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Scottish Sports Futures Children's Rights and Wellbeing Impact Assessment Updated May 2025

Introduction

SSF are committed to ensuring that children's rights are upheld and are wholly in support of the UN Convention on the Rights of the Child (UNCRC).

Ministers committed to CRWIA's as a means of delivering their children's rights duties under the Children and Young People (Scotland) Act 2014 and the UNCRC Incorporation (Scotland) Act 2024 which embeds UNCRC rights in Scottish legislation.

Background

Our Vision

A world where young people fulfil their potential.

Our Mission

We use sport as a catalyst to enable young people to be healthier, more confident and more resilient, so they are better prepared to combat the effects of poverty, trauma and adversity.

What we do

We enable young people, living in challenging environments, to become champions for good in society.

We are transforming young lives through sport by

- Connecting, listening, and acting.
- Educating and enabling others to expand our impact.
- Creating spaces for young people to feel safe and welcome.
- Harnessing the power of sport.

Our People

Focused in the most challenged communities, we are privileged to work alongside exceptional young people and support them to reach a positive destination. By working

collaboratively alongside young people and their communities we deliver formal and informal education through sports which includes physical activity, volunteering and employability.

Young people and communities are at the heart of everything we do, we engage with at-risk and harder to reach groups in Scotland with 3 strategic goals: Develop people; Improve health and wellbeing; and Strengthen communities.

Our Culture

We are proud to have a culture of hope, that places young people and communities at the heart. We take a dignified approach to supporting our people and deliver groundbreaking programmes with love, care, and empathy. The young people we support have many strengths, assets, and attributes. They are passionate about giving back to their communities, have lived experience and understand need as well as caring about other young people. They are funny, resilient, and curious.

CRWIA screening

SSF delivers timely, person-centred support and effective interventions, improving life chances for young people aged 10-24 in areas of deprivation across Scotland. We deliver projects with love, care, and empathy; with young people at the heart.

As a result of our planned interventions, programmes which have flexibility to respond to the needs of young people we expect to see a change in behaviours and positive outcomes for the young people we support. These are listed here:

- Young people build their confidence and resilience, benefit from strengthened support networks and reduce risk taking behaviour
- Young people develop their physical and personal skills
- Young people's health and well-being improves
- Young people participate in activity which improves their learning, employability and employment options (positive destinations)
- Young people contribute positively to their communities
- Young people are diverted from criminal behaviour or involvement with the criminal justice system

We therefore conclude a CRWIA is needed.

Assessment

Key Findings - including an assessment of the impact on children's rights, and how the measure will contribute to children's wellbeing

The following UNCRC rights will be affected/enabled and promoted through our work:

- **Article 3 (best interests of the child)**

The best interests of the child must be a top priority in all decisions and actions that affect children.

- **Article 12 (respect for the views of the child)**

Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. This right always applies, for example during immigration proceedings, housing decisions or the child's day-to-day home life.

- **Article 13 (freedom of expression)**

Every child must be free to express their thoughts and opinions and to access all kinds of information, if it is within the law.

- **Article 18 (parental responsibilities and state assistance)**

Both parents share responsibility for bringing up their child and should always consider what is best for the child. Governments must support parents by creating support services for children and giving parents the help, they need to raise their children.

- **Article 19 (protection from violence, abuse and neglect)**

Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents and anyone else who looks after them.

- **Article 23 (children with a disability)**

A child with a disability has the right to live a full and decent life with dignity and, as far as possible, independence and to play an active part in the community. Governments must do all they can to support disabled children and their families.

- **Article 28 (right to education)**

Every child has the right to an education. Primary education must be free and different forms of secondary education must be available to every child. Discipline in schools must respect children's dignity and their rights. Richer countries must help poorer countries achieve this.

- Article 31 (leisure, play, culture)

Every child has the right to relax, play and take part in a wide range of cultural and artistic activities

- Article 42 (knowledge of rights)

Governments must actively work to make sure that children and adults know about the convention.

Our assessment of the impact of our programmes is positive or neutral for children and young people.

SSF are committed to developing people and specifically supporting those most at risk and furthest away from positive destinations. We build confidence and resilience, skills and aspirations and through the power of sport we can improve learning and employment potential.

Sport and physical activity have a significant role to play in supporting positive mental and physical wellbeing. We allow young people to take the lead in tackling issues through our network of programmes and beyond. Our youth work approach means we have been successful at engaging those who need support most.

Partnership working and collaboration allow SSF programmes to successfully connect young people to their local communities and access meaningful volunteer and leadership opportunities. Our programme delivery and accessible training mean young people feel empowered and have the skills to “give back” and become inspiring role models to their peers.

As a result of our work, young people's feeling of being safe, healthy, achieving, nurtured, active, respected, responsible, and included will increase (These skills link to the SHANARRI indicators)

SSF will work with 2000 young people aged 10-25 per year, 2024 saw the development of SSF Active Play which allowed us to work and connect with children from the age of 5 years old. SSF will consult regularly with children and young people to ensure their views and experiences and voices influence our interventions and ensure they are heard and can access support they require.

SSF carry out formal quarterly review and consultation with children and young people as well as personal development plans for those on our SSF Chance:2Be and SSF Young Leaders programmes to ensure their needs are being met and rights protected. SSF Young Leaders in each of our delivery areas engage in volunteering opportunities in their own communities enhancing their voice in their local area.

SSF will also conduct a formal annual stakeholder consultation.

In 2024 SSF recruited a diverse group of 18 young people aged 15- 21 to the SSF Youth Advisory Panel. These young people represent all areas where SSF delivers programmes and are either current participants, volunteers or community coaches. In the past year since the panel has been established, they have been strategically guiding the organisation and have been part of the decision-making process on projects such as the SSF annual awards, they have had opportunity to present to and are fully supported by the SSF Board. There also will always be one or two youth trustees on the Board of Directors, a decision taken at the June 2023 board meeting with the first being appointed in June 2024.

Through our person-centred nomination process all young people will be at the heart of and involved in their nominations to our programmes. There will be an enhanced focus on getting to know each young person in advance of and through the initial stages of the programme, this helps to tailor the programmes to their needs, build their engagement and ensure the best possible outcome for them and with them.

Young people with lived experience of care and justice, work in collaboration on the development of our nomination programme specifically and provide crucial insight into how to bring all elements together. They help identify nominating partners and explain how best to support young people looked after by social work. Young people who had been part of our nomination-based programmes and have progressed on to positive destinations give crucial insight into how and why support had worked for them. They asked us to ensure focus on mental health inputs, peer- peer delivery & support which has informed our strategic direction.

Signed 

Date: 05.05.25

Review date: 05.05.26

[CRWIA - training tool](#)

[Children's rights legislation in Scotland](#)