Taster: Recipes for Rights
Q. How can we explain children's rights to children, young people and professionals?
A. Create an activity/icebreaker/game! Thank you to CBC Youth Voice for these ideas!

Health & Article 12
the right to be involved in decisions that affect you, from individual care decisions through to shaping health services that you might use:

Game: English Liperture
• Stand in line
• The end person must turn around and say something by mouthing it. The person can repeat it up to 3 times
• Each person must copy it till you reach the end of the line
• The person at the end must say what the think was mouthed at the beginning

For a harder version
• Repeat the mouthed word once per person
• Sentences rather than words or phrases

Health & Article 23
Children and young people with disabilities have the right to be actively involved, which includes having appropriate communication support within health care appointments.

Game: Origami Dog
• Split up into pairs, and label yourselves one and two,
• Each pair will get a single piece of paper and an origami dog instruction sheet
• Person one will have their hands tied behind their back
• Person two will be blindfolded
• Person one will instruct person two how to do the origami dog and person two will try to do it
• At the end, person two can take off their blindfold and see their creation
• Then they can swap roles and do it again

Origami Dog Instruction Sheet
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Health & Article 28
The right to education, while they are an inpatient, or as an outpatient with services working together to avoid missing school due to medical appointments, having voice projects in the evening, weekends and school holidays.

Game: The right to education
Pressure Cooker
• Get into pairs
• Stand facing each other in a line, shoulder to shoulder with another pair either side
• Nominate 1 person to walk in between the pairs, through the ‘pressure cooker’
• As the nominated person slowly walks through, say how uneducated people may feel or how they may be seen (e.g. powerless)
• When they get to the end, they will walk back through the other way. This time, gave an example of how an educated person may feel or what opportunities they may have had.

Looking for Rights Resources?
NEW FOR 2019:
#RightsMatter colouring in sheets at www.rcpch.ac.uk/rightsmatter

RCPCH &Us Resources
Right place, right time, right people - www.rcpch.ac.uk/superhero includes a video, online game and resources to download created by young people

Recipes for Engagement https://www.rcpch.ac.uk/resources/recipes-engagement-children-young-people-lead-rcpch-us - with games all about rights written by young people. Check out recipe 13, 17 and 21!

Please contact the children and young people’s team for more details about the RCPCH &Us Network and resources.