



THE ROYAL BOROUGH OF
KINGSTON
UPON THAMES



CHILDREN AND YOUNG

PEOPLE'S PLAN

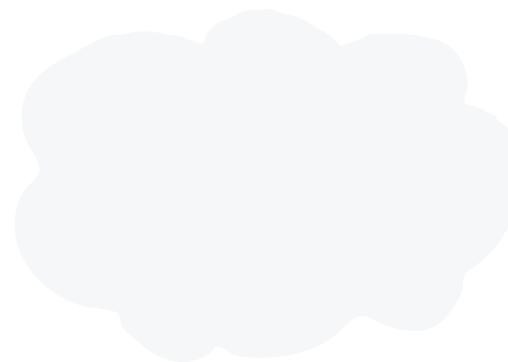
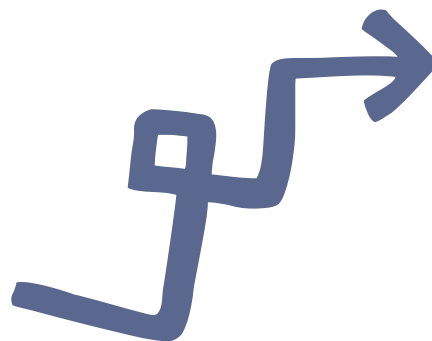
2024-2027

By children and young people,
for children and young people,
who live and learn in Kingston



HI AND WELCOME!

This is our introduction to our Children and Young People's Plan 2024-2027. This plan is for all children and young people aged 0-19 who live or study in Kingston. It also covers young people aged 19-25 with SEND and young people aged 19-25 who have been looked after by Kingston Council.

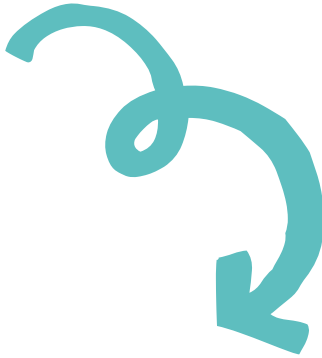


As the young people of the Kingston Youth Forum, we believe that the children and young people of the borough should be ambitious and care greatly about those around them.

Within this plan we will go over the 4 main issues that have been highlighted in Kingston.



Four main issues:



MENTAL HEALTH & WELLBEING

SAFETY

EQUALITY & INCLUSION

CLIMATE CHANGE

We hope that this plan will be beneficial and allow you to understand what Kingston Council and its partners will do to help tackle these issues. This will be monitored by us.

We hope you enjoy reading this plan and if you want more information please go to:

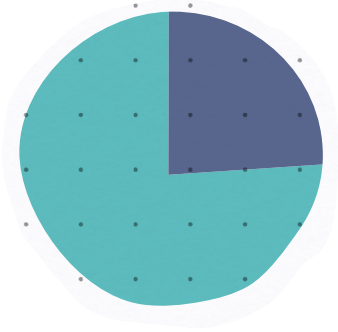
kingston.gov.uk/cypp

*From: Kingston
Youth Forum*

IN KINGSTON

Children make up

$\frac{1}{4}$ of the population



There are

40,000

children aged 0-19

There are

4

youth centres and
an outreach bus



154

different
languages
are spoken



There are

33

parks

Almost half
of all children
walk
to
school



$\frac{1}{2}$

Half of all school
children are from
ethnic minority
backgrounds

$\frac{2}{3}$

of children
get at least
grade 5 in GCSE
English and Maths

There are

64 schools, 1 college
and 1 university

3,500

children under 16 live
in low income families

103

children are in care,
and there are 200 care
leavers aged 18-24

On average

3

children in
every class
at school are
young carers



There are

10

sports and
leisure centres

15%

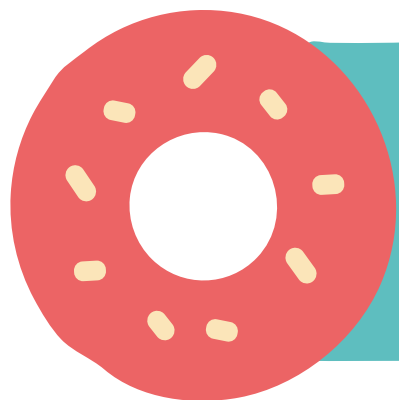
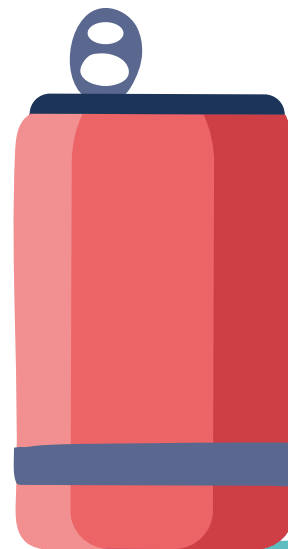
of 0-25s have Special
Educational Needs
or Disabilities

BEING MY BEST SELF

Why is this important?

1/2

Half of children in Kingston said they are happy with their **emotional health**.



The main reason for children's physical **ill-health** is an **unhealthy diet** and **lifestyle**.



Anxiety is the leading cause of **mental ill-health** for children.



What do we want?

We want children and young people to be happy and healthy throughout their lives. We want to empower children and young people to be able to access services and support when they need them to improve their wellbeing.



What are we already doing?

We have services for all ages, including health visitors and children's centres for babies and toddlers and school nurses and mental health support teams in primary and secondary schools.

We run the FUEL programme in holiday clubs across Kingston so that the children aged 5-16 who need it most can enjoy free nutritious meals and enjoy fun activities in the school holidays.

We offer a range of support to young people around emotional health, sexual health and substance misuse.



What else we will do?

We will build a new leisure centre in Kingston Town Centre, and protect outdoor activities and parks all over the borough so there's always somewhere to go to enjoy different sports and keep active.

We will develop family hubs where families can get all different kinds of help.

We will make sure it is easier for all secondary school children to get help with their emotional health.



#BEWELL

STAYING SAFE

Why is this important?

Concerns about all types of safety including road safety, bullying, and fear of crime was the biggest issue for the children and young people we spoke to.

Young women and girls told us they have experienced **harassment** and feel unsupported in dealing with it.



1 in 5

children sometimes feel afraid of being **bullied** at school.

#STAYSAFE

1/2

More than half of young women feel **unsafe after dark**, on public transport, and around people they don't know.



What do we want?

We want children and young people to feel and be safe and secure when out and about, at school, online and at home.



What are we already doing?

Youth outreach teams work across Kingston to engage and support young people.

We work with young people to raise awareness of the different forms of violence against women and girls and provide specialist support.

We have reduced speed limits on residential roads to 20 miles per hour.

The council works with the police to monitor CCTV cameras, improve safety and respond to issues quickly.



What else will we do?

All schools will sign up for the Unicef Rights Respecting Schools Award, to help children and young people feel safe and respected at school.

We will promote and encourage street play, so children can play outside safely.

We will make sure children and young people know where and who they can get help from.

We will provide opportunities for children and young people to be part of the solution to keep Kingston safe.



EVERYONE MATTERS

Why is this important?

29%

of children and young people have experienced **racism** and this has mainly happened at **school**.



1/3

of the children and young people we engaged with said they are worried about **homophobia**.



37%

of children and young people we spoke to are worried about **poverty** and the cost of living, not just for themselves but also for other people.

CHILDREN

with special educational needs and disabilities (SEND) most commonly need **support** with Social Emotional and Mental Health (SEMH), and Autism.



What do we want?

We want all children and young people to feel valued, included and respected and be able to access the services and support they want and need.

What are we already doing?

All schools have committed to our anti-racist pledge, and work together on Black History Month celebrations.

We have inclusive youth groups for all children and young people, and also targeted groups and activities for children and young people who are LGBTQ+, are young carers, have special educational needs and disabilities, are from low income families and who have been in care.

The council has classified 'care experienced' as a protected characteristic, which means that children who have been in care have lifelong protection against discrimination.

What else we will do?

The council has signed up to the Mayor of London's new Inclusion Charter, and we will work on making sure fewer children are excluded from school.

We will make sure that children and young people have the chance to have their say on council plans and strategies.

We will make sure that information for children and young people is easy to read and understand.

We will make sure that more people who work with children are trained in recognising and supporting SEND, particularly for SEMH and autism.

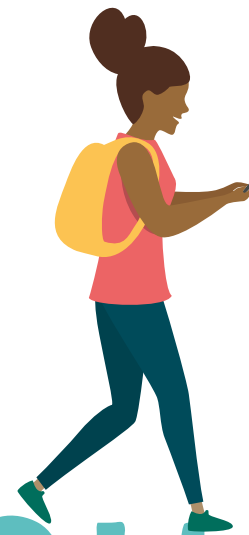
#BEPROUD



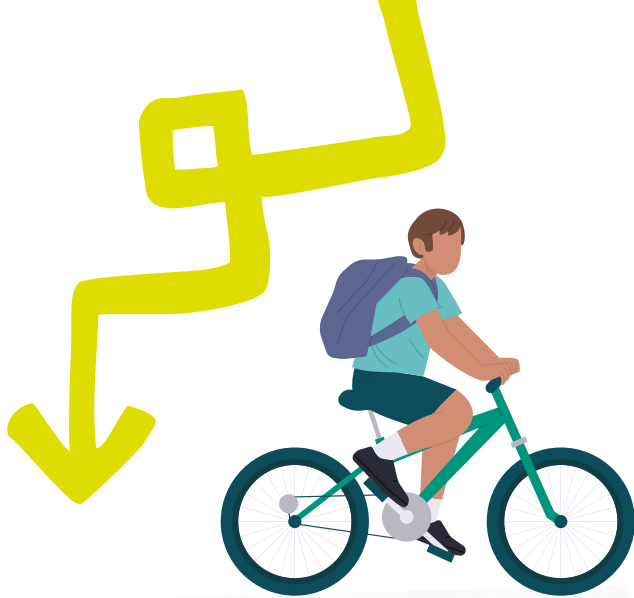
LOOKING AFTER OUR WORLD

Why is this important?

The impacts of climate change can be seen in Kingston and around the world. Many younger people are worried about the future and are experiencing climate anxiety.



#BETHECHANGE



What do we want?



We want to help tackle climate change and protect people, plants and animals by cutting greenhouse gas emissions that act as a warming blanket around the Earth.

We want to see more action taken so children and young people can get involved and feel positive about the future.

What are we already doing?

We have planted and will continue to plant trees, reduce waste, recycle more and build cycle paths.

We have made our bin lorries electric and replaced our street lights so they use less energy.

We have introduced new School Streets, to stop cars near our schools and get more children staying active by walking to school.

We have given Youth Climate Change Fund grants to young people for them to decide how to spend the money.

What else will we do?



We will help schools to use renewable energy, including putting solar panels on their roofs.

We will undertake actions to reduce waste from food, plastic and clothing.

We will share stories and information about positive actions children and young people can take to tackle climate change and in turn support those with climate anxiety.

We will encourage all education settings to gain Transport for London Travel for Life accreditation and provide cycle training to children, to help children learn about safe and healthy travel which is better for the environment.



THANK YOU

This plan has been written alongside children and young people.

It is about the global, national and local issues that are important to them and sets out how we can make Kingston a better place for all children and young people to live and grow up.

The priorities in this plan are ambitious and delivering them will require all organisations in Kingston to work together. It will also require us to continue to work in real partnership with children and young people to make sure we deliver the changes they want to see.

I am particularly pleased that we have made a clear commitment to start the journey towards Kingston becoming



a UNICEF Child Friendly Community, where children's and young people's rights and futures are at the forefront of our decision-making.

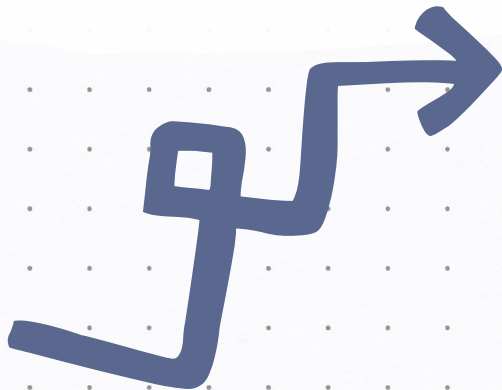
Thank you to all the children and young people who have contributed to this plan so far, and to those who will help us to deliver it over the next three years. I look forward to working with you.

Ian Dodds

Executive Director of Children's Services - Kingston Council

TEAM EFFORT

This Children and Young People's plan has been co-produced by children and young people, for children and young people who live and learn in The Royal Borough of Kingston in collaboration with the council and its partners:



South West London



Transport for London

yourhealthcare

healthwatch
Kingston upon Thames



achieving for children



MAYOR OF LONDON



METROPOLITAN POLICE

The plan forms our joint strategy for how we will work together to improve children's well being, and ensure Kingston is a happy, healthy, safe and fair place to grow up.

A detailed action plan has been developed which will be monitored annually by partners and young people together.

You can find it at:

kingston.gov.uk/cypp

You can find out more information about what is available for children, young people and families:



THE ROYAL BOROUGH OF
KINGSTON
UPON THAMES



Getting it on.



**achieving
for children**



Connected
 **Kingston**

