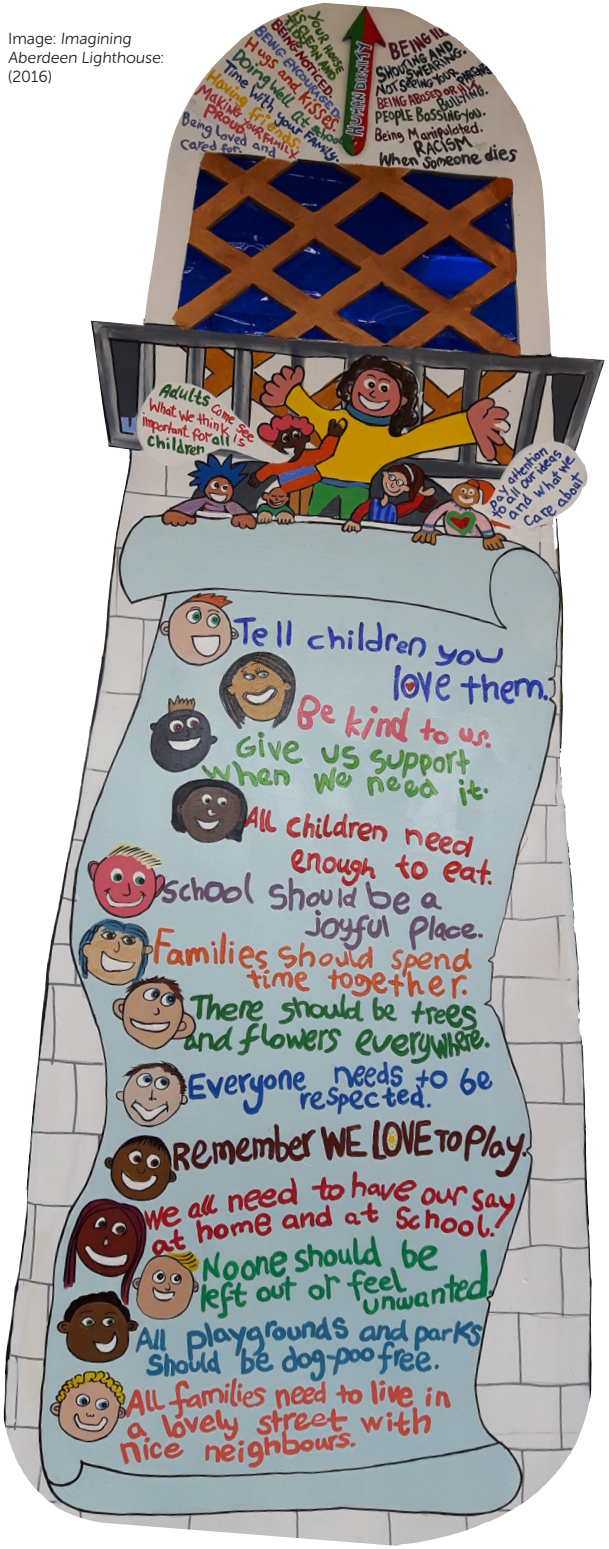

Image: *Imagining Aberdeen Lighthouse*: (2016)

Thank you for your interest in Children's Parliament.

We hope that our work encourages you to share a rights-based approach with others.

For more information please visit us at:
www.childrensparliament.org.uk

You can find Children's Parliament on twitter: **@creative_voices**

Children's Parliament
giving ideas a voice
Children's Parliament
Summerhall
Edinburgh
EH9 1PL
0131 558 9030
www.childrensparliament.org.uk
info@childrensparliament.org.uk

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Introduction to

Children's Parliament

Image: Active Children Project (2015)

What is Children's Parliament?

At Children's Parliament we use a human rights approach. Specifically, we use the *United Nations Convention on the Rights of the Child*; a set of international minimum standards that children can expect from adults.

We have evidenced that a rights based approach:

- **improves children's emotional wellbeing**
- **improves relationships between children and their peers and between children and adults**
- **increases commitment to school and learning**

Enabling children's effective participation means we:

- **Listen to children with intent**
- **Encourage children to speak for themselves**
- **Create spaces where children and adults are equal (e.g. if children are sitting, we sit too)**
- **Speak calmly and respectfully**
- **Step back, giving children space to think, try, make mistakes and then try again**

We recognise all behaviour is a form of communication. We don't judge, punish or shout at children.

Through experiencing a rights-based approach, children's levels of emotional self-regulation increase and stay with them beyond their involvement with us.

'THIS IS WHAT EFFECTIVE PARTICIPATION LOOKS LIKE. THIS IS WHAT WE'RE TRYING TO GET GOVERNMENTS TO UNDERSTAND AND DO.'

– Amal Al-Doseri, Vice Chair, United Nations Committee on the Rights of the Child

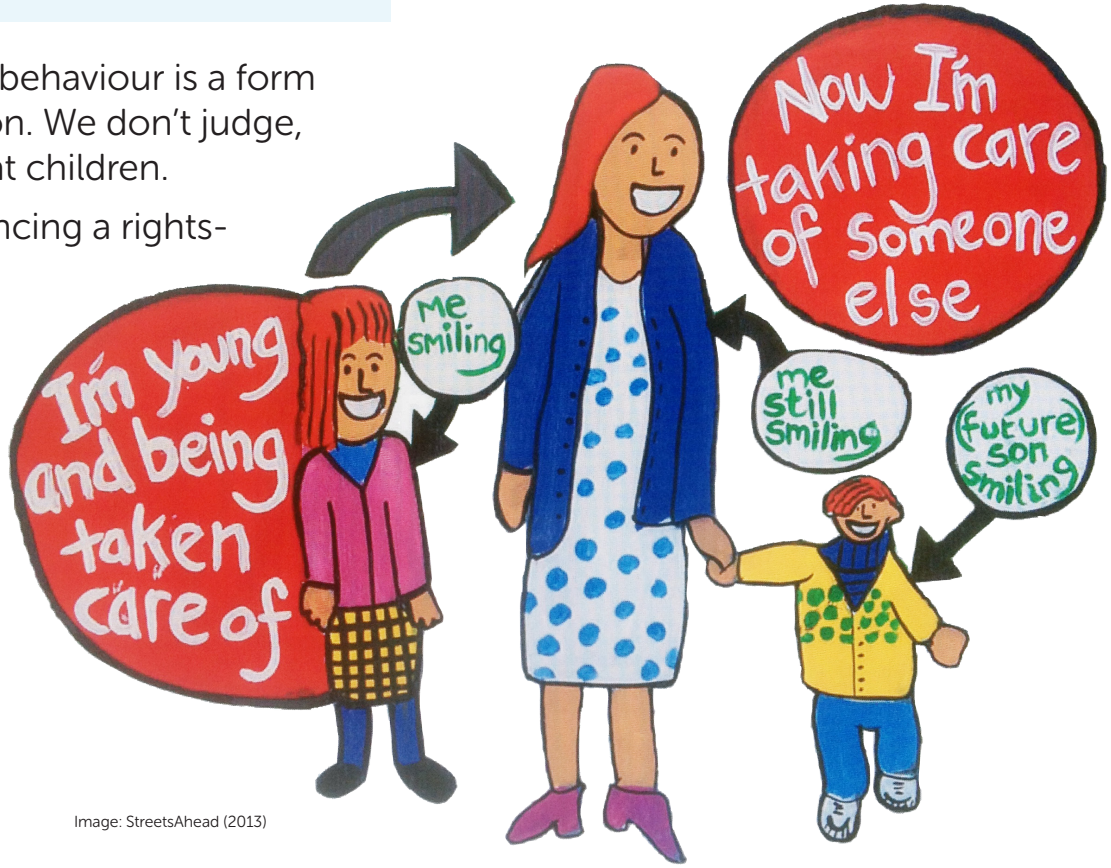

Image: StreetsAhead (2013)

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