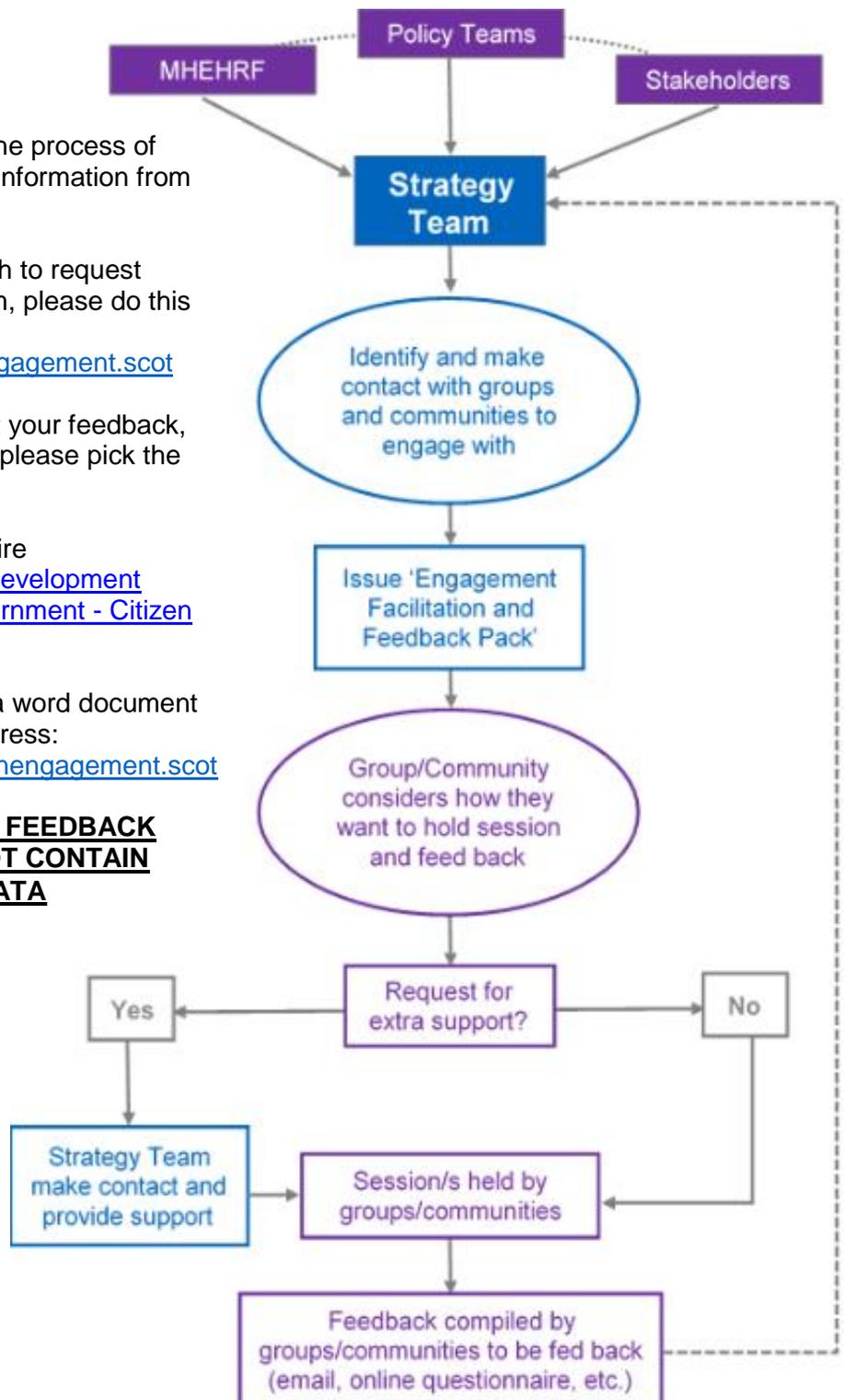


Fig.1

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Available support

We know that discussing aspects of suicide and suicide prevention can be difficult and can impact emotionally on those involved in any events you may hold. It is important to know where people can get support if they need it both during and after any discussions you may have. Please see below for a list of organisations who can provide support; you may wish to include links to some or all of these resources in your engagement sessions.

- **Shout Crisis Text-line** - Shout 85258 is a free, confidential 24/7 text messaging support service for anyone who is struggling to cope. Text: "Shout" to 85258, text "YM" if you are under 19.
- **Kooth** - The [Kooth](#) team provide free, safe and anonymous online support and counselling.
- **Breathing Space** - Breathing Space is Scotland's mental health helpline for individuals experiencing symptoms of low mood, depression, or anxiety, and offers free and confidential advice for individuals over the age of 16. They can be contacted on **0800 83 85 87**, 6pm to 2am Monday to Thursday; and from 6pm Friday throughout the weekend to 6am Monday.
- **Samaritans** – Samaritans provide confidential non-judgemental emotional support 24 hours a day for people who are experiencing feelings of distress or despair. You can contact Samaritans free on short code **116 123** or via email on jo@samaritans.org
- **NHS24 Mental Health Hub** - Telephone advice and support on healthcare can be obtained from NHS24 on the short code **111**; the Mental Health Hub is open 24/7.
- **Childline** - a listening service for anyone under the age of 19. Freephone 0800 1111
- **NSPCC** - helpline for adults who are worried about children. Freephone 0808 800 5000

Acknowledgements

This youth engagement and feedback pack was drafted with insight from the resources produced by **Youth Justice Voices** in their 2020 work to capture the views of children and young people in the new Youth Justice Vision for Scotland. We would like to thank this group and their workers for their support.

Youth Justice Voices is a youth justice advisory group that uses creative ways to enable young people to be heard in the justice system, and explore and share their experiences with policymakers, managers, corporate parents and the Scottish Government. It is a Scotland-wide participation project, jointly run by Staf and The Centre for Youth and Criminal Justice (CYCJ) and funded by The Life Changes Trust, which seeks to amplify the voices of care and justice experienced young people (aged 16-25) to influence national change. More information available by clicking [here](#).

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Who we are

The Scottish Government is the devolved government for Scotland. Its head office is located at St Andrews House, Regent Road, Edinburgh, EH1 3DG and you can contact our Data Protection team by post at this address, or by e-mail at dpa@gov.scot.

Why we need the information you provide

The views of stakeholders and partner organisations will be collected and will then be returned to us. The responses will then be used to inform the development of the new Suicide Prevention Strategy for Scotland. No personal data should be collected.

Data given by yourselves is on a voluntary basis, helping with:

- the development of a new Suicide Prevention Strategy for Scotland

What we will do with your data

Personal data consists of data that relates to an identified or identifiable living individual. No personal data will be collected or stored, and any personal data included in the responses provided will be removed.

The feedback and non-personal data will be stored on an internal secure platform. It may also be circulated to partner organisations as part of the development of the new Suicide Prevention Strategy for Scotland, including the Convention of Scottish Local Authorities (CoSLA) and Public Health Scotland (PHS). The data will also be made available to relevant Scottish Government officials when required and only for the reasons described above.

The data will be stored for 5 years and subsequently destroyed.

If you do have an queries about your personal data or complaints on how it is handled, please do not hesitate to contact the information assurance and data protection team at dpa@gov.scot.