

Cyflwynwyd yr ymateb hwn i ymgynghoriad y [Pwyllgor Plant, Pobl Ifanc ac Addysg](#) ar [Flaenoriaethau'r Chweched Senedd](#)

This response was submitted to the [Children, Young People and Education Committee](#) consultation on [Sixth Senedd Priorities](#)

CYPE SP 25

Ymateb gan: Fiona Kinghorn, Cyfarwyddwr Iechyd Cyhoeddus, Bwrdd Iechyd Prifysgol Caerdydd a'r Fro

Response from: Fiona Kinghorn, Director of Public Health, Cardiff and Vale University Health Board

Beth yn eich barn chi yw'r prif flaenoriaethau neu'r materion y dylai'r Pwyllgor eu hystyried yn ystod y Chweched Senedd? Os oes modd, nodwch eich barn o ran sut y gallai'r Pwyllgor fynd i'r afael â hyn.

What do you consider to be the main priorities or issues that the Committee should consider during the Sixth Senedd? Where possible, please set out your view about how the Committee could address them.

Thema 1: Addysg oedran ysgol | Theme 1: School-age education

- 1) Ensure schools and education settings provide children and young people with the information needed to make informed choices around their tobacco, alcohol and drug use
 - *Consult with stakeholders and students to update the 2013 Welsh Government Circular "Guidance for Substance Misuse Education"¹ to reflect current best practice, programmes/services, trends, concerns, NICE Guidance etc. in relation to tobacco, alcohol and drug education and policies*
 - *Ensure tobacco and substance use and misuse education in schools builds upon work which has already been delivered and evaluated, such as Just B and other interventions, and fills current gaps in provision, particularly at primary school age*
 - *Propose interventions which are evidence-based, take a 'whole-school approach' and are weaved into the Welsh Government's Healthy Schools Programme*
 - *Capture the impact of tobacco related influences on school-age children such as e-cigarettes*



2) Support schools in implementing the new Smoke-Free legislation

- *Consider auditing educational premises to ensure smoke-free signs are placed correctly*
- *Develop and provide clear guidance and training to staff to ensure smoking on smoke-free grounds can be challenged and enforced where necessary*

3) Ensure all actions proposed around preventing the uptake of tobacco reflect those planned in any future Tobacco Control Delivery Plan for Wales (including the one currently in development)

¹ Welsh Government. *Guidance for substance misuse education*. 2013. Available from <https://gov.wales/sites/default/files/publications/2018-03/guidance-for-substance-misuse-education.pdf> [accessed 31st August 2021].

- 4) Education at all ages needs to be inclusive and to celebrate diversity. Inclusivity needs to be across all subjects and Areas of Learning and Experience. For example, LGBTQ figures taught in science, black historical figures in history and disabled figures in sports lessons.
- 5) Life skills, such as money management needs to be taught
- 6) Emotional health and mental wellbeing should be embedded in the whole school approach
- 7) Pupils should participate in all aspects of the school's management
- 8) Children's Rights need to be integral to education
- 9) All aspects of RSE needs to be mandatory and inclusive. Issues such as consent and safety from exploitation should be taught to all children
- 10) Suicide prevention and mental health first aid is vital to allow children to be able to act in a mental health emergency of peers or family
- 11) Sports choices should be open to all genders and uniform should be gender neutral
- 12) Rules and general practice in schools need to be ACE aware and trauma informed. Rules should have a reason and be agreed with participation

Thema 2: Addysg bellach ac addysg uwch | Theme 2: Further and higher education

- 1) Drug and alcohol education should focus on honest, evidence based harm minimisation advice
- 2) Sexual health should be revisited, in an honest and proactively safe way. Sexual health should include LGBTQ+ education and advice



Thema 3: Iechyd a lles, gan gynnwys gofal cymdeithasol (i'r graddau y maent yn ymwneud â phlant a phobl ifanc) | Theme 3: Health and well-being, including social care (as they relate to children and young people)

- 1) Learning Disability services for children
- 2) Children in need of safe accommodation and wrap around support from Health and Social care
- 3) Crisis services for children and young people in emotional and mental distress including eating disorders, including alternatives to admission and ensuring if admission is required that this is in an appropriate setting.
- 4) The provision of additional learning provision (ALP) by Health services to children and young people (0-25) with additional learning needs
- 5) Obesity prevention – this is particularly relevant to theme 3 but is very much a cross cutting issue. Welsh Government's Healthy Weight: Healthy Wales strategy sets out a number of actions relevant to children and young people as part of its ambition to prevent and reduce obesity in Wales. Just over 7 in 10 reception aged children have a healthy weight in Wales and over a quarter of children (26.9%) are overweight or obese. There are also stark differences in the number of children experiencing obesity between the most and least deprived areas. It is recognised that as a complex issue obesity prevention requires action at multiple levels and through cross-Government and partnership action. It is imperative that continued and substantial progress is made in order to realise the ambition of the Healthy Weight: Healthy Wales Strategy and deliver against identified milestones. To support and enable children and young people to make healthy choices and maintain a healthy weight, action within the environment, educational settings and across communities will be key. The pandemic has likely to have impacted on children and young people's ability to be physically active and eat well therefore post-pandemic, there is an even greater need to ensure that action across the system is driven forward.
- 6) Health education and promotion should involve young people in its design so that it is effective
- 7) Along with health education, healthy choices should be accessible for parents and children themselves. Affordability is a significant issue as is availability of fruit and vegetables
- 8) Exercise needs to be fun for children and young people. It should be appropriate for them and decided after consultation with them. Skate parks, youth worker run activities etc should be available



- 9) Youth worker run, regular opportunities to meet and socialise, exercise and gain experiences which might not be provided by parents / carers are vital for physical and emotional wellbeing
- 10) More support for young carers should be given by offering respite and educational and social opportunities for the young people
- 11) Young people who are leaving care should be given extended 'parental' / carer support even if they choose to live independently

Thema 4: Plant a phobl Ifanc | Theme 4: Children and young people

Illegal tobacco undermines tobacco control measures and creates a barrier for prevention, cessation and the reduction of smoking prevalence in Wales. ASH Cymru² and information found on the Wales Heads of Trading Standards website³, suggests illegal tobacco increases the accessibility and affordability of smoking for young people. They also highlight its links with local crime³, reduced revenue for services²⁻³, and increasing health and social inequalities by disproportionately affecting areas of higher deprivation².

- 1) Work with partners to tackle the problem of illegal tobacco to protect children and young people from its harms
 - Through education to retailers, communities, schools and students, professionals working with young people, parents/carers etc. around: the law; the health and social harms associated with illegal tobacco; how and why to report concerns
 - Through enforcement where information has been received regarding the sale of illegal tobacco and underage sales
 - Through clear processes for reporting, information sharing and safeguarding
 - Through targeted approaches where necessary

The 2019/2020 School Health Research Network survey⁴ found 4% of secondary school student self-report as regular smokers. However, alternative education settings do not complete the survey so the current national smoking prevalence for young people remains unclear.

- 2) Consider how to gain a clearer picture of young people's current smoking prevalence in Wales and research whether a national, youth-specific smoking cessation service would be acceptable and effective

Consultation with stakeholders alongside further research and piloting could be undertaken to discover:



- Whether collecting such data would be beneficial for shaping services and intervention
 - How to collect, process, analyse and disseminate the data
 - Whether the creation of a national, youth-specific smoking cessation service could reduce smoking prevalence in young people and how/by who could it be provided
- 3) Build upon what is, or has previously been, delivered in Wales, such as JustB and ASH

Wales's 'The Filter' Project, targeting areas of high deprivation where smoking rates are the highest

- 4) Provide engaging activities/opportunities and healthy alternatives to health harming behaviours, especially in areas of higher deprivation, consulting with young people on what these could be

² Action on Smoking and Health (ASH) Cymru. *Briefing: Illegal tobacco problem in Wales 2019*. Available from <https://ash.wales/wp-content/uploads/2021/07/illegal-tobacco-briefing-2019.pdf> [accessed 31st August 2021].

³ Wales Heads of Trading Standards (WHoTS). *Crimestoppers illegal tobacco: Reporting illegal tobacco to Crimestoppers*. Available from: <https://www.tradingstandardswales.org.uk/projects/> [accessed 31st August 2021].

⁴ Page N., Hewitt G., Young H., Moore G., Murphy S. *Student health and wellbeing in Wales: Report of the 2019/20 School Health Research Network student health and wellbeing survey*. Cardiff: Cardiff University; 2021. Available from https://www.shrn.org.uk/wp-content/uploads/2021/03/SHRN-NR-FINAL-23_03_21-en.pdf [accessed on 31st August 2021].

- 5) The needs of Young People need to be considered – not all children are ready to transition to adult services at 16 or 18 depending on developmental maturity and there is consideration in some services for extended age range services. It is recognised that this is not a simple solution and the key issue is person centred transition planning.
- 6) The underlying causes of emotional and mental health need focus – issues such as isolation, loneliness and social determinants of health should be high priorities. Equality is key. Race, religion, sexuality, gender identity, poverty and disability



continue to disadvantage children and young people along with Parental / familial drug and alcohol use, safeguarding issues, domestic violence and parental / carer mental health needs.

- 7) Coproduction with Children and young people to ensure that services meet their needs is an essential element
- 8) Advocacy should be more widely available for children and young people, in health services, criminal justice, education or work

