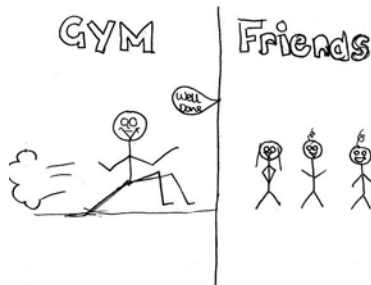


## About inclusion

The most important thing for children and young people about inclusion was to have friends.



"I am good at gym so I feel included. I feel included because I'm with my friends."

*"Sometimes someone is disabled and you can't see it. Maybe if you were good friends with them they might tell you but they might want it to be a secret."*

*"Just treat people like normal – even if they are a wee bit different."*

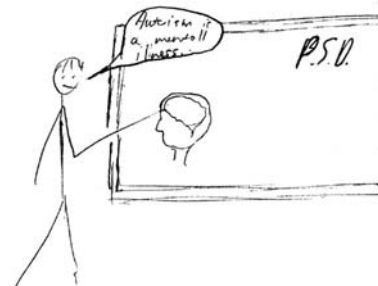
*"A person with AD/HD if they get really angry – if you know something they really enjoy that calms them down, you can do that."*

*"Yes sometimes I am included. Its hard for me, people don't understand what I am trying to say. Adults and children. I have to say things more than once. Well it's very hard for me at play time people don't hear me very well. I do signs for some people. I can't hear very well."*

*"There is not an opportunity for there to be friendships with the learning support people."..... "Some people with difficulty they sit with the learning support staff for lunch and that. They are always with their supporters."*



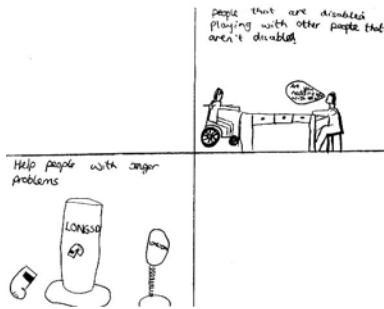
Understanding diversity is one way that children and young people suggested would help inclusion.



"People including you."

"People exploring different mental illnesses."

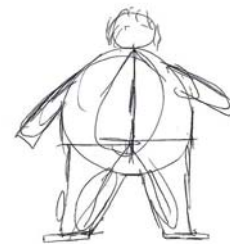
*"Some people ... if they have a wheelchair or something .. need to make them safe in the school. If they need help there is always someone to help them, if they had a good friend could help them to get around. They would need ramps and things. If they couldn't get the wheelchair out and that you could help them. You need to give them fun as well, you could play games and run with them."*



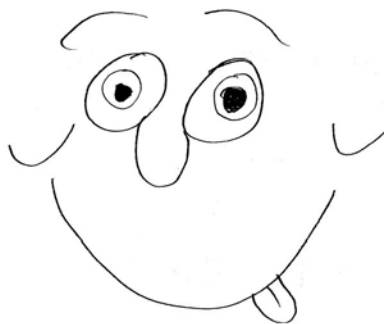
"Help people with anger problems. People that are disabled playing with other people that aren't disabled."

Buddying of children with additional support needs with children without additional support needs has proved a very useful way of including children in social activities. EnableLink have had a project in Thurso where volunteer young people befriend young people with disability. [Click here to find out more.](#) Capability Scotland offers support and advice about inclusion of people with disability. [Click here to find out more.](#)

*"There is pupil support for people with learning difficulty and the behaviour unit where they can play games, talk with learning support teacher. Some people go for some periods especially French if you find a class difficult or get sent out you go down there. It helps folk control their temper – a chill out room – can go back in to class after when you are ready, it is not seen as a punishment."*



"Mrs C takes me out of class when I'm being bullied. I feel welcome in the base."



"I get to feel I am progressing in geography. I get loads and loads of support."

Inclusion in school was also about getting the right sort of support for learning. For some young people this meant a mixture of specialist and mainstream provision.



"I am at the academy sitting at my desk doing my own writing. I love going to the academy. I have met a lot of friends. I do science and cooking at the academy."