Seven 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

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Seven Golden Rules for Participation

For more information and further ideas visit...

www.cypcs.org.uk/education/golden-rules
I have a right to have a voice today, not just in the future.

I should be given information about my rights.

It is important that I am listened to, and have my views taken seriously.

I have a right to have a voice today, not just in the future.

Adults should learn about children’s rights, and why it is important to listen to me when making decisions that affect me.

It is my right to participate in all decisions that affect me. All adults should be aware of this.
Understand my rights
A chance to be involved

I may need extra help, I should be given this.

Use activities that are fun, creative and that 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.

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A chance to be involved
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 when possible.
Remember it’s my choice
Value me

Involve me right from the start.

I should be able to say what I think about my life, 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 make decisions.

Make sure that you use the things I’ve said to make my life better, and change the things that need to be changed.

If you do not use the things that I’ve said to make changes, explain why.

Tell me my voice is important. Don’t ignore me because it is hard for you to hear what I have to say.
Value me
Support me

Communicate with me in a way I will understand. Don’t give up until I do understand.

Check with me that I understand, and don’t assume that I do.

Remember that sometimes I might need somebody to speak with me, or for me.

Give me a chance to ask questions.

Answer me honestly.

Support me to say what I think in ways that suit me best.
Support me
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. Make time to talk about this.

Be honest with me about what difference my voice will make. Be clear about what is possible.
Work together
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 the decisions.

We will agree how to 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