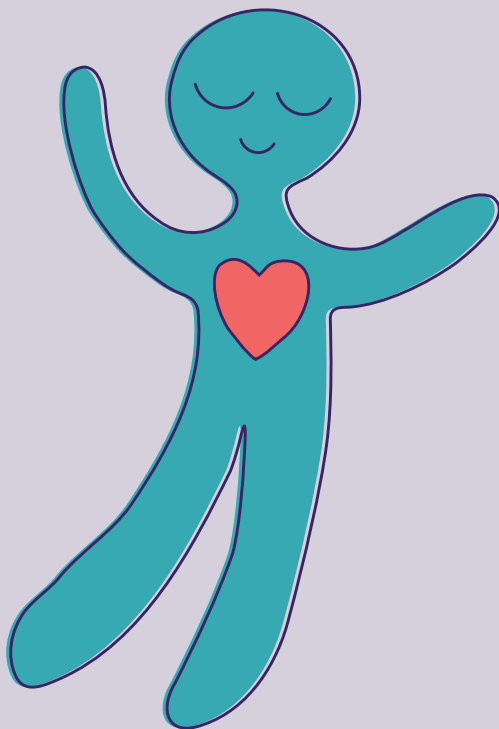


A children's human rights approach

The holistic and long term effects of participation and embedding children's rights

The following resource was co-produced with children with experience of participation to foster understanding of the power of engagement and the holistic effects of empowering children with their rights.



- I am happy in myself now and I know I don't have to be perfect; I can just be me – I know I have dignity.
- Participating with adults has really changed me a lot because now I know my rights.
- Participating with adults made me feel more confident and educated on children's rights. It felt amazing to have a say in important things.
- Participating with adults meant I got to know and speak to important decision makers.
- It made me realise all the rights I had that I never knew I had before and that made me feel so much more secure – before I was insecure and unable to speak up for myself.
- I am happy and excited that so many people are listening to us.
- I feel bigger. I feel much happier and more positive. I can tell kids to be themselves and that they are perfect just the way they are.
- Before I was nervous. Now I feel 10 feet tall.
- My whole family now understands about rights because I was able to explain it to them.
- I feel a lot bigger now.
- It helps you to believe in your dignity and stand up for yourself. I was scared before but now I'm okay.
- I'm more confident and I speak up for myself now.
- Being able to participate makes me feel respected and listened to.
- It helps you understand and help people more.
- It made me confident; I don't have my hood up anymore.
- Before I felt silly and drew myself small and trapped in a box, but now I am Kikisumi the powerful dragon! I know I am fierce now.