



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: [@creative_voices](https://twitter.com/creative_voices)



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Registered as a Scottish Charity SC026247

We acknowledge the support of the Scottish Government
through a CYPFEIF and ALEC Fund Grant



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

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)