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BRIEF COMMUNICATION

Website Review – Hands on Scotland

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On the homepage of the Hands on Scotland website (Fig. 1), <http://www.handsonscotland.co.uk/>, you can find this quote: 'One hundred years from now, it will not matter what kind of car I drove, what kind of house I lived in, how much money I had in my bank account nor what my clothes looked like. But the world may be a little better because I was important in the life of a child'. I think this is not only an excellent quote for parents, but also a meaningful reminder to us paediatricians that through looking after our patients' physical and emotional health, we can really make a difference to and therefore be important in the lives of many children. And that is something really special indeed.

In our efforts to promote children and young people's emotional wellbeing, the Hands on Scotland website may prove to be a useful resource. It was developed as part of a national project for mental health in Scotland. It deals with many different aspects of children and young people's behaviour, and is organised neatly into two sections that complement each other:

- The Troubling Behaviours section: It deals with behavioural issues, such as school refusal, self-harm and sexualised behaviour. On each topic, information about the behaviour, what can be done and when to seek help are presented as articles and video clips. The key messages in the articles are presented in point form and therefore very easy to follow, while the videos mostly reiterate the information contained in the articles. Despite being primarily designed for health-care workers, I have found many of the articles useful to parents as well.
- The Flourishing section: It is concerned with building positive emotional health, and is targeted at both parents and professionals. Examples of topics covered include building confidence, encouraging gratitude and developing good relationships. Information is again presented as articles, complemented by video clips discussing tools that can help one achieve positive living. There are also interesting ideas for activities related to each topic for parents and health workers to try out.

The Hands on Scotland website offers advice that is practical and thoughtful. The articles are generally well written, and on many occasions, I have printed them out and given them to parents as fact sheets. I did find that when I played some of the video clips on my work computer (which does not come with computer speakers), the audio was too soft to be heard clearly. That minor criticism aside, I think this website will be useful in promoting emotional well-being of not only Scottish children and young people, but also those living in Australia and other countries.

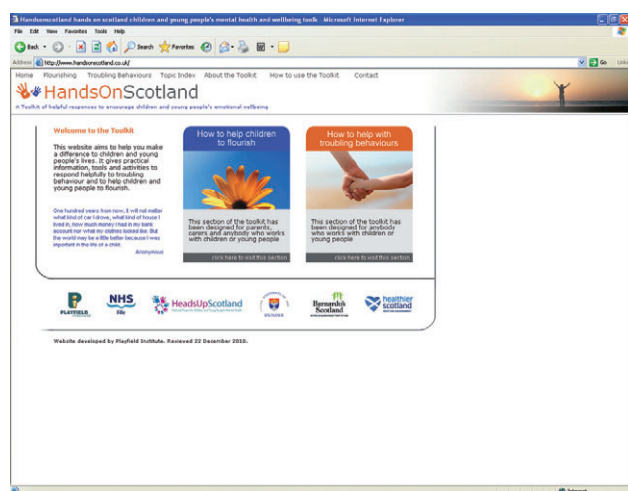


Fig. 1 Hands on Scotland website homepage.