



PLAN FOR CHILD PARTICIPATION

A guide created by children



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Year: 2024

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How to cite:

Novella-Cámara, A., Ferrús-Vicente, L., & León-Carrascosa, V. (2024) (Coord). *Plan for Child Participation. A guide created by children*. IMCITIZEN (CERV-2022-CHILD). University of Barcelona. <https://hdl.handle.net/2445/216705>

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This publication has been made possible thanks to the special support provided by DIRECTORATE-GENERAL JUSTICE and CONSUMERS.

"Funded by the European Union's Rights, Equality and Citizenship Programme under the call CERV-2022-CHILD. The contents represent the views of the author only and is his/her sole responsibility. The European Commission does not accept any responsibility for use that may be made of the information it contains."

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CONTENTS

We want to express our sincere **thanks** to all IMCITIZEN Platforms:



1	Introduction to the Guide	1
2	The Strategic Plans of Each Municipality	4
3	Strategies for Advancing Child Participation at the Local Level	18
4	Key Recommendations for Child-Adult Communication	30
5	Key Elements for Inclusive Participation	34

1

INTRODUCTION TO THE GUIDE

Hello, reader!

You are holding a guide that is here to give you ideas on how children like us can participate more and have a bigger say in our towns or cities. This material was made after a lot of hard work from the **ten IMCITIZEN Platforms**, made up of children aged 9 to 12 from ten schools across six regions in Spain.

To make this guide, the Platforms in each municipality did some research on how we would like to be more involved in our towns and cities. We analysed how children participate in other places and made a list of things we could do to be involved in more decision-making. Then, we shared our plans and proposals at a national meeting of the IMCITIZEN Platforms, talking about what we had done and why we thought it was necessary. From all the ideas, we picked the **14 most important proposals to improve children's participation in our communities**.

This guide is the result of the work of 140 children, who played a leading role in creating it in the following cities:



Barcelona
City Council



A Coruña
City Council



Mislata
City Council



Azuqueca de Henares
City Council



Castrillón
City Council



Madrid
City Council

This guide has several chapters. This is the first one, where we share the '**Introduction to the Guide**'. In Chapter 2, '**The Strategic Plans of Each Municipality**', we briefly introduce ourselves and how we developed the Platform plans in each municipality. Then, in Chapter 3, '**Strategies for Advancing Child Participation at the Local Level**', we outline the proposals for action that we have prioritised as part of the IMCITIZEN Platform group.

In Chapter 4, '**Key Recommendations for Child-Adult Communication**', we share ideas from our experience about how to create respectful and effective spaces for communication between children and adults. In Chapter 5, '**Key Elements for Inclusive Participation**', we discuss how to ensure that everyone can participate and be included, no matter who they are.

Finally, the back cover contains a list of all the IMCITIZEN resources created so far in the project.

We hope you find these ideas useful and inspiring—and, most of all, that you will try some of them in real life!

WE HOPE YOU ENJOY THIS GUIDE!

IMCITIZEN





WHY A PLAN FOR CHILD PARTICIPATION?

We children are citizens, and we want to be heard so that, together, we can make our towns and cities better, safer, and more fun for everyone.

A strategic plan suggests actions and strategies to ensure our participation, giving us more chances to share thoughts, ideas, and actions to influence the decisions that affect our lives and our surroundings.

WHO IS IT FOR?

This guide is for adults working in politics, local governments, schools, and other educational institutions who care about children's rights and want to promote child participation. It can also be useful for children who wish to get more involved in their towns, cities or other places like schools or youth and community centres.

In short, this guide is for anyone who believes children are citizens who can take an active role in their community.

WHAT CAN YOU DO WITH THIS GUIDE?

On the following pages, you will find ideas and suggestions on how to create more opportunities for children to participate, guarantee children's rights, and improve local communities with children's collaboration.

We encourage you to read and try them out, but most importantly, we hope that you make them your own and change them to fit the needs of your participation groups. This book is an open invitation to create, innovate, and make sure that children's participation and citizenship are real and take place in local communities. It is a guide for action!

2

THE STRATEGIC PLANS OF EACH MUNICIPALITY

A CORUÑA, GALICIA

Ramón de la Sagra and Manuel Murguía Primary Schools Platforms

AZUQUECA DE HENARES, CASTILLA-LA MANCHA

La Espiga Primary School Platform and Azuqueca Children's Council

BARCELONA, CATALONIA

Els Porxos and La Pau Primary Schools Platforms

CASTRILLÓN, ASTURIAS

Campiello and El Vallín Primary Schools Platforms

MADRID, COMMUNITY OF MADRID

El Espinillo Primary School Platform

MISLATA, VALENCIAN COMMUNITY

Ausiàch March and Maestro Serrano Primary Schools Platforms, and Mislata Child & Youth Council

Who made these plans and how?

In each municipality, the Platforms came together to draw up proposals for more and better participation.





ABOUT US

As citizens, we want to participate in decision-making and have the right to do so! That is why we have decided to come together and actively participate in society through our Platforms.



We want to make our city better for us and for all the kids who live here. Our ideas matter, and decisions about what is best for us should not just be made by adults.



HOW DID WE DRAW UP THE PLAN?

To make our plan, we started by acknowledging that we have the right to participate and be heard, though we have few chances. We learnt about the Local Council for Children and Young People, which is already in place but could be better. We want more meetings in our neighbourhoods and the City Council to listen to us more carefully.

We have decided that our goals are to create spaces where we can meet and talk, have our own places to organise ourselves, open channels where we can really participate, and improve the areas where we play and have fun. Then we can be part of the important decisions!

PROPOSALS

TO IMPROVE PARTICIPATION
IN PARTNERSHIP WITH THE MUNICIPALITY

To facilitate youth meeting points to encourage participation

To promote effective channels for
genuine participation

To promote independent spaces
for self-management

To promote healthy recreational spaces for young people



STOP COMPLAINING...
TAKE ACTION...
GET ORGANISED...
GET THINGS DONE!

WE WANT
TO BE
HEARD.

WE HAVE THE
RIGHT TO BE
HEARD!

CHILDREN WHAT HAVE WE DONE SO FAR?

We shared our plan with important people in our city. We met at the University of A Coruña and told them about our ideas so that more people could participate. We also talked about our right to speak our minds and to be heard. We also shared our commitment: We want to take action to make our city a better place.

ON WE GO!



ABOUT US

We are a group of kids from 4th, 5th, and 6th grade at La Espiga School. In our platform, we have a steering group that comes up with ideas and makes decisions. The support and friendship groups help us whenever we need it. We meet every Thursday in the school library.



We want to tell other kids that we have rights, and to remind adults that they need to consider us when making decisions!

HOW DID WE DRAW UP THE PLAN?

To make our plan, we first looked at how kids can take part in decisions in our town. Even though there is a Local Council for Children and Young People, we saw there aren't enough places where we can meet, share our ideas, and be heard. We noticed there are not many chances for us to participate. For example, the City Council's opening hours are the same as school hours, and to use their WhatsApp, you need a phone number. Because of this, our opinions are not considered when it comes to issues that affect us.

After considering all this, we came up with 4 big goals or challenges we would like to achieve. Based on these goals, we created our plan to ensure all kids' voices are heard and taken seriously.

PROPOSALS

TO IMPROVE PARTICIPATION IN PARTNERSHIP WITH THE MUNICIPALITY

Participation classroom
tour

Present the Platform at
the Child Council plenary

Participatory
questionnaire
on pupils'
perceptions
of school life

Present
the Platform
to the Department
of Participation

Participation mailbox in
the town hall, police
station, sports centre...

Participatory questionnaire to
find out what young people
think about Azuqueca

Meeting with City
Council staff

Collaborating
and
communicating
with the
Child and
Youth Council

Celebrate World Children's Day

CHILDREN WHAT HAVE WE DONE SO FAR?

The most important part of our work on the plan was teaming up with the Local Council for Children and Young People. We knew it existed because some of us were already members, but we felt that working together was really important. With the Local Council, we analysed our city and shared ideas on how to make it better.

At La Espiga, we started by learning about children's rights and how we can participate. Then, we created our own Participation Platform, and now we help train kids from our school and other schools in Azuqueca de Henares to get involved. We also help organise some school activities and make decisions about things that affect us.



ELS PORXOS
PLATFORM



LA PAU
PLATFORM



BARCELONA
CATALONIA

ABOUT US

We are two IMCITIZEN Platforms from two schools in Sant Martí. We created these Platforms because we have the right to participate. We have lots of ideas for making our city better, and we want adults to listen to us and take us seriously!



The city is also ours, and we want to be able to help make important decisions. We know how and want to, and we can participate!



HOW DID WE DRAW UP THE PLAN?

To create our plan, we held two meetings between the two Platforms. Each Platform used a different method to gather ideas from our classmates. For example, we conducted a survey and fast 'ping-pong' interviews (and recorded the answers) to find out what our classmates thought, needed and suggested. With all the information we had gathered, we looked at the answers and came up with our own ideas. Then we put them together and proposed 10 strategies to improve participation, some of which we have already put into practice!

PROPOSALS

TO IMPROVE PARTICIPATION
IN PARTNERSHIP WITH THE MUNICIPALITY

Suggestion
letter boxes

Demonstrations for
children's rights

Go to the radio,
make a podcast,
Youtube channel

Journalists of the
City Council
Ping-Pong

Meeting with the Mayor
or local authorities

Sessions between
schools
participating in
the municipality

Giving talks
in different
parts of the city

Putting up posters all
over the city

Setting up a space for
kids to have our say

Making
IMCITIZEN
bigger

CHILDREN WHAT HAVE WE DONE SO FAR?

From our Platforms, we have taken three important actions. First, we made a podcast on Radio Maconda where we talked about our rights, ideas, and proposals. We also organised a day at school to tell our classmates all about IMCITIZEN. Finally, we met with the political representatives of the Sant Martí district, where we shared our ideas to improve our participation in the city.



Listen to our
podcast here





ABOUT US

We are a group of children from Castrillón, a city that UNICEF has recognised as a Child-Friendly City since 2012. Thanks to the IMCITIZEN project, in 2023, we created Child Participation Platforms in two schools.

Our aim is for these Platforms to reach all primary and secondary schools in Castrillón, giving children and young people more opportunities to participate, share their ideas, and improve our community.



HOW DID WE DRAW UP THE PLAN?

The sixth-grade groups met with the project facilitators during school hours to contribute to children's participation in the community. We also met with classmates from other classes during break times to ask them questions so that they could give us ideas and make their contributions. In addition, workshops were held in the fifth grades during school hours so that they could also contribute their ideas. We also worked with the schools in these meetings to organise the Cultural Week and other events. We presented the strategic plan in the plenary session of the Children's Council of Castrillón, and we promoted the project to the people of the municipality in several open meetings.

PROPOSALS

TO IMPROVE PARTICIPATION IN PARTNERSHIP WITH THE MUNICIPALITY

Continue to make children's plans, reviewing their implementation together with the children

Encouraging associations, sports clubs and City Council departments to take children into account and collaborate with children's participation groups

Updating libraries and schools with books on child participation and children's rights

Setting up regular meetings between the technical monitoring committee and the Platforms or participation groups

Disseminating all events related to children's participation through local websites, schools, posters and community associations

Creating Child Participation Platforms in all schools in the community

Organising local child participation meetings with all participation groups and Platforms in the municipality

Joint training sessions for adults and children to promote better connection and teamwork; applying the IMCITIZEN experience to lead and develop these training sessions, using the published materials and guides produced during the project

CHILDREN WHAT HAVE WE DONE SO FAR?

We have made a list of recommendations to improve the effectiveness of our meetings between children and adults (decision-makers). Organising the meetings in comfortable and quiet places and having a code of conduct that encourages respect and careful listening is essential. We also want to make time for discussion and teamwork and support everyone's ideas. We also need clear feedback on decisions made. Let's remember to celebrate our achievements and have fun working together.



See the recommendations document here





ABOUT US

We are a group of kids who came together to improve our neighbourhood. We are the school's pioneer group. We want our ideas to count, not just for us but for everyone. What motivates us most is seeing that we have support and that we can make things a little better together.



We are part of the change and ready to make a difference!

HOW DID WE DRAW UP THE PLAN?

To make our plan, we got together as a group and discussed what we wanted to change about our school and neighbourhood. We looked at what wasn't right: the streets, the green spaces, and how we could help others. We thought about how we could make things better and what tools we had to do it.

With effort and dedication, we gathered all our ideas, proposed several actions to make our neighbourhood (and our school) a better place, and together built the idea of being (I'm) a responsible citizen, (I'm) intelligent and (I'm) important (our three I's).

PROPOSALS

TO IMPROVE PARTICIPATION
IN PARTNERSHIP WITH THE MUNICIPALITY

Create a communication
channel at school

Daily news releases

Local and online
advertisements

Visiting nearby schools

Inspiring song instead of
the school's bell

Picking up litter and
support networks

Working and collaborative
groups

Adult of reference (to
support our ideas)

Having our own space to
create, to meet

CHILDREN WHAT HAVE WE DONE SO FAR?

We decided to make a song to share our message about participation and rights. We came up with a string of words and then built a story where each person continued a sentence. After that, we chose the best ideas as a group. We used artificial intelligence to help us create the rhythm and the voice. With this song, we want to reach everyone and inspire children to participate in the school and the neighbourhood.



Listen to the song here >





ABOUT US

We are the IMCITIZEN Platforms of Mislata, a town near Valencia. Our Platforms are made up of children between the ages of 9 and 11, forming a diverse and unique group.



The Local Council for Children and Young People in Mislata has been active for 10 years, and at IMCITIZEN, we have had the privilege of working actively with them to develop this strategic plan.



HOW DID WE DRAW UP THE PLAN?

We made our plan with the Mislata Child & Youth Council. We started with some fun research, using magnifying glasses and maps of Mislata. With the help of people from the Town Council, we found out where we already participate in the town and in what places we could participate more or in a better way. We also interviewed adults to find out what they think about our rights and how we participate in the city. We then analysed and organised the information we collected and listed where we could participate more and better and how we could do it in each place.



PROPOSALS

TO IMPROVE PARTICIPATION
IN PARTNERSHIP WITH THE MUNICIPALITY

We need to meet more with the City Council so that we can be heard

OPINION MAILBOXES:
Youth Mailbox Mislata hears you

IMCITIZEN in all
primary and secondary
schools

Organising a contest and
awarding that who
allows us to participate
the most

Radio programme
to express
our views

Teachers to explain what is
the right to participate

Child and Youth Council meetings
with local council staff who
organise the festivities

Making a mural in every
primary and secondary
school about children's
rights, a different right
each year

Running campaigns on children's rights,
especially the right to participate: * 20N
celebration; *What a party; *Rights murals in
primary and secondary schools; *Education on
children's rights every year

Meetings with City Council staff to make our proposals with the mayor,
councillors and officials

CHILDREN WHAT HAVE WE DONE SO FAR?

The IMCITIZEN Platforms held three meetings with the Mislata Child & Youth Council. In the first, we got together to explore Mislata with the participatory magnifying glass; in the second, we analysed and classified all the information we had collected; and in the third, we drew up the actions of the strategic plan.

We have done a great job as a team, and we love the result. Now, we are super ready to start the first actions of our plan.



STRATEGIC PLANS

3



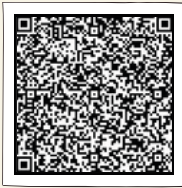
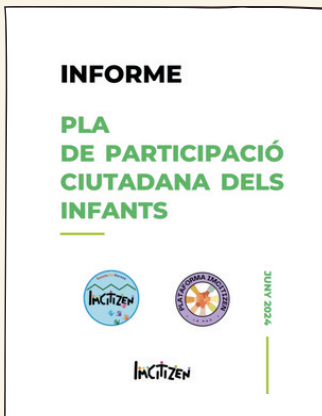
STRATEGIES FOR ADVANCING CHILD PARTICIPATION AT THE LOCAL LEVEL



La Espiga Primary School Platform
and Azuqueca Children's Council



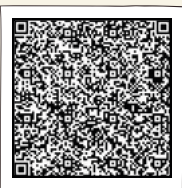
Manuel Murguía and Ramón de la Sagra
Primary Schools Platforms



Els Porxos and La Pau Primary
Schools Platforms



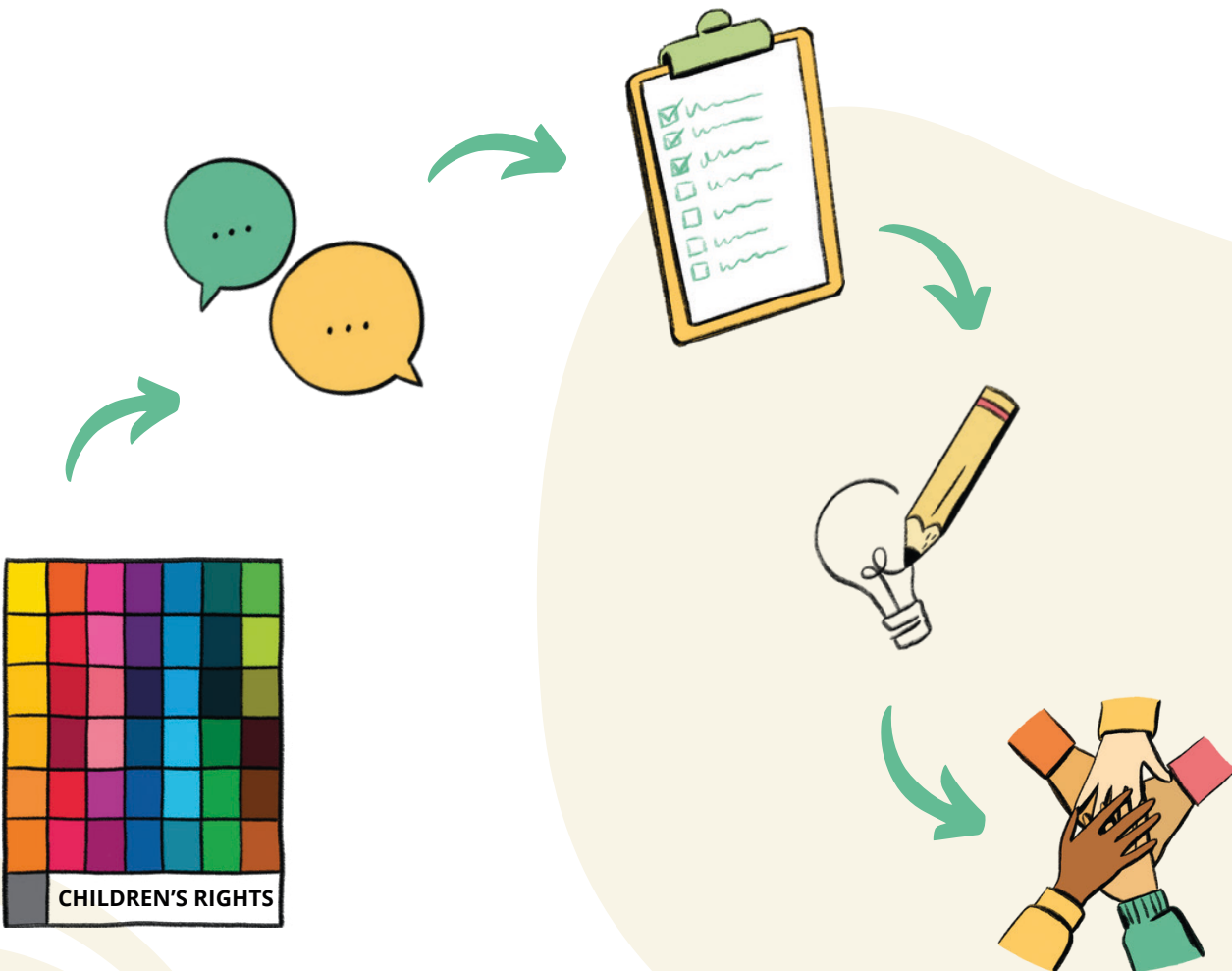
Campiello and El Vallín Primary
Schools Platforms



El Espinillo Primary School Platform



Ausiàs March and Maestro Serrano
Primary School Platforms, and Mislata
Local Council for Children and Young
People





How did you come up with the strategies?



At the meeting in Madrid, the representatives of the Platforms presented the plans they had prepared between February and June 2024. During their presentation, they explained the ideas and strategies they had included in their plans to make their communities better.



After listening to the ideas from each municipality, we formed groups to discuss and see how some of the suggestions were similar. We focused on finding ideas that had things in common and grouped those with similar themes. Then, we chose a central theme for each group of similar ideas and used this as the title for each set of strategies.

We had a fun vote using macaroons and stickers to decide the most important ideas. Each platform was given 20 macaroni and could vote for 5 themes, with 4 macaroni for each theme. Then, we used stickers to mark up to 3 actions from the voted themes we thought were the most important. This is where we came up with our strategies to participate more and better, which we describe in detail below.



10 STRATEGIES FOR MORE AND BETTER PARTICIPATION IN OUR MUNICIPALITIES



MAYOR, COME AND VISIT ME!



POWERFUL MEETINGS



TEAMING UP WITH THE CHILD COUNCIL



A SPACE OF OUR OWN



MAKING A PODCAST



SUGGESTION BOX



MAKE IMCITIZEN BIGGER



CELEBRATING CHILDREN'S DAY



STAND UP FOR YOUR RIGHTS



WORKING AND COLLABORATIVE GROUPS

ARE YOU READY TO TAKE ACTION?

MAYOR, COME AND VISIT ME!



GOAL: We want the mayor to really listen to us so that we can share our ideas and ask questions about what is happening in our community.

DESCRIPTION: We want to invite an important politician to our school to listen to us and ask us questions. This way, they can learn what we children think and hear our ideas for improving our town or city.

Hold regular meetings. Agree on a day that suits all of us.

What if they cancel it?

If they can't make it... they should offer us another meeting date.

POWERFUL MEETINGS



GOAL: To meet people who make important decisions.

DESCRIPTION: Email or ask an adult to contact them and tell them we want to talk to relevant decision-makers. State the reason for the meeting and wait for them to suggest a date. Possible meeting types:

- Meetings with politicians to express ideas and concerns.
- Meetings with council staff to better understand their work and share ideas.
- Meetings with the council team to present proposals and work together on important issues.



TEAMING UP WITH THE CHILD COUNCIL

OBJECTIVE: To get children more involved in the community.

DESCRIPTION: In many municipalities, children participate in groups such as the Child and Youth Councils. We think it would be great to get together because we can share ideas and work on important things to improve our towns and cities. Also, if we get together with other children, we can do bigger things that get more attention and are meaningful for everyone. We want our ideas to be stronger and for everyone in the community to have a say in how we can improve the place where we live.

HERE'S SOME ADVICE

Child Council plenary sessions in a user-friendly format: Keep Child Council sessions simple and engaging so that everybody finds it easy and enjoyable to participate and understand.

Avoid difficult words and keep information clear.

Make activities and games that help us participate.

Make sure that everyone is able to express their views without interruptions.

Use visual aids (drawings, diagrams or slides) for better understanding.

Take short breaks to stay energised and focused.

Review key decisions or issues at the end.



A SPACE OF OUR OWN



GOAL: To create an exclusive space for the group meetings of the IMCITIZEN participants.

DESCRIPTION: In order to work in the best possible way, we need a suitable place for our meetings. Here are the steps we can take:

- Find the perfect place: We will look for a quiet, spacious place with everything we need, such as chairs, tables, and a cupboard to store our things.
- Talk to the person in charge: We will contact the person in charge of the place and ask them if we can use it or borrow it for our meetings.
- Gather the whole IMCITIZEN team: Once we have the space, we will invite all the IMCITIZEN participants to start using it.
- Decoration by children: The IMCITIZEN children will decorate the space to make it welcoming and reflect our ideas and identities.

This space will be our meeting point to plan and develop all our ideas and projects.



TO KEEP IN MIND

This proposal focuses on the IMCITIZEN Platform having a space, but it could work for any group of children. The description can, therefore, be adapted for any group that needs its own meeting place.

A space of our own
to work together
and have some fun...

...and do
important things!



MAKING A PODCAST



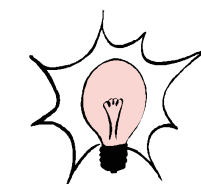
GOAL: To go on the radio to talk about IMCITIZEN, create a podcast where we can share our ideas, and start a YouTube channel so that our voice can reach many more people.

DESCRIPTION: Steps for this proposal:

1. Contact a radio station: We will first try to contact a well-known radio station to see if they have a space we can use.
2. Rehearse the talk: We will prepare what we want to say, come up with exciting topics, and think about how to communicate them.
3. Create a YouTube channel: We will create an IMCITIZEN YouTube channel with a logo representing the group, where we will upload the podcasts and other content.
4. Upload podcasts to YouTube: Every episode we record on the radio will also be uploaded to our YouTube channel so that a wider audience can access them at any time.

Some ideas for podcast topics include:

- Children have a voice
- IMCITIZEN news and updates
- Ideas for improving our city
- Understanding children's rights
- Interviews with other children
- Advice on how to feel more confident about expressing our ideas



We have a VOICE
and the right
to be heard!

It is our
right, not a
privilege, to
have our
ideas heard!

We want to have a
say, make decisions...

and make a
difference!



SUGGESTION BOX



GOAL: To collect ideas on how to improve our neighbourhood and city.

DESCRIPTION: We want all children and young people to be able to share their ideas on how to improve the place where we live. To do this, we will put suggestion boxes outside all primary and secondary schools where anyone under 18 can drop in their ideas.

We will check the boxes every month and summarise the ideas, which we will send to the mayor or the children's representatives in the City Council for their consideration.

In addition, once a year, we will go class by class to explain how the suggestion box works and encourage everyone to participate. We will also carry out an annual survey to see if the suggestion box is working well and if we need to improve anything.

TO KEEP IN MIND

Placing suggestion boxes in key locations in the community:
Suggestion boxes should be placed in key locations with lots of people passing by, such as parks, public squares, and schools. This way, we will make sure that all children and young people can participate.

Our ideas are
unique and
irreplaceable!

We are
aware of
things that
adults don't
notice or see.

Can you take
us seriously?

MAKING IMCITIZEN BIGGER



OBJECTIVE: To make IMCITIZEN grow in more primary and secondary schools, sports clubs, associations and...

DESCRIPTION: To expand IMCITIZEN and reach more places, we will visit schools, hold workshops, and talk to sports clubs and associations to raise awareness of the project. We will also conduct campaigns, presentations, and fun activities and look for ways to engage more people and encourage participation in IMCITIZEN throughout the community.

ACTIONS

- Put up informative posters: Put up posters about IMCITIZEN in different places so that the mayor and teachers know about it and can talk about it in the City Council and the schools.
- Talks in different parts of the community: Organise talks in other parts of the community to promote IMCITIZEN and increase participation.
- Hold talks in different schools: Make presentations in all school classes so that all children know about IMCITIZEN and can take part.
- Organise joint training sessions with adults and children: Create spaces where children and adults can work together to improve communication and encourage teamwork.
- Inter-school workshops: Organise activities and workshops between schools already involved in IMCITIZEN to share ideas and grow the project.
- Visit nearby schools: Visit nearby schools to raise awareness of IMCITIZEN, explain what we do, and show students how they can get involved.
- Find schools and responsible adults: Find a school and an adult to help us carry out our activities in the school.

There should be participatory
spaces in all schools.

IMCITIZEN is an
opportunity!



CELEBRATING CHILDREN'S DAY



GOAL: To raise awareness of children's rights.

DESCRIPTION: We want to organise a special day to celebrate Children's Day, where we can both learn and have fun.

The idea is that the children themselves develop fun activities related to our rights.

- Each group of children will think of 3 activities: All groups in the school or club will suggest ideas for activities that can be used to teach and celebrate our rights, such as games, plays, or competitions.
- Vote for the best proposals: Then we will all vote for the 3-5 best activities we will carry out on the day of the celebration.

EXAMPLES OF ACTIVITIES:

- Rights Bingo
- Rights Memory
- Scavenger hunt with rights games and challenges
- Murals about our rights
- Plays about situations where our rights are respected
- Musical performances to make the day more fun



STANDING UP FOR YOUR RIGHTS



GOAL: To stand up and speak out for our rights.

DESCRIPTION: We will put up posters in public places and share them on social media, explaining our rights. We will also invite other children in the town to join us. We will send mailings to schools with information posters or to let everyone know when and where the demonstration will take place. We will also make banners with messages like 'We too have rights'.

ACTIONS

- Create a mural on children's rights in every primary and secondary school. Each year, a new mural will be made with a different right so that everyone learns and remembers the importance of our rights.
- Teachers should explain the right to participate in class: We want teachers to explain what the right to participate means and why it is important for all children to have a say and be heard.
- Rights bell song: Create a song about children's rights to be played as the school's bell so that all primary or secondary school students and staff can hear it and be reminded of the importance of our rights.

What happens on November 20th?

What do you mean by 'agreement'?

In 1989, the United Nations adopted a major agreement called the Convention on the Rights of the Child.

It is like a 'treaty' that almost all countries have signed, where they commit to caring for and protecting all children.

WE KNOW, WE CAN AND WE WANT TO PARTICIPATE

OUR RIGHTS ARE NOT JUST A PIECE OF PAPER - THEY ARE REAL.

WE ARE NOT ONLY FUTURE, WE ARE PRESENT!



WORKING AND COLLABORATIVE GROUPS



GOAL: To be part of working and collaborative groups dealing with issues relevant to us.

DESCRIPTION: We would love to be part of groups or teams that organise relevant things, such as projects or activities on different topics: caring for the environment, improving public spaces, running leisure activities, organising festivities, talking about gender equality, and more. These groups can be part of organisations or the community. We can help them with some of their activities.

WE WOULD LIKE TO...

- **Your dream park:** Have your say on what our parks, streets and public spaces should look like through surveys and meetings with children, asking them to contribute drawings and suggestions. Let them be the ones who design the parks.
- **Recycling strategies:** We would like to take part in environmentally friendly actions. Local initiatives may focus on this issue so we can work with them and propose some environmental actions to the community. For example, we can organise a weekly day when all schools participate in a rubbish collection day, or what is known worldwide as a 'clean-up'.
- **Party Get Together:** Suggest to the City Council that during holiday time, all children should be able to participate in group activities and make new friends. Some ideas include events such as summer cinema and vouchers for fairground rides or food to create a fun and social atmosphere for all.

It is not right that adults alone decide what playgrounds look like when it is us who use them.

If we had a say in the things that are meant to be done for us, it would be a lot better.

4

KEY

RECOMMENDATIONS FOR CHILD-ADULT COMMUNICATION



12

KEYS TO BETTER COMMUNICATION

Children want to be taken seriously, listened to without interruption, and treated with respect and empathy. Successful communication requires both children and adults to be given equal time to express themselves, to be listened to attentively, and to be given space to share their ideas.

Children tell us their ideas...



Children share ideas and feelings about how to improve communication with adults using the Forum Theatre method.



During the activity, we act out everyday situations in which we do not always feel listened to or understood.



By acting out, we were able to propose changes that allowed us to try out solutions, reflect as a group, and find fairer ways of communicating with each other.

REC

1

Allow enough time for self-expression.

2

Respect speaking turns.

3

Listen to each other before speaking.

4

Reach agreements that respect all ideas.

7

Taking children seriously.

5

Keep in mind that our rights matter.

6

Take time to listen to each other.

Chat

X

Me to Everyone 11:21 AM

Welcome!

Mario to Everyone 11:23 AM

What should communication spaces look like?

Silvia to Everyone 11:25 AM

What helps you feel listened to and taken seriously?

Manu to Everyone 11:32 AM

What is essential for children and adults to understand each other better?

Send to: Everyone

File

8

Create a safe space to talk.

9

Allow everyone equal time.

10

Show interest in what we all say.

11

Be persistent if we are not listened to.

12

Step into the other's shoes.



2ND IMCITIZEN MEETING

October 18th, 19th and 20th, 2024

Madrid

Friendship games

Working spaces

Night game

Voting on proposals

Reflective workshops

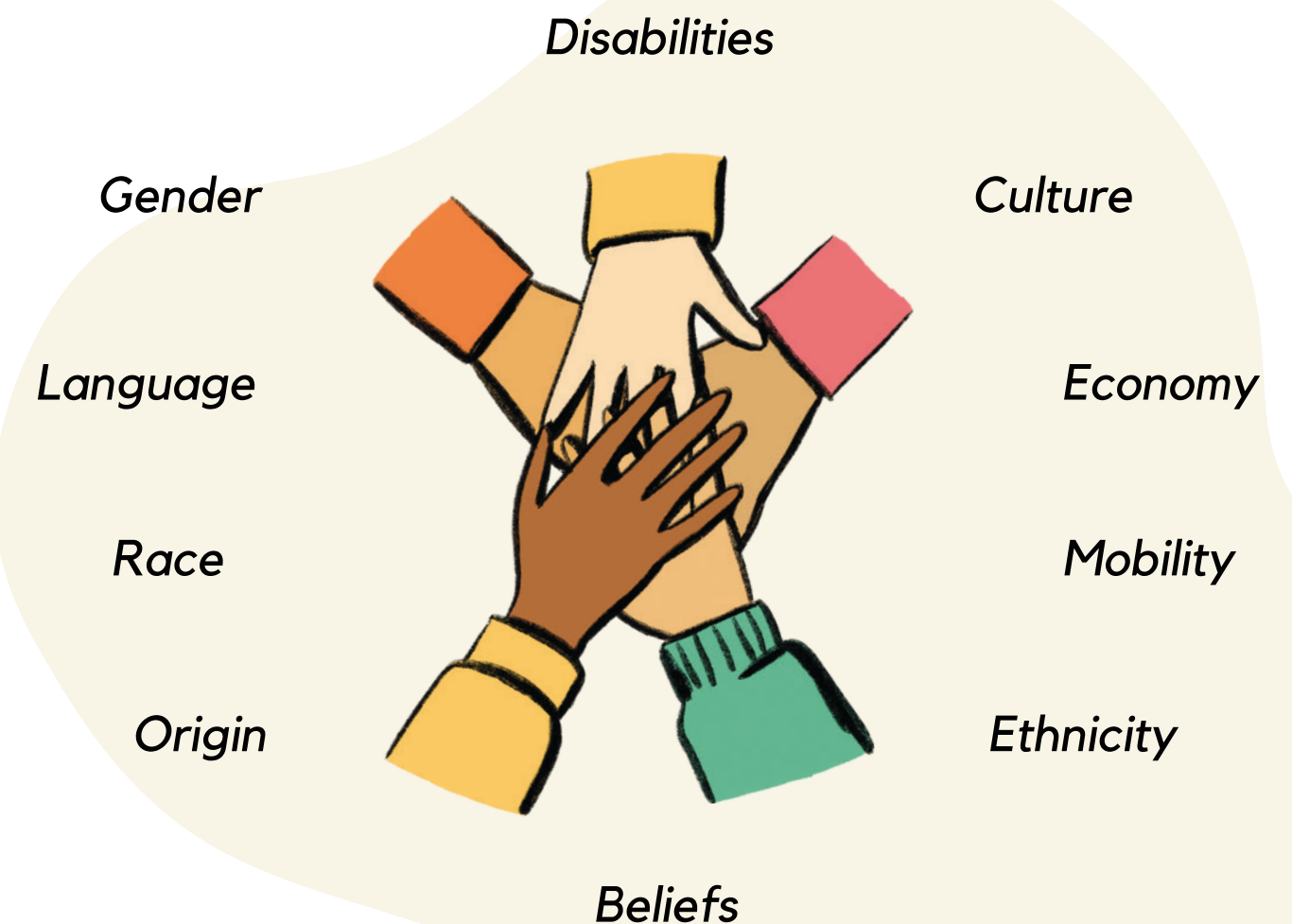
Group picture

Conversation with UNICEF Spain advisory group members

IMCITIZEN materials design

5

KEY ELEMENTS FOR INCLUSIVE PARTICIPATION





HOW TO BREAK DOWN BARRIERS OF DISCRIMINATION?

We are all part of a group, regardless of our differences, such as origin, skin colour, language, disability or customs. We wanted to experience that being different is something special, but also that sometimes injustice or discrimination separates us.

We played a game called "The Wall". One child stood in the middle, and the rest formed a circle around them. The person in the middle tried to get out but could not. In this way, we all felt what it was like to be trapped without being able to participate, and we exchanged ideas about how it felt to be inside and outside the wall.

They won't let me out, no matter how hard I try... it's like no one is listening to me. I feel lonely...

We don't want you to come out. We're holding you for no reason. That's what we've been told to...

If I were there, I'd feel awful too. We should open the wall so that they can get out!

HOW CAN WE BREAK DOWN BARRIERS TO PARTICIPATION?

★★★★★
Appreciating!
Sometimes we only see how a person behaves...
... without regard to how they feel or how much they contribute to the group.

Being heard!
We all deserve to have our say without interruptions.

Getting together and learning more about each other
Unite!

Do not judge
When we laugh at someone we hurt them...
for being different!!

RESPECT

Words that add up!
Sometimes we speak without thinking and we hurt...

SOS!

Be kind!
Being nice to others makes a big difference.

Asking for help is also okay
If we are ever made to feel bad, we can ask for help from a trusted adult.

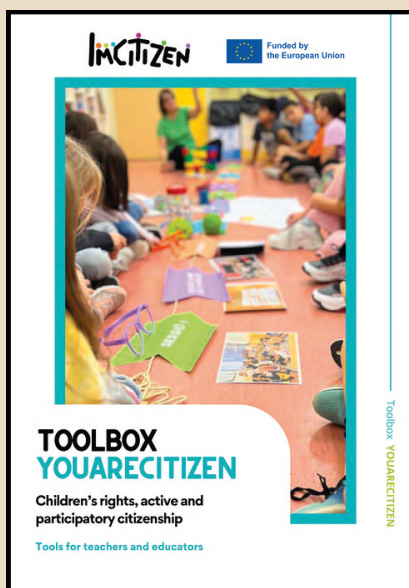
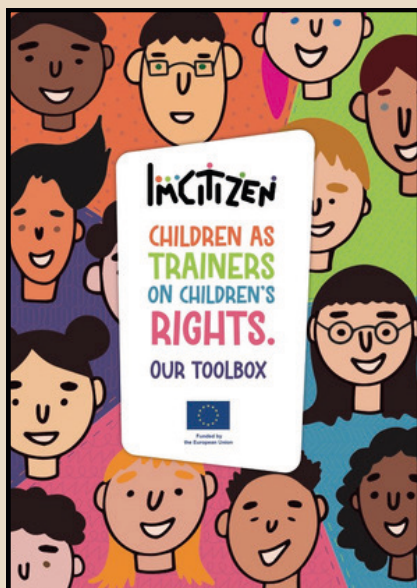
Shake hands!
When someone needs it.

You can do it!

It is important that we all know what is right and what is wrong.
Set rules!

RESOURCES

Here are all the materials created during the IMCITIZEN project.



Available in open access on the IMCITIZEN website.



Funded by the European Union