

Transcript: [Plan 24-30 and the Route Maps](#)

[The Independent Care Review](#) heard from children, young people, families, care experienced adults and those that support them— on what must change in Scotland to ensure they have what they need to thrive.

Their voices created the promise and its clear calls to action.

[Plan 24-30](#) is Scotland's plan to deliver those calls to action. It has two key and linked parts: [the route maps](#) and [the Promise Story of Progress](#).

The 25 route maps of Plan 24-30 group these calls to action into delivery-focused outcomes, setting out who must do what, by when to make the change needed to keep the promise.

The Promise Story of Progress has three types of data to show progress towards keeping the promise:

- At a national level, the data shows what is changing over time
- At an organisational level, learning shows how those changes are happening, and
- The experience lens shows whether those changes are being felt.

The voices of those impacted by change stay at the centre, driving planning, delivery, monitoring and continued improvement.

Rights and Restraint Example Route Map: Rights and Restraint

What does a route map look like in practice?

Take [the Rights and Restraint Route Map](#) under the Scaffolding foundation.

It focuses on incorporating and implementing [the UN Convention on the Rights of the Child \(UNCRC\)](#), while strengthening other route maps by making clear what rights children have, clarifying responsibilities and accountability.

The first two outcomes focus on Rights, and the third focuses on Restraint.

Let's dive deeper.

Under each outcome, the work underway is listed.

There are milestones for the years until 2030.

And there is information around who is responsible for each.

For example, a milestone for 2026 concerns the recent passage of [the Restraint and Seclusion in Schools \(Scotland\) Bill](#).

Its passage introduces new requirements for Scottish Ministers to issue statutory guidance on the appropriate use of seclusion and restraint, and a duty on education providers to report all incidents of restraint or seclusion in their schools, among others.

Each route map also includes what matters to children, young people, families and care experienced adults— to ensure we never lose sight of why it is essential that the route maps outcomes are realised.

The Promise Story of Progress

While route maps support planning and delivery, the Promise Story of Progress measures:

- the impact of this delivery nationally,
- the learning from organisations, and
- the impact felt by those with care experience.

The Promise Story of Progress is organised around 10 vision statements, which link Scotland's understanding directly back to the promise and lived experience.

[Vision statement 5](#), *Scotland must strive to become a nation that does not restrain its children*, connects directly to the delivery of the outcomes in the Rights and Restraint route map which we looked at earlier.

For example, introducing new statutory guidance following the passage of the Restraint and Seclusion in Schools (Scotland) Bill is a milestone in the route map, and will be a positive step forward.

But statutory guidance must translate to trauma-informed approaches, built on communication and understanding, put in practice by those working in schools and other settings— so the children in classrooms in a local area and across Scotland feel safer and more empowered.

The Promise Story of Progress can help us understand the whole picture and feed those insights back into delivery, shifting focus to priority areas.

What's next?

The route maps are a national shared planning framework for keeping the promise, built on – and for – collaboration.

Local authorities and organisations will all have different starting points so the route maps are not a substitute for organisational plans — instead, by making clear destination statements, outcomes and milestones, they provide clarity on what actions are the responsibility of which organisations, by when.

The route maps will continue to develop as Scotland progresses in keeping the promise, circumstances change, and work needs to focus or adapt.

To learn more and get involved visit plan2430.scot.

Notes:

Vision statement 5, Scotland must strive to become a nation that does not restrain its children, connect directly to the Rights and Restraint route map and helps us understand how the work underway and work that needs to be done is being felt in the lives of the care community.

This evidence reviewed was clear that restraint damages relationships and trust between children, young people and adults: there were reports of feeling upset, disempowered and unheard. Trauma-informed approaches, built on communication and understanding, offer a more supportive, person-centred approach to de-escalating situations and fostering environments where young people are heard and safe. Developing these approaches and an underpinning culture that values experiences contribute to environments where restraint does not occur.

This connects directly to the ongoing work of the Scottish Physical Restraint Action Group (SPRAG) to develop the route map and to indicators at a national and organisational level.