

Thank you for your interest in Children's Parliament.

We encourage you to adopt a rights based approach and share your practice with others. The Unfearties movement, which you can join here **bit.ly/Unfearties**, has been established to help you do this.

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

You can find Children's Parliament on twitter: **Yacreative\_voices** 

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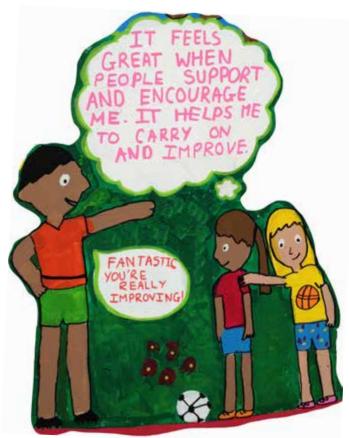
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### Introduction to

# Children's Parliament



## 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

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

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

based approach, children's levels of emotional self-regulation increase and stay with them beyond their involvement

with us.

