

The benefits to children
and young people
of participation:

PHYSICAL
INTELLECTUAL
EMOTIONAL
SOCIAL

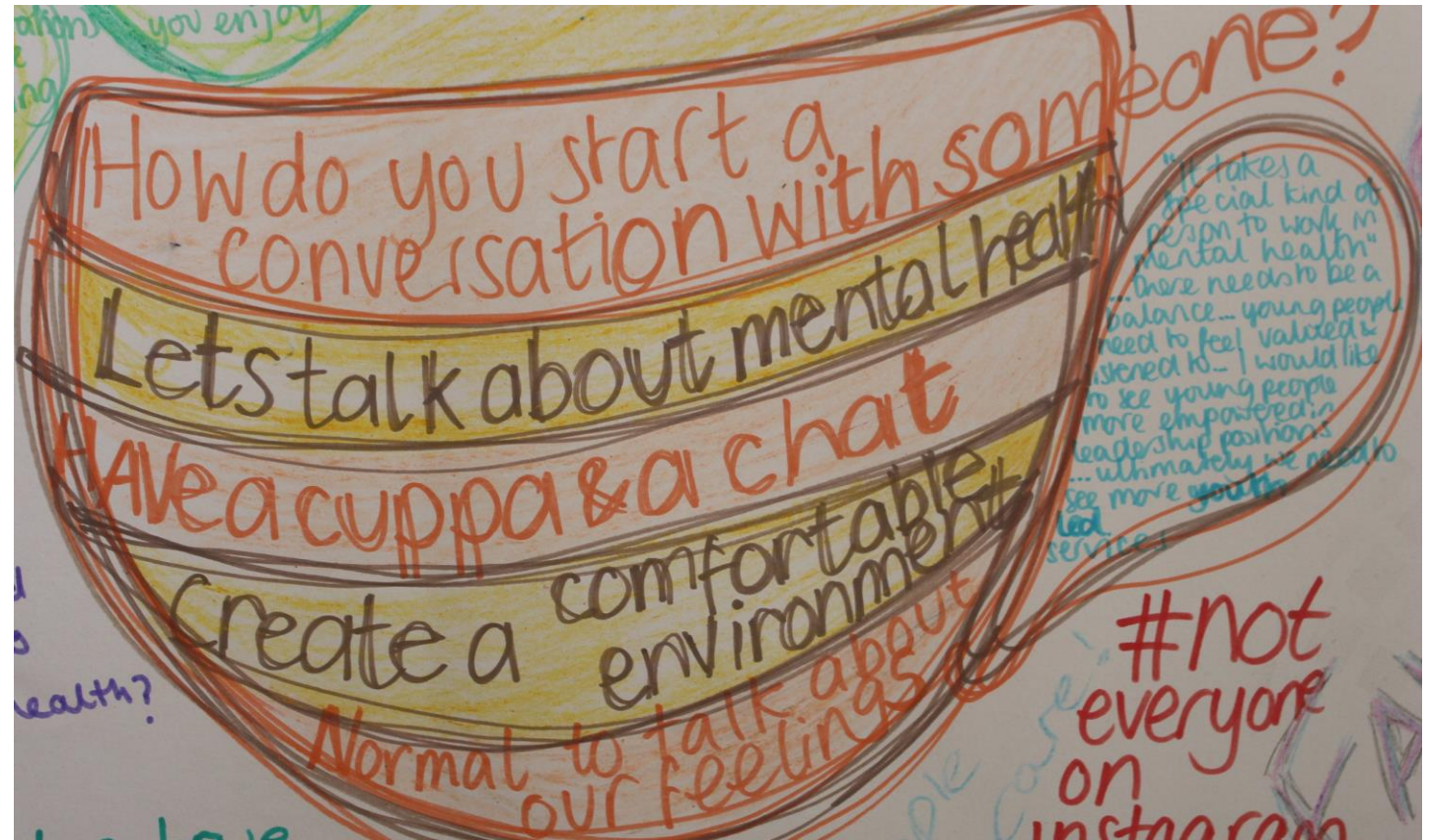
PIES



MY PARTICIPATION HISTORY

First attempts at participation with “troubled adolescents”	1981-1985
Participating with more “difficult” young people	1985-1989
Participatory teaching and learning, all age groups	1989-2005
Doctoral thesis – participating with 11 European countries	1996-2003
Participatory practice in NHS with professionals, children, parents	1999-2003
Mental health participation, children and adults	2003-2008
Participation with individual young people and groups	2008-2012
UK government award to lead children’s participation in mental health	2012-2016
Founder of digital participation tool Mind Of My Own	2015-

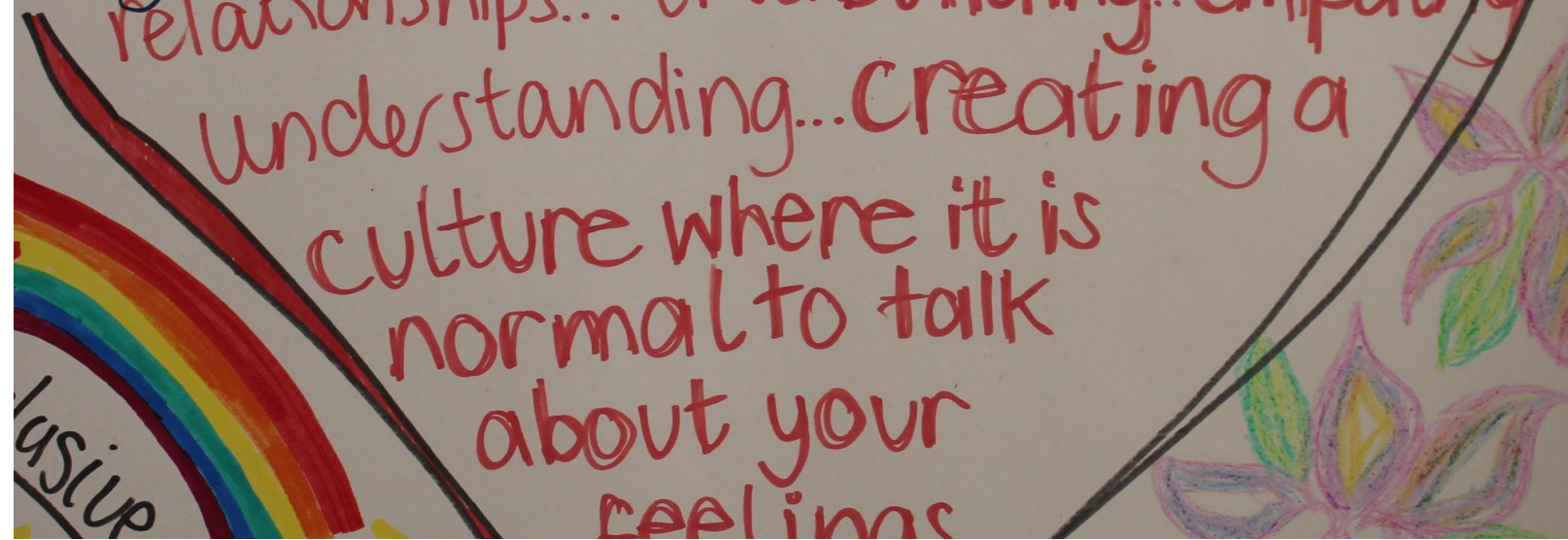
Children are more capable than adults give them credit for and their capacity for decision making increases in direct proportion to the opportunities offered to them



Alderson & Goodwin, 1993; De Winter, 1997, cited in Lundy 2007

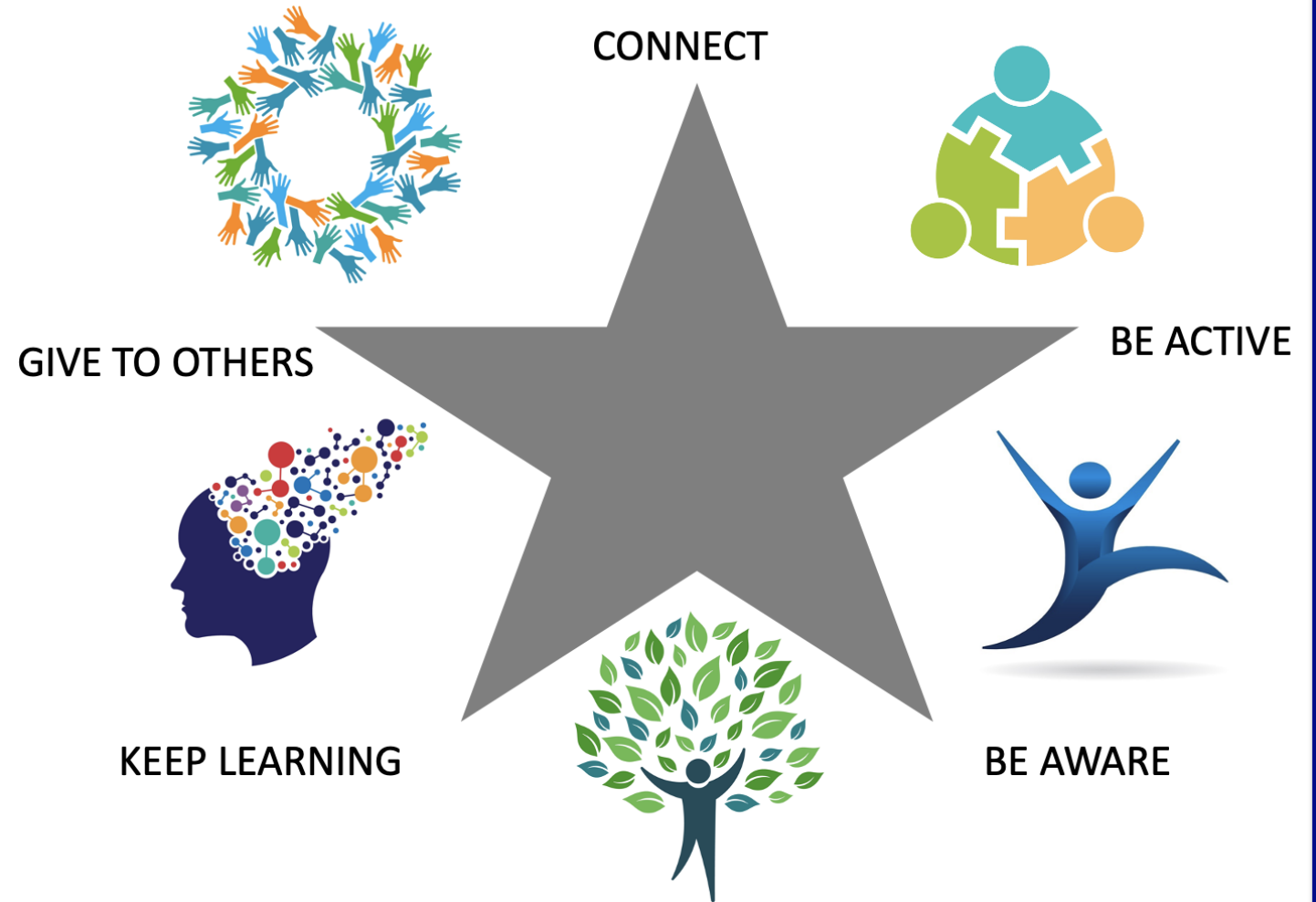
So what exactly are these benefits?

Being human...creating the right environment...cups of tea...pet talks...no jargon...
t just creating & maintaining meaningful
liking...relationships...trust building..empathy
understanding...Creating a culture where it is normal to talk about your feelings

A hand-drawn illustration featuring a vibrant rainbow with red, orange, yellow, green, and blue bands, curving across the lower left. To the right, there are stylized flowers with green leaves and purple, yellow, and blue petals. The entire drawing is done in a simple, sketchy style with visible pencil or crayon marks.

Why does participation improve wellbeing?

The 5 Ways to Wellbeing



Purposeful
Influential
Empowered
Skilled

PIES

