

Health and wellbeing: Self-reporting on progress

Video transcript

[On screen text:] Who helps me when I'm worried?

I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.

Girl 1: If I was worried I would speak to the teachers, my daddy, my grandpa and my gran, and mama.

Girl 2: I would speak to my mummy and daddy, the police, the teachers...

Boy 1: All my teachers, and my friends, my mum...

Girl 3: Well, in school I would probably talk to my teacher or my friends and at home I would talk to my mum, or my sister, my brother.

Girl 4: Probably...if I go to after-school clubs, I go to badminton and I play piano, I'd probably talk to my piano teacher or my coach, or also guidance teacher as well because I know they could do something for me and I would always be able to get helped by that.

Girl 5: First and Second Year, my teachers, they were really important for me, but not just as important as they are this year as because my exams are this year obviously.

Boy 2: I'm relying on people a lot more but I'm also trying to be independent. For example, my friends are more important to me for support in and out of school and my teachers are important now that I'm coming up to exam phases.

Girl 6: I think when you started the school it was mainly your friends because you were with them all the time but as you progress throughout school and you, especially now, it's kind of more teacher-orientated because you're at them for extra help because your subjects are harder and you'll be maybe talking about option choices or career choices and they're there to help you along with that. And as you get older as well and you start getting part-time jobs or you're going out to different places it does change.

Girl 7: The people who are important to me at life at the moment is my parents, my sisters, my extended family, my head teacher, my teachers, my course tutors, Career Scotland, my doctors...

[On-screen text:] What friendship means to me

I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.

Girl 2: Sharing my toys. Well, I share some of my cars with Lucas. I share dolls. Helping people when they're not well. Showing them things when they don't know where they are.

Girl 8: Um, she's my best, best, best, best, keep saying best for twenty-four hours friend and she's the one that I can always talk to. She's just really nice and, well she understands an awful lot. I don't really know what she thinks, hopefully the same way I feel about her and she's the one that I can talk to if I'm worried about anything.

Boy 3: You have to be your own friend to have other people as your friend.

Girl 9: ...really hard to make new friends because I was kind of shy when I started. Well, it's like a roller-coaster you're on and it's all smooth one minute and then it's all bumpy and it...

Boy 3: I was angry, mad, thought no-one was my friends. Since I've been happier, my learning's been going in one ear and staying there, in that ear, not going out the other. I like my friends, I like my family, I even like the teachers in the school [Woman laughing]. They've got a lot kinder to me. So I've got kinder to you.

Girl 10: Well, one of my good friends that I've known for a wee while, she was going through a bad break-up because her boyfriend had dumped her, well, dumped her over text and she was really, really gutted and upset and I found her. So, I went over and told her everything...I was talking to her and told her everything was going to be ok, everything will go back to normal and you...

Boy 4: ...by just listening to her and trying to understand and making her laugh then trying to get them both to talk again.

Girl 5: Well, I think friendship's about being fair and equal with people and if you don't have a fair and equal balance then you won't really have a friendship. Obviously, treat them how you would like to be treated yourself.

Boy 2: Trying to persuade a friend not to do something that they might regret, like something that they're thinking in the moment about and not realising that it could have bad effects in the future.

Girl 6: If it's you involved personally, like you've fallen out with your friends or your parents or whatever, I think sometimes you just need to take time and just to cool off and then go back and say, lay out your case, listen to them, and then hopefully come to some sort of compromise like, whether it is a kind of "Right, let's just forgive it and forget it" or it's a "No, we need to deal with this situation. There's a big problem and it needs to be resolved." And you really do need a lot of patience to do that but in the end it would be worth it, because it means you're not losing a friendship or a relationship with somebody; you're building on it.

[On-screen text:] What care and respect means to me. I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.

Girl 2: ...because when Emily wasn't well, I have to go and get her 'cuddle cough' [Other female voice: That must be...]

Girl 3: Well a lot of people seem kind and helpful and always cheer people up.

Girl 8: Well, I really want to be someone that cares about other people and helps them.

Girl 3: You treat people right and you treat them how you want to be treated yourself.

Girl 10: I try and treat people really fairly, like when we're doing group work in classes...

Boy 2: Well, every day I try and show respect to my peers, people that I work with in classes and in everyday situations just to be polite and show common decency towards people.

Girl 11: If you're working for somebody, like your boss, your supervisor and you don't really get on with them but you feel you can't really say what you really feel because they're in a position of authority so you've got to kind of respect what they're saying.

Girl 7: So we all have rights and we all have a voice to speak.

[Ends]