



Scotland's Commissioner
for Children & Young People



Golden Rules for Participation

The Golden Rules for Participation are a set of principles designed to help anyone working with, and for, children and young people. Their purpose is to remind adults of what participation means from the point of view of children and young people, and to encourage children and young people to think about what they need from adults to support them to participate.

They have been developed by Scotland's Commissioner for Children and Young People through consultation with children and young people from across Scotland. They are also informed by research, reflecting the knowledge and experience of those working to promote participation.

There are two cards for each Golden Rule. Every Golden Rule has a list of key things to consider about children and young people's participation. Each Golden Rule also prompts, 'Things to think about' for children and young people, and adults, to encourage discussion and reflection.

The cards have been developed to support children and young people's participation individually or in groups. They can be used as prompts for discussion, decision making or as part of a wider children's rights programme of work. They can also be used with adults for training and professional development purposes.

For more information about the Golden Rules, and further ideas on how to use the cards, please go to www.sccyp.org.uk/resources

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Golden Rules

for Participation

- 1 Understand my rights**
- 2 A chance to be involved**
- 3 Remember – it's my choice**
- 4 Value me**
- 5 Support me**
- 6 Work together**
- 7 Keep in touch**

GOLDEN RULE

1

Understand my rights

- ➔ I should be given information about my rights.
- ➔ I need to understand why it is important that I am listened to, and have my views taken seriously.
- ➔ Remember that I have a right to have a voice today, not just in the future.
- ➔ Adults working with me should also learn about children's rights, and why it is important to truly listen to me when making decisions that affect me.
- ➔ It should be made clear to adults working with me that my participation in all decisions that affect me is my right. This is their responsibility.

participate

RIGHTS

listen

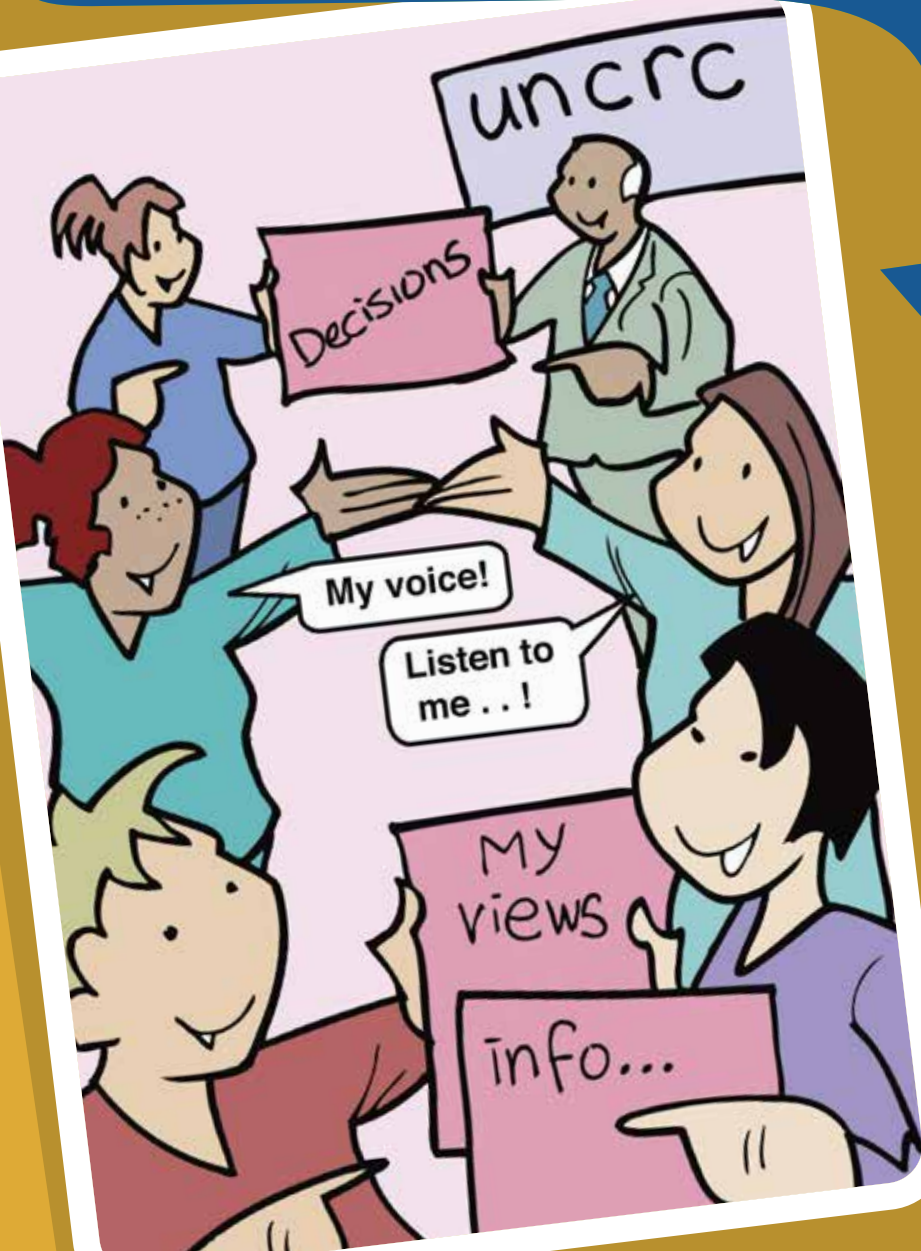
SAATHI

understand

**GOLDEN
RULE**

1

THINK...



Children and Young People: Things to Think About

What right do you have
under Article 12 of the
United Nations
Convention on the Rights
of the Child (UNCRC)?

How much do you know
about the United Nations
Convention on the Rights
of the Child (UNCRC)?

Adults:
Things to Think About

GOLDEN RULE 2

**A chance to
be involved**

- ➔ I may need extra help, and I should be given this.**
- ➔ Use activities that are fun and creative and suit my abilities and interests.**
- ➔ Always treat me fairly and don't judge me.**
- ➔ Make me welcome, while also thinking about my age, ethnicity, ability, language, culture, religion, where I live, and anything else that is important.**
- ➔ I am different, we are all different. Recognise and celebrate this.**

CELEBRATE

fun

different

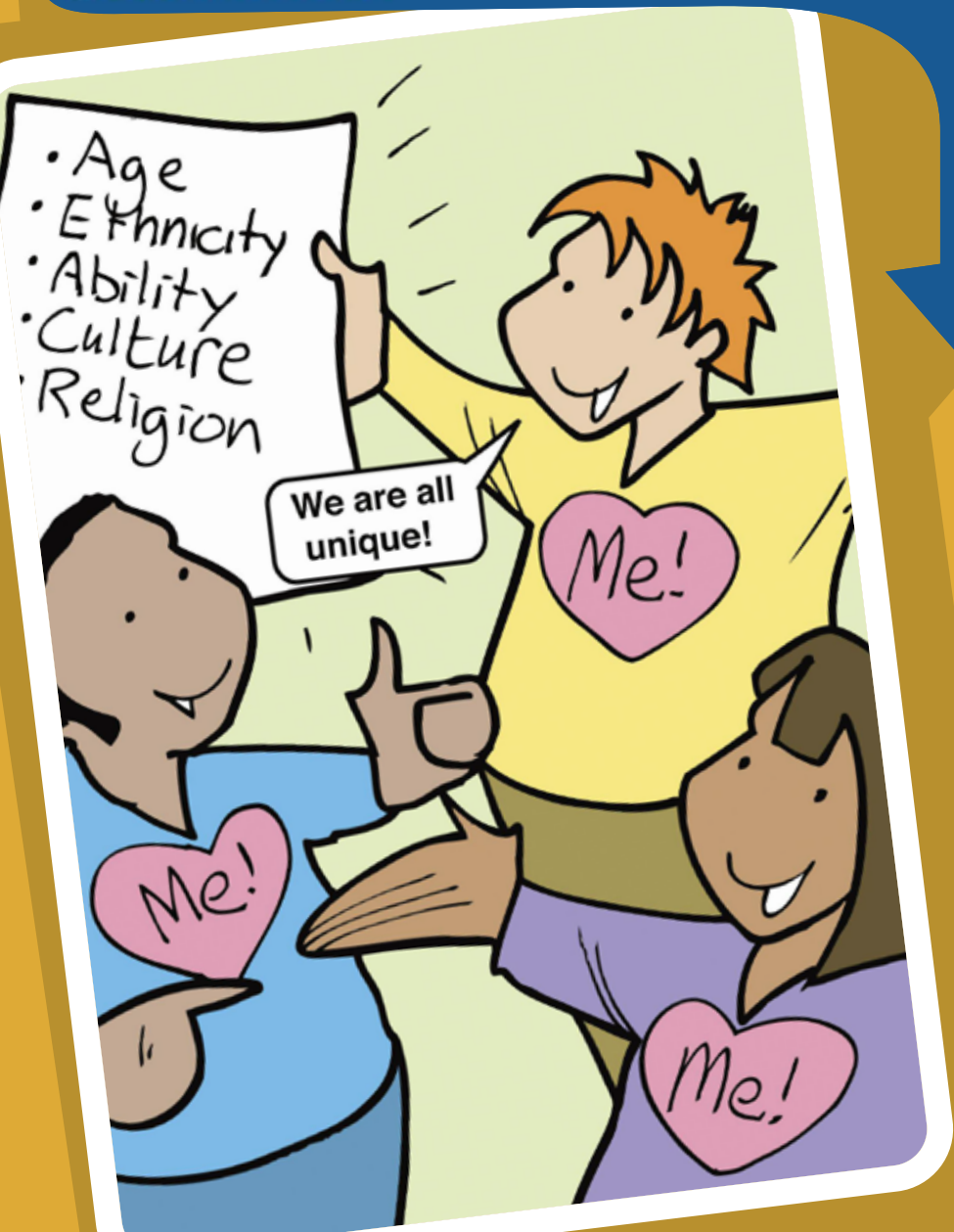
extra help

FAIR

**GOLDEN
RULE**

2

THINK...



Children and Young People: Things to Think About



We are all different.
How would you make
sure that everyone
can take part?



What will you do to
meet the individual
needs of children and
young people you
work with?



Adults: Things to Think About

Adults:

GOLDEN RULE

3

**Remember –
it's my choice**

➔ **Give me the chance to
take part in a way that is right
for me, not you.**

➔ **Remember that it is my choice to
participate.**

➔ **I may choose not to take part,
make sure that it is okay for me to do
this at any point that I want or need to.**

Chances

**MY PART
IN TAKING**

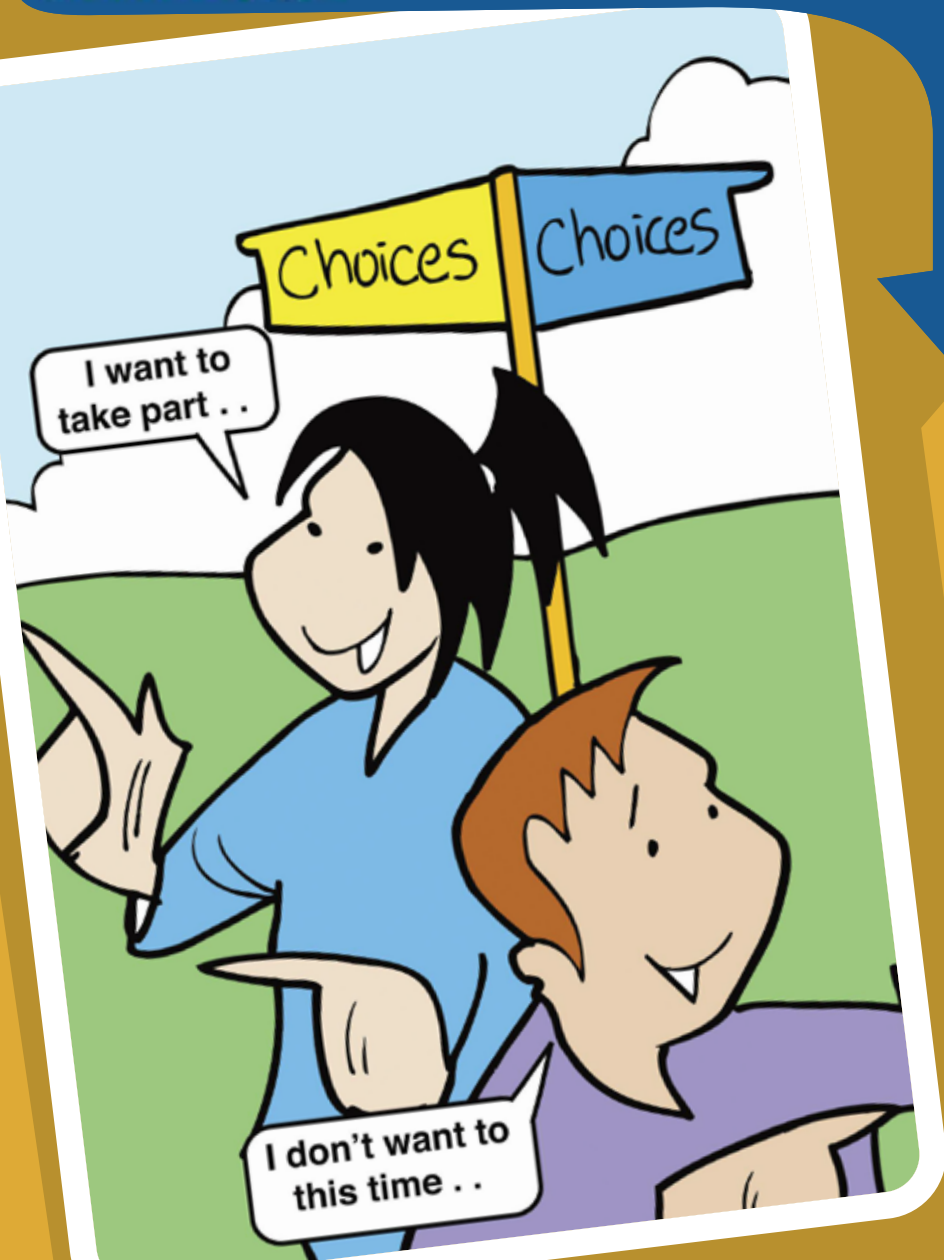
**MY
CHOICES**

Right for me

**GOLDEN
RULE**

3

THINK...



Children and Young People: Things to Think About



Why do you think some children and young people might choose not to take part?



How can you make sure you have given children and young people you work with real choices?



Adults: Things to Think About

GOLDEN RULE

4

Value me

➔ **Involve me right from the start.**

➔ **Remember that I should be able to say what I think about things in my day to day life, as well as bigger things in my school, community and country.**

➔ **Show me that you are listening to me, and are taking me seriously.**

➔ **If I take part, please use what I tell you to help you make decisions.**

➔ **Make sure that you use the things I have said to make my life better and change the things that need to be changed.**

If you do not use the things that I have said to make changes, please explain to me why not.

Tell me how important my voice is.

Don't ignore me because it is too hard for you to hear what I have to say.

**making
changes**

EXPLAIN

**people
involved**

**my
voice**

**GOLDEN
RULE**

4

THINK...



MY voice is important!



Children and Young People: Things to Think About

How do you make
decisions together
when different people
think different things?

How can you make
sure children and
young people know
their views have been
taken seriously?

Adults:
Things to Think About

GOLDEN RULE 5

Support me

- Think carefully about how to communicate with me in a way that I will understand, and don't give up until I do.**
- Check with me that I understand, and don't assume that I do.**
- Remember that I might need somebody to speak with me, or for me, at times.**
- Give me a chance to ask questions.**
- Answer me honestly.**
- Support me to say what I think in ways that suit me best.**

COMMUNICATE

HONESTY

question

support

understand


**GOLDEN
RULE**

5


THINK...



Children and Young People: Things to Think About



Sometimes it is hard to say what you want to say. What kind of help can other people give you?



How do you change the way you communicate to suit the different needs of children and young people?

Adults:
Things to Think About

GOLDEN RULE

6

Work together

➔ **I can learn from you, you can learn from me, we can learn from each other.**

➔ **It is important that we respect each other.**

➔ **Check that what you think I said is what I actually said.**

➔ **Respect that we will sometimes disagree, and make time where it is okay to talk about this.**

➔ **Be honest with me about what difference my voice will make, and be clear about what is possible.**

make time

respect

LEARN

**BE
CLEAR**

make a difference

**GOLDEN
RULE**

6

THINK...

Honesty!

Respect!



Children and Young People: Things to Think About



How do adults show respect to you? How do you show respect to adults?



What do you think shared respect between children and adults looks like?



Things to Think About

Adults:

GOLDEN RULE

7

Keep in touch

- ➔ **Explain to me what decisions or changes have been made, or not made, and why.**
- ➔ **Give me a chance to ask you questions about this.**
- ➔ **Agree with me how we will keep in touch about what is happening.**
- ➔ **Tell me how to contact you if I want or need to.**
- ➔ **Tell me what you will do next.**

**KEEP
IN TOUCH**

explain

decide

what next

GOLDEN
RULE

7

THINK...

So what happens
next . . . ?

This! . . . Let's
stay in contact

- Decisions
- Changes..
- whys!..
- why nots!..

Children and Young People: Things to Think About



How would you like
adults to let you know
what is happening
and why?



What are the things you
can do to make sure that
children and young
people understand why
some things happen,
and some things don't?



Adults: Things to Think About

What is Scotland's Commissioner for Children and Young People?

Scotland's Commissioner for Children and Young People is a person. His name is Tam Baillie. He promotes and safeguards children's and young people's rights.

He works to make a difference in children's and young people's lives by:

- Speaking out if children and young people are not getting a fair deal
- Asking people in power, like those in council, government and parliament to consider how new laws and rules affect children and young people
- Helping children and young people learn about their rights

He works for everyone under 18, or up to 21 if they have ever been 'looked after' or in care.

What are children's rights?

Children's human rights are protected by an international law called the United Nations Convention on the Rights of the Child (often called the UNCRC for short).

There are 54 articles - or rights - in the UNCRC.

The UK and therefore Scotland, like most of the countries in the world, has signed up to this law.

This means that the Scottish government has agreed to do all it can to make sure children and young people have all their rights, which include:

- The right to have a say in the decisions that affect them
- The right to live in a safe home and have enough food to eat
- The right to not be discriminated against because of gender, sexuality, religion or race
- The right not to be abused, and that includes bullying

How to contact the Commissioner

You can get in touch with Tam and his team by:

Phone: 0131 558 3733

Young People's
Freephone: 0800 019 1179

Email: inbox@sccyp.org.uk

Tweet: @RightsSCCYP

Post: Tam Baillie, 85 Holyrood Road,
Edinburgh, EH8 8AU.

If you are a child or young person, anything you tell Tam and his team is kept private, unless we think you are in danger.



K.I.S.S.
Keep It Short and Simple

APPROVED!
by:

Imogen Amy and Sarah
From Rowallan House

**This document
has been given the
stamp of approval to
confirm that it is short
and easy to understand.**

K.I.S.S. stands for 'Keep It Short and Simple'. Young people from Rowallan House in South Lanarkshire were asked to help us make sure that our Golden Rules were written in a way that we can all understand – plain English. Rowallan House is a care home offering a service to young people with varying needs.

Once the Golden Rules were read by the young people, they were 'K.I.S.S.' stamped to say that they are easy to understand with no big words or long sentences. This is in line with the National Plain English campaign, but a bit more fun!