Share power! Everyone owns the 'thing'. It's done to benefit all.

Be flexible. Young people have needs, emotions, feelings, schedules. Value their time too

Be inclusive of age, identity and background. Use inclusive language, don't use jargon. Everyone has value.

Reflect on whats worked and what could be improved.

Be authentic. Ask yourself why you are asking young people to use their voice. Teens don't need characters, they need you!

There are a few ways schools already do this through school councils and assemblies but young people say this doesn't work well.

Young people believe these are often used as a tickbox and they aren't really being heard. Their suggestions aren't taken forward or taken seriously.

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Key issues included uniform policies where they consistently ask for changes (or reasons why they can and cannot wear certain items). They say these are ignored. Other issues include misogynistic behaviour policies, break time allowance and respite around exam time where the high pressure leads / 🎖 to burn out at the end of the year.

Regular platforms to be heard are essential. Key suggestions include regular surveys where pupils can have their say anonymously or school councils that are set up for authentic involvement.

**ARTICLE 12 OF THE UNCRC CALLS FOR** ALL YOUNG PEOPLE TO HAVE A SAY ON MATTERS THAT AFFECT THEM AND TO BE **HEARD AND TAKEN SERIOUSLY. IF YOU'RE** A RIGHTS RESPECTING SPACE, THIS **SHOULD BE AN ESSENTIAL PART OF YOUR** DAILY PRACTICE.

