

# Guide to involving children in CRIA and CRIE

## Tips from children for adults who want to work with children

The children involved in the East Lothian CRIA project were invited to reflect on their experiences. They came up with a set of tips for adults who want to engage with children.

### Listen, encourage, have fun

#### Listen

- Remember to listen to children's views, ideas and opinions.
- Ask for their opinion first.
- Make sure the children are happy and are comfortable in the environment.
- Have more anonymous quizzes at school because otherwise you just get the chatty kids.

*I felt listened to because they all asked questions, meaning they had taken it all in and were paying attention!* (MCP)

#### Encourage

- Say why you agree or disagree.
- Encourage children to make their voices heard.
- Encourage children to give their opinions by sending them questionnaires and surveys.

- Encourage children to be involved in your projects by asking them their opinions.
- Encourage young people to be involved in your decision-making.

*It makes me feel happy and safe to have a chance to share my ideas.* (MCP)

#### Have fun

- Encourage children to have fun.
- Make hard work into fun learning games so that it seems easier.
- Give children fun activities to make them like you more and participate.

*I liked the meetings and activities, because some of them were challenging but still fun! I also really liked how we could suggest our ideas and views in the meetings and be understood. After every meeting I feel more accomplished.* (MCP)

