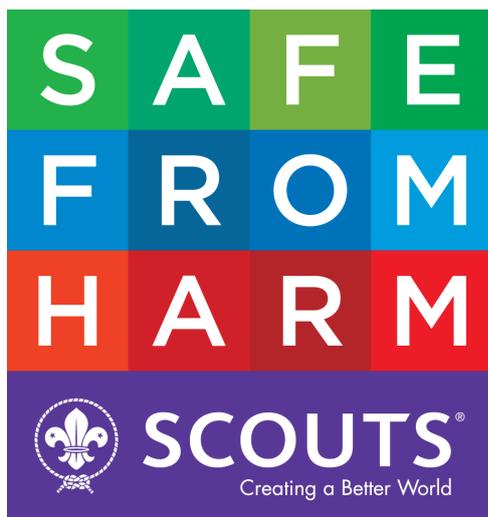




Glossary



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Glossary
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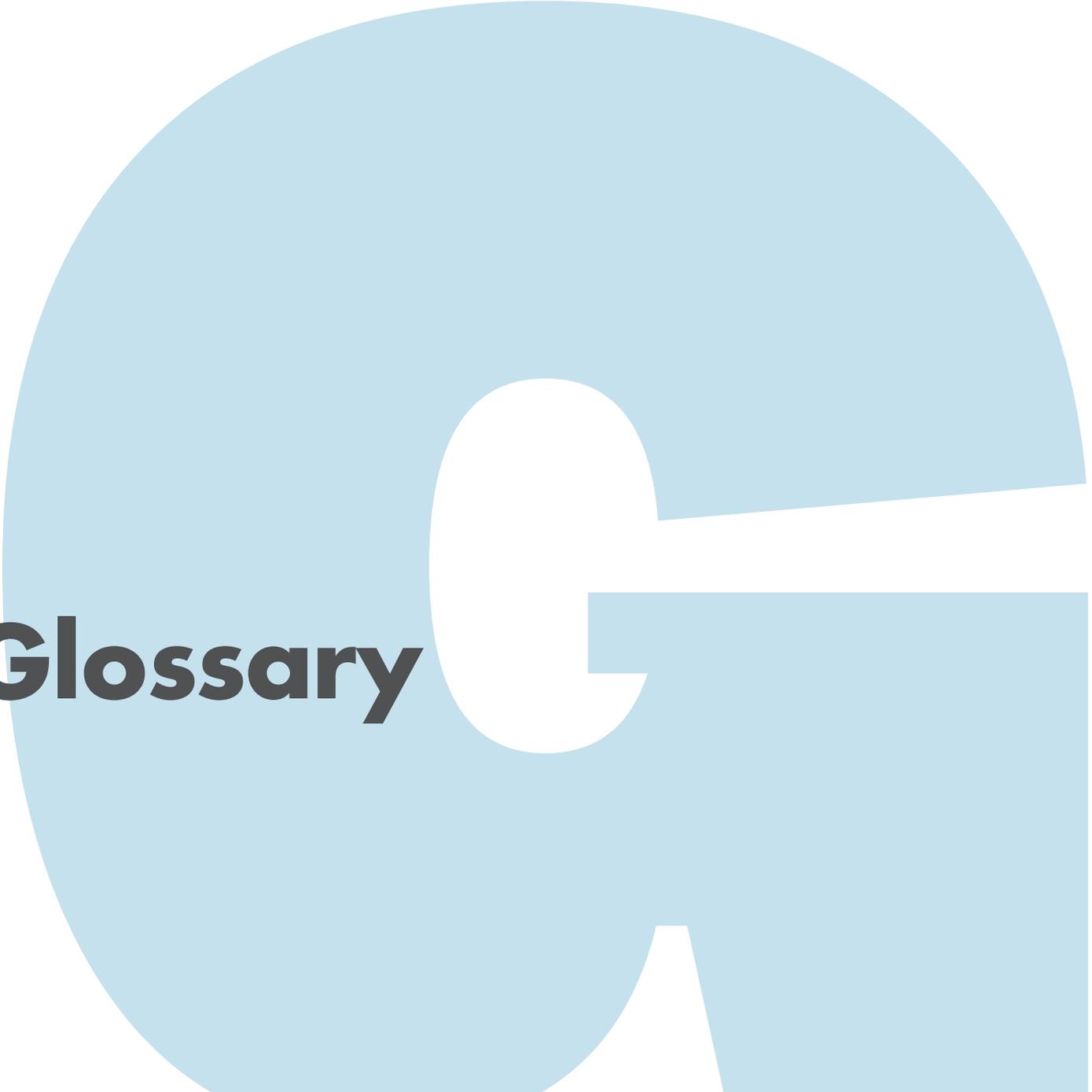
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Mental Health and Wellbeing team
Education Area of Operation, 2022-2025



Glossary

A

Active listening

Active listening is a communication skill that involves going beyond simply hearing the words that another person speaks but also seeking to understand the meaning and intent behind them. It requires being an active participant in the communication process.

Source: <https://www.verywellmind.com/what-is-active-listening-3024343>

B

Behavioural disorder

An umbrella term that includes more specific disorders, such as hyperkinetic disorder or attention deficit hyperactivity disorder (ADHD) or other behavioural disorders. Behavioural symptoms of varying levels of severity are very common in the population.

Source: <https://www.who.int/southeastasia/health-topics/mental-health/key-terms-and-definitions-in-mental-health#harm>

Belonging

A feeling of being happy or comfortable as part of a particular group and having a good relationship with the other members of the group because they welcome you and accept you.

Source: <https://dictionary.cambridge.org/dictionary/english/belonging>

Boundaries (psychological)

The standard by which we want people to treat us.

Source: <https://www.berkeleywellbeing.com/boundaries.html>

C

Compassion

A feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.

Source: <https://www.dictionary.com/browse/compassion>

Consent

Permission or agreement obtained from someone or something having authority or power; agreement to sexual activity, given by someone who is free to choose and able to choose (because of being old enough, being able to think or communicate clearly, etc.).

Source:<https://dictionary.cambridge.org/dictionary/english/consent>



Dialogue

A communicative process in which people with different perspectives seek understanding. To be in dialogue means that participants are not only engaging each other in light of their different views, but they are also striving to achieve a degree of mutual understanding.

Source:<https://udayton.edu/blogs/dialoguezone/19-10-28-what-is-dialogue.php?fbclid=IwAR1Rwge2n-7uJuLk01ZMWAPsd4KZxGK-6MEYwEqj973hFJzF3FyMsRAPXcA>

Disability

A disability is any condition of the body or mind (impairment) that makes it more difficult for the person with the condition to do certain activities (activity limitation) and interact with the world around them (participation restrictions).

Source:<https://www.cdc.gov/ncbddd/disabilityandhealth/disability.html>



Discrimination

We all have the right to be treated equally, regardless of our race, ethnicity, nationality, class, caste, religion, belief, sex, gender, language, sexual orientation, gender identity, sex characteristics, age, health or other status. Discrimination occurs when a person is unable to enjoy his or her human rights or other legal rights on an equal basis with others because of an unjustified distinction made in policy, law or treatment.

Source:<https://www.amnesty.org/en/what-we-do/discrimination/>

Diversity

The practice or quality of including or involving people from a range of different social and ethnic backgrounds and of different genders, religions, etc.

Source: <https://www.oxfordlearnersdictionaries.com/definition/english/diversity>

E

Empathy

It is a skill that allows us to understand and share the same feelings that others feel.

Source: berkeleywellbeing.com

Empowerment

The empowerment of a person or group of people is the process of giving them power and status in a particular situation.

Source: <https://www.collinsdictionary.com/dictionary/english/empowerment>

G

Gender

Gender refers to “the socially constructed characteristics of women and men – such as norms, roles and relationships of and between groups of women and men. It varies from society to society and can be changed. The concept of gender includes five important elements: relational, hierarchical, historical, contextual and institutional. While most people are born either male or female, they are taught appropriate norms and behaviours – including how they should interact with others of the same or opposite sex within households, communities and work places. When individuals or groups do not “fit” established gender norms they often face stigma, discriminatory practices or social exclusion – all of which adversely affect health.”

Source: <https://www.coe.int/en/web/gender-matters/sex-and-gender>

Ground Rules

Ground rules are guidelines that participants in a meeting agree to follow in order to make the meeting more productive and enjoyable. Common ground rules include things like being respectful of other participants, not interrupting, and staying on topic.

Source: <https://www.facilitator.school/blog/ground-rules>



Hate Speech

Any kind of communication in speech, writing or behaviour, that attacks or uses pejorative or discriminatory language with reference to a person or a group on the basis of who they are, in other words, based on their religion, ethnicity, nationality, race, colour, descent, gender or other identity factor.

Source: <https://www.un.org/en/hate-speech/understanding-hate-speech/what-is-hate-speech>

Inclusion

Inclusion is the policy or practice of making sure that everyone in society has access to resources and opportunities.

Source: <https://www.collinsdictionary.com/dictionary/english/inclusion>

Intellectual Disability

A significantly reduced ability to understand new or complex information and to learn and apply new skills (impaired intelligence), with a reduced ability to cope independently (impaired social functioning) which started before adulthood, and has a lasting effect on development. Disability depends not only on a child's health conditions or impairments but also and crucially on the extent to which environmental factors support the child's full participation and inclusion in society. The use of the term "intellectual disability" in this Declaration includes children with autism who have intellectual impairments. For the purposes of this Declaration, the term also encompasses children who have been institutionalized because of a perceived disability or family rejection and who acquire developmental delays and psychological problems as a result of their institutionalization. (European Declaration on the Health of Children and Young People with Intellectual Disabilities and their Families, WHO/Europe, 2010)

Source: <https://www.who.int/southeastasia/health-topics/mental-health/key-terms-and-definitions-in-mental-health#intellectual>

Listening Ears

Listening Ears are volunteers who are trained to listen to participants about concerns and take action on reports of safety issues.

Source: <https://www.scout.org/news/be-safe-during-online-events>

M

Mental Health

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

Source: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

P

Peace

Peace is a way of living together so that all members of society can accomplish their human rights. It is an essential element to the realisation of all human rights. Peace is a product of human rights: the more a society promotes, protects and fulfils the human rights of its people, the greater its chances for curbing violence and resolving conflicts peacefully. However, peace is also increasingly being recognised as a human right itself, as an emerging human right or part of the so-called solidarity rights.

Source: <https://www.coe.int/en/web/compass/peace-and-violence#:~:text=Peace%20is%20a%20way%20of,can%20accomplish%20their%20human%20rights.>

Psychological first aid

Psychological first aid describes a humane, supportive response to a fellow human being who is suffering and who may need support. PFA involves the following themes: providing practical care and support; assessing needs and concerns; helping people to address basic needs; listening to people, but not pressuring them to talk; comforting people and helping them to feel calm; helping people connect to information, services and social supports; protecting people from further harm.

Source: <https://www.who.int/publications/i/item/psychological-first-aid>

R

Reasonable adjustments

Necessary and appropriate modification and adjustments not imposing a disproportionate or undue burden, where needed in a particular case, to ensure to persons with disabilities the enjoyment or exercise on an equal basis with others of all human rights and fundamental freedoms.

Source: <https://www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities/article-2-definitions.html>

Recovery

A process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential

Source: <https://mhanational.org/terms-know-mental-health-glossary>

Resilience

Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.

Source: <https://www.apa.org/topics/resilience>

S

Safe from Harm

In the context of Scouting, keeping children and young people safe from harm encompasses all areas of child and youth protection work, and includes a full range of strategies, systems and procedures that aim to promote that the wellbeing, development and safety of children and young people is a priority in all Scouting-related activities. Within the context of an NSO, the implementation of the policy requires putting in place a systemic approach to prevent and react to situations that may affect the wellbeing, development and safety of children and young people.

Source: <https://scoutship.scout.org/handbook/glossary-of-terms-for-external-scoutship-users/>

Safe Space

A place that provides a physically and emotionally safe environment for a person or group of people, especially a place where people can freely express themselves without fear of prejudice, negative judgment, etc.

Source: <https://www.dictionary.com/browse/safe-space>

Safety (emotional)

An experience in which one feels safe to express emotions, security, and confidence to take risks and feel challenged and excited to try something new.

Source: <https://safesupportivelearning.ed.gov/topic-research/safety/emotional-safety>

Self-harm

A broader term referring to intentional self-inflicted poisoning or injury, which may or may not have a fatal intent or outcome.

Source: <https://www.who.int/southeastasia/health-topics/mental-health/key-terms-and-definitions-in-mental-health#harm>

Self-stigma

Negative attitudes and shame regarding an individual's own mental health, resulting from internalizing public stigma.

Source: <https://mhanational.org/terms-know-mental-health-glossary>

Sex

Sex refers to "the different biological and physiological characteristics of males and females, such as reproductive organs, chromosomes, hormones, etc."

Source: https://www.who.int/health-topics/sexual-health#tab=tab_1

Stigma

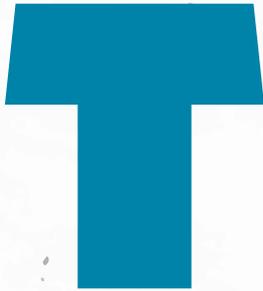
Negative, judgmental, and/or discriminatory attitudes toward mental health challenges and those who live with them.

Source: <https://mhanational.org/terms-know-mental-health-glossary>

Sympathy

Feelings of concern or compassion resulting from an awareness of the suffering or sorrow of another.

Source: <https://dictionary.apa.org/sympathy>



Trauma

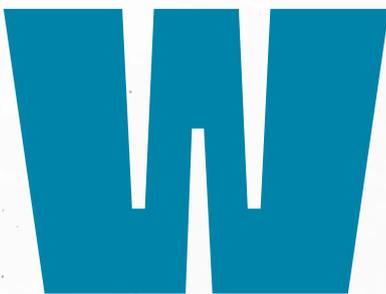
An emotional response to a disturbing, scary, or shocking experience that overwhelms an individual's ability to cope.

Source: <https://mhanational.org/terms-know-mental-health-glossary>

Trigger

Something that causes someone to feel upset and frightened because they are made to remember something bad that has happened in the past.

Source: <https://dictionary.cambridge.org/dictionary/english/trigger>



Well-Being

A state in which every individual realises his or her potential can cope with the normal stresses of life, can work productively and fruitfully and can contribute to his or her community'. (World Health Organisation, 2014)

Source: <https://scoutship.scout.org/handbook/glossary-of-terms-for-external-scoutship-users/>



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