

Encouraging Empowerment and Participation of Children and Young People in your club

Children have a right to give their views and opinions about decisions that affect them, to be listened to and be taken seriously.

Empowerment is about supporting children and young people to have their say.

When children and young people participate it gives them an opportunity to have an opportunity to take control and speak about issues and decisions that affect them. This is important as children and young people are more likely to speak up about their concerns if feeling unsafe, or making a complaint, if they feel their views and values are welcomed.

To create a child safe culture in your club, empowerment and participation is not a one-off event it is your everyday approach, your club DNA.

THE FOUR PRINCIPLES OF EMPOWERMENT:

Empowering Culture	Build Awareness, skills and knowledge
Positive Peer and Adult Relationships	Support meaningful, positive participation

Acting to empower them should always guide the culture and training philosophy in your club.

Ways you can encourage the empowerment and participation of children and young people in your club

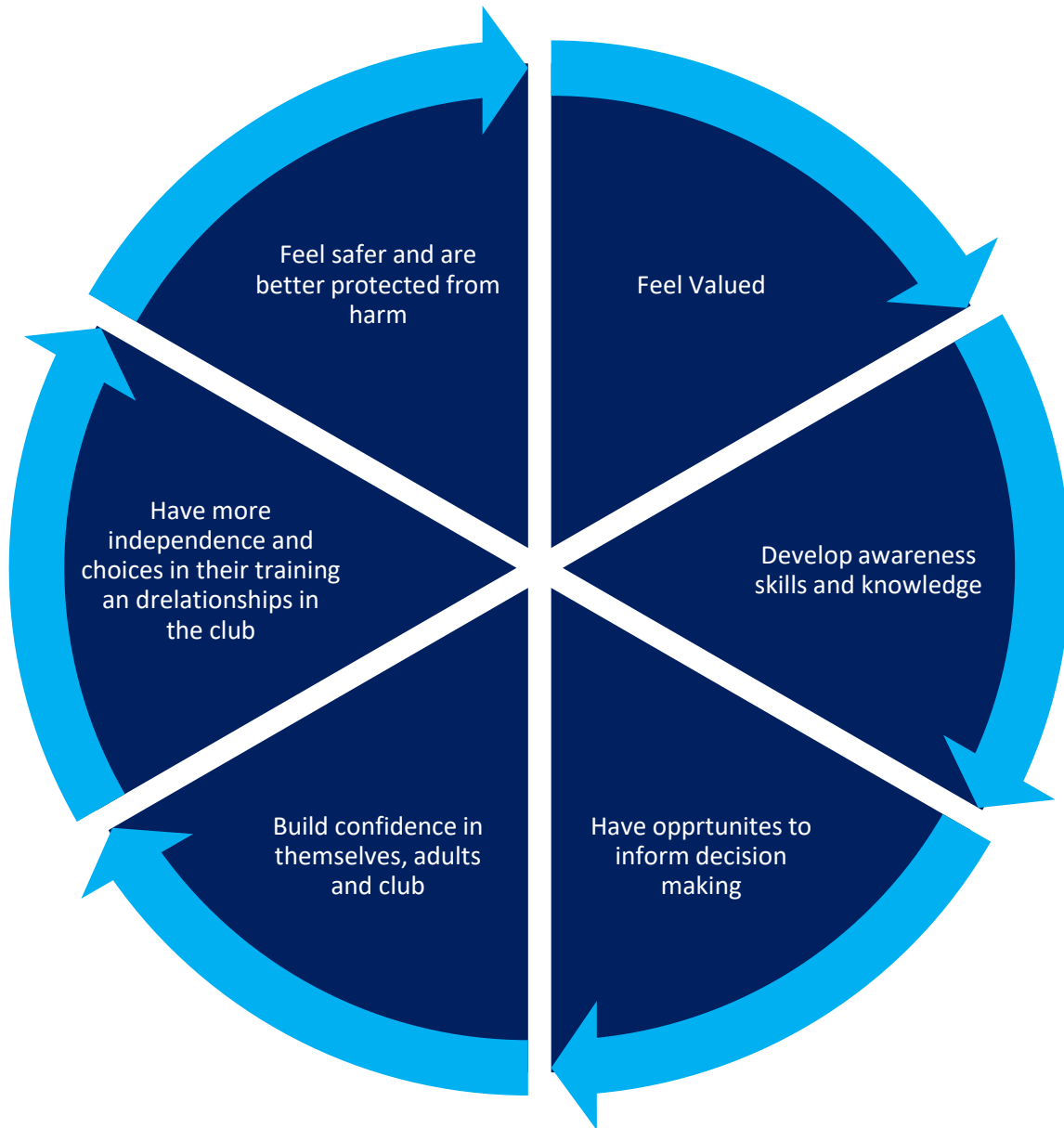
Ask children how they are feeling, they may be tired, fatigued or feeling unwell – let them decide their program for the day.

Look for opportunities to encourage children to speak up, this might simply be during warmups, whilst stretching or during breaks.

Ask the children what makes them feel safe, included, and empowered – display their works and actions in the gym so they can see their views are valued.

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When you do it well:
Children and Young People



Start Here, Go Anywhere!