Golden Rules for Participation

Supporting Activities for Workshop Planning

Ideas from young carers
Introduction

These activities have been written by young people who are young carers. They are designed to offer you some ideas to introduce and explore the 7 Golden Rules for Participation in a fun and interactive way within a group setting.

The activities are all straightforward and simple to use. They require very little equipment or props. They can also be easily adapted to be used in a classroom, after-school setting, or as part of a youth work programme.

The activities are spilt up into:

- Two warm-up activities
- An activity for each specific Golden Rule
- Two activities that can be used to discuss all the Golden Rules together.

You can use them all as part of a formal programme, or choose the activity that best suits the Golden Rules you are working on.
Truth Detector
A great icebreaker or get-to-know-you game

What do you need?

- Nothing, just your imagination

How long will it take?

- 5 - 10 minutes, depending on the size of the group

How does it work?

- Everyone comes up with two truths about themselves and one lie. The others have to guess what the lie is.

- The three things I could say about myself are: “I have been to Africa. I am allergic to horses. And I am one of 11 children.” The people guess which of the three is not true. Then, when everyone has made their choice the person reveals the lie.
**RIGHT Angle**

This is a good introductory activity to quickly get participants moving around the room and stimulate discussion on a set of true and false statements.

**What do you need?**

- You'll need some space in the room for participants to move around and gather in the ‘agree’, ‘disagree’ or ‘not sure’ areas of the room.

- Three pieces of paper to stick on three corners of the wall, one saying ‘agree’, one saying ‘disagree’ and the other saying ‘not sure’.

- Some statements (such as, ‘Facebook is better than Twitter’, or ‘The police are respectful towards young people’).

**How long will it take?**

- The activity is open-ended, depending on how many statements you include, but you’ll need at least 5-10 minutes.

**How does it work?**

- Read out a series of statements to the group then ask them to move to the area of the room that relates to their feeling on the statement, ie whether they agree, disagree or are not sure.

- Once everyone has chosen their position, ask some of the participants in each group to explain their choice.

- After a brief discussion see if anyone wants to change position, and then give the correct answer.
**Splat Quiz**

A great game that gets everyone involved

**What do you need?**

- A white board
- Rights bubbles (created using PowerPoint or printed onto paper)
- Someone to record the points gained from each team

**How long will it take?**

- 15 - 25 minutes

**How does it work?**

- Split the group into two teams
- On a whiteboard or wall, display a series of answers about the United Nations Convention on the Rights of the Child (UNCRC) within bubbles
- Each team nominates a team leader to answer. Someone reads out a children’s rights question and the participant who hits the correct answer first with their hand while shouting “splat” wins a point
The team members can help their team leader by shouting out the answers.

The team with the most points at the end of the game wins.

Supporting material

See Appendix 1: Splat Quiz, suggested questions with answers.
Picture This

An imaginative and fun way to celebrate difference

What do you need?

- A Golden Rule number 2 card for each group
- Pens
- Craft materials
- Paper
- Newspapers
- Magazines
- Glue
- Brushes

How long will it take?

- 30 - 40 minutes

How does it work?

- Split participants into different groups
- Give each group a Golden Rule number 2 card
- Ask them to discuss what this Golden Rule means to them
- Ask the groups to design a poster that will best represent the Golden Rule
- Display the posters on the wall and ask each group to talk about their poster in turn
Hula Hoop

An energetic game to encourage discussion about choices

What do you need?

- 2 Hula Hoops
- Golden Rule 3 Think Card
- Someone to take a note of the points

How long will it take?

- 15 – 20 minutes

How does it work?

- The participants split into two teams
- A team member from each team takes it in turn to be given a hula hoop
- When the facilitator shouts “go” the two people from each team have to start spinning the hula hoop around their waists
- When someone drops the hula hoop, the other person gets to answer the question on the Golden Rule 3 Think Card (you can choose either the adults’ or the children’s question)
- Continue until everyone has had a chance to spin the hula hoop
- The team with the most answers to the question wins

Note: If the group is small, each person could get two chances to spin the hula hoop
Golden Rules X-Factor

Fun and creative activity that will put participants’ imaginations to work

What do you need?

- Time for the participants to prepare their act or presentation
- A Golden Rule 4 card for each group
- Voting cards
- Voting Box
- Pens

How long will it take?

- 30 - 60 minutes

How does it work?

- The whole group discusses Golden Rule 4 together, talks about what it means to be valued and listened to, and thinks of examples when this might have happened/not happened
- Participants are asked to go into groups and given 10 minutes to prepare an act, presentation, song etc to show an example of children or young people being valued and listened to
- Each group presents their acts to the audience in turn
Everyone is given a voting card and asked to place their vote on their preferred act.

The act with the highest number of votes wins.
Pass It On

A relaxed activity that will involve everyone in the room

What do you need?

- A ball
- Golden Rule 5
- Golden Rules 5 Think Card

How long will it take?

- 10 - 15 minutes

How does it work?

- Everyone sits in a circle
- The facilitator reads out Golden Rule 5. The group discusses it together and thinks of some examples of when children and young people might need extra support
- Someone then takes the ball and throws it to someone else in the circle
- The person that catches the ball can nominate someone in the circle to answer the Golden Rule 5 Think Card
- Once that person has answered the question, the group can discuss it further and in more detail. Then that person sits out of the circle
- The ball continues to be thrown until all the participants have had a turn
Rap it Up

This is a fun way to explore the Golden Rules through the beat of a rap.

What do you need?

- Golden Rules Number 6 (a card for each participant)
- Examples of some raps to share with the group
- Pens
- Paper
- Foam microphone (optional)

How long will it take?

- 60 minutes

How does it work?

- Read out Golden Rule 6 to the whole group
- Encourage the group to discuss this Golden Rule and why it is important for children, young people and adults to work together and learn from each other
- Have a discussion about what a rap is (ie a rhyme that can be said to a beat of music). *An example is given below*
• Ask each participant to take a pen and try to make a rap about Golden Rule 6 (they can work in pairs if they choose)

• Ask participants to perform their raps to each other

Supporting material

• Example of a rap by Tony Mitten – *Write a Rap Rap* (link to downloadable PDF):
  
  http://images.scholastic.co.uk/assets/a/93/f8/less-s-sip-2453.pdf
Writing on the Wall

A creative and visual exercise where everyone’s ideas come together on one graffiti wall

What do you need?

- A ready-made graffiti wall (using a long sheet of lining paper and the outline of bricks drawn onto the paper)
- Golden Rule 7
- Golden Rule 7 Think Cards
- Colouring pens or markers

How long will it take?

- 10 - 20 minutes

How does it work?

- Using Golden Rule 7, have a group discussion about how children and young people are given feedback about things they have been involved in and how they find out what has happened next. Discuss when this has worked well and when it hasn’t
- Ask the participants to use the pens to write down their ideas for the Golden Rule 7 Think Card onto the graffiti wall
- When everyone has finished, display the graffiti wall on a table, the wall or the floor and discuss as a group
**Non-Stop Chat**

Fun memory game to get participants thinking about all 7 of the Golden Rules

**What do you need?**

- A Golden Rules pack for each participant
- Golden Rules ‘Think Cards’ in a pile
- Timer
- Nominated timekeeper with a pen and paper

**How long will it take?**

- 20 - 30 minutes

**How does it work?**

- Give everyone 5 -10 minutes to read the Golden Rules on their own
- Everyone comes back together and sits in a circle
- A nominated participant is asked to take one of the ‘Things to think about’ cards from a pile
- They are then asked to talk for one whole minute about their ‘things to think about’ card without stopping (someone has to be the timekeeper and note down how long they speak for)
- Each person takes one turn
- The winner is the person who speaks the longest without a break.
Golden Rules Go Pop

Fun and lively activity to get the whole group up and moving

What do you need?

- 7 Golden Rules (with detail) placed in 7 balloons
- 7 Golden Rules images placed in another 7 balloons

How long will it take?

- 10 - 20 minutes

How does it work?

- Each person has to take a balloon and find their partner
- Explain that the purpose of the game is to match each Golden Rule with the right image
- They can try to see the Golden Rule through the balloon, or pop the balloon
- Once everyone has found their partner they read their Golden Rule out in turn.
Splat Quiz

Suggested questions with answers

Q. According to the UNCRC, up to what age are you considered to be a child in the UK?
A. 18

Q. Why are rights important?

(All of the answers below are correct)

- So life is fairer for people
- To make sure people get the same basic needs met, like food and shelter
- To protect us from being treated badly or exploited
- They are shared values and build a better society

Q. Which children in the UK are not covered by the UNCRC?
A. All children are covered

Q. What is the United Nations Convention on the Rights of the Child?
A. A list of rights that most of the world’s countries have agreed children should have
Q. Who does the UK Government have to report to every five years to say how children’s rights are going?

A. The UN Committee on the Rights of the Child

Q. The UN Convention on the Rights of the Child contains a list of 54 ‘articles’ or rights that children should have. Article 12 is one of the most important. Which right does it describe?

A. To be listened to and have their rights taken seriously

Q. If children do not act responsibly, do they lose their rights?

A. No

Q. Which of these things has the UN Committee asked the UK Government to do?

A. Teach more people about children’s rights

Q. Adults sometimes pretend to listen to children, but don’t take their views seriously. What is this called?

A. Tokenism.
Do you have any fun and creative ideas for activities, games or exercises that could be used with the Golden Rules? If so then we would be delighted to receive them so that we can put them onto our website for others to use.