

Three ways you can consult with children and young people in regular and meaningful ways

Here are three fun and easy activities you can use to involve children and young people in creating your child and youth safe documents and processes. These activities are made to fit different age groups, and make it easy for everyone to join in.

Remember for any activity with children and young people:

Before you start any activity, **set clear boundaries** so children know what they can give feedback on and where their input might be limited.

Make sure to **follow up quickly and let them know what's happening** with their feedback, even if no changes are made.

Always thank them for their time and let them know their ideas are important.

Activity: Finish the sentence

Audience: Younger children (4–8 years old)

Description: This activity can be done individually or as a group.

Step 1

Provide children with sentence starters and invite them to complete each one with their own thoughts and ideas. This can help children express their experiences in the environment.

Example sentence starters:

“

I feel heard when. . .

“

I feel happy when. . .

“

I laugh when. . .

“

I feel connected to my culture when. . .

Accessibility adjustments: For children who may find reading or writing challenging, say each sentence aloud and encourage them to respond verbally. You can also use visual aides, symbols, or gestures to support understanding and participation.

Activity: Importance Pyramid

Audience: Children and young people (8–15 years old)

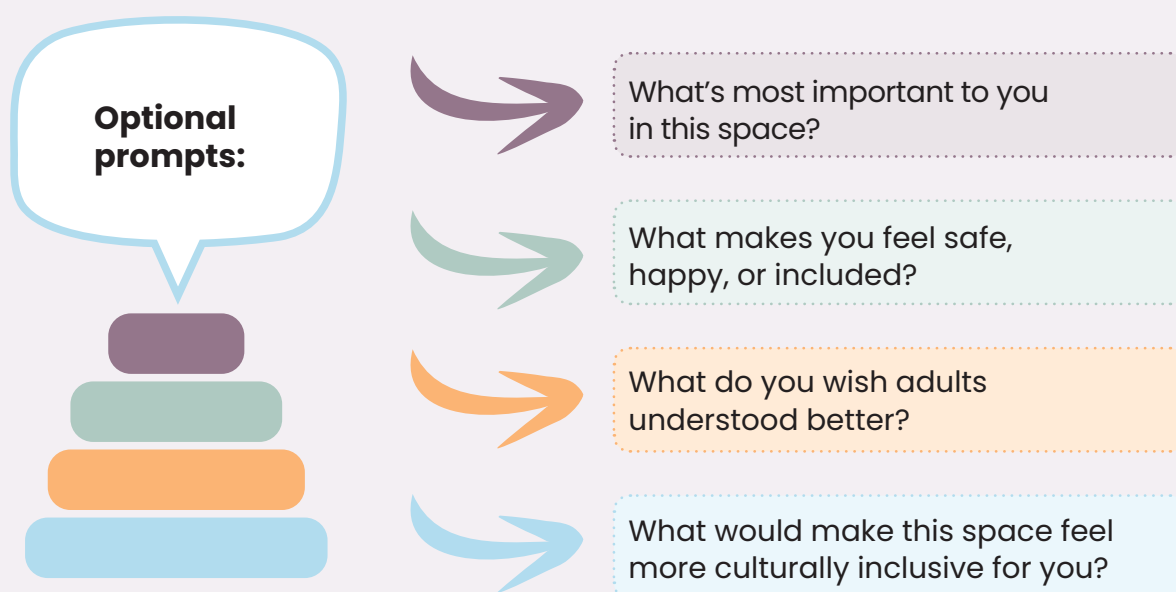
Description: This activity helps children and young people reflect on what matters most to them.

Step 1

Provide a list of topics or allow them to come up with their own.

Step 2

Ask them to select their top five issues and arrange them in a pyramid shape—placing the most important issue at the top and the others in order beneath it. This can be done individually or as a group, and encourages discussion around why certain issues are more important to them.



Accessibility adjustments: For younger children or those who prefer visual activities, provide pre-made cards with symbols or images representing different topics. They can physically place or stick the cards in pyramid order rather than writing.



Activity: Establish a Children and Young People Council

Audience: Older children and young people (12–18 years old)

Description: This activity helps establish a Child and Young People Council.

Step 1

Begin by asking the group to brainstorm and decide on key elements of the council, such as its name, purpose, and how it will function.

Step 2

Encourage them to create group rules or values that promote respect and ensure everyone feels safe and heard. The council's role will be to give feedback on how policies and practices impact their safety, rights, and wellbeing, ensuring their voices are a central part of any decision-making processes.



Accessibility adjustments: Provide flexible ways to participate—spoken, written, or visual. Allow time for smaller group discussions before larger group sharing, to ensure all voices are heard.