

Facing The Future – Involving children, young people and families... SNEAK PEEK!

There are **four** children, young people and families' **key principles** for the Facing the Future suite of standards:

1. Children and young people have rights
2. You should be provided with the best health services possible
3. You should be treated as close to home as possible
4. Everyone should work together to provide the best health services

This session plan can be used with one child or with a small group of children, young people or families either in a forum, on a ward or through another setting e.g. a school or charity group. Each activity can be done on its own in 10 minutes or you can run all activities as an hour session.

Resources needed: paper, pens, post-its™, 6 cups, one packet of dried pasta (or paperclips, counters, sticky dots) recipes for engagement downloaded for free at www.rcpch.ac.uk/and-us-resources

Starter The UN Convention on the Rights of the Child was written in 1989 by all countries in the UN. It says a number of different rights that all children and young people have written in things called “articles” e.g. article 12 is the right to be involved in decisions, article 24 the right to health services and article 31 the right to play. This session helps you with all 3 of these rights!

Park it: On a piece of paper, draw out a wiggly road



1) think about going to see a health service (experience or expectation) and mark on the wiggly road all the things that happen that help with rights where they are informed, consulted, involved or represented.

E.g. when you arrive at hospital you are informed where to go by reception or the signs. When you are in the appointment you are consulted on what is wrong. When you leave you are given a ‘friends and family test’ card to consult on your experience. You can do this as individuals or as a small group.

2) Try and get at least 2 or 3 ideas for each part of our rights journey – inform, consult, involve or represent. Share your ideas.

Sometimes as services we focus on one part of the rights journey and miss the other steps. How do we make sure that we include all four parts of the journey so that we can empower people to know their rights and take an active part in their healthcare?

Pose it: Look at page 6 of “recipes for engagement – Tell me”



- 1) Give everyone some post-its™ and ask them to think of all the things that make up “the best health service possible”. What does best care mean to you?
- 2) Write one idea on one post-it™. This is quick fire – one minute to come up with all your ideas!
- 3) In small groups, share your ideas and look for the ones that appear the most across the groups and the surprise stand out ones. Group them together and create 6 topics.

Prioritise it: Look at page 10 of “recipes for engagement – visual voting”



Give everyone 5 bits of pasta (or another counter like a paper clip, sticky dots). On each cup, put one of the five topics created in “pose it”. Ask the group to

- 1) Vote on the topics – they can either use all their pasta for one topic and split their vote across all topics.
- 2) Ask the group to count the votes for each topic and note these down.
- 3) For the topics with the most votes, ask the group to break this topic down to six new subheadings and ask the group to vote on these.
E.g. top topic “how doctors talk to me” new subheadings could be “language”, “talking to me not parents”, “explaining clearly” etc.

Plan it: Using the top voted topics, ask the individual or group to

What needs to change		How can it be changed	
What are the best examples we've seen		Who needs to be involved and what is their role?	
£0	£1000	Unlimited	

- 1) Think about a plan for that part of “best healthcare possible”.
- 2) Ask the group to think about – what needs to change, how it can be changed, who needs to be involved, what are the best examples we have seen for that topic.

The group can also think about when, where, why, and note down other ideas as they come up. Think about

- 1) what would be the key message for this topic for managers and
- 2) what would be a no cost (£0), low cost (£1000) and maximum cost (unlimited) change that would help improve health services.

These activities can be used on their own over a few meetings or sessions or as a workshop. The activities can be adapted and changed to meet the needs of your children and young people involved, where you can use drawings instead of writing, or ask for ideas and have an adult do the writing where needed.

For more ideas of voice activities look in the Recipes for Engagement free booklet or contact and_us@rcpch.ac.uk

To support delivery of Facing the Future at a local level, we will be creating different resources. Keep checking www.rcpch.ac.uk/facingthefuture for more details!