

# A Children's Human Rights Approach

## What Does a Children's Human Rights Approach Look Like to Children?

The following case study was co-produced with children using their direct lived experiences to bridge the gap between children's rights theory and practice. Children shared with us what had made them feel respected and valued by workers in previous situations.

- Listen carefully, we have good ideas.
- Ask for our opinions.
- Treat us as equals.
- Don't shout, treat us with dignity.
- Don't compare us, we are all individuals.
- Provide a quiet, safe place for us to talk.
- Don't stand over us, talk to us at our level.
- Be creative, we need different ways to express ourselves.
- Take time to get to know us.
- Explain things to us calmly in a way we can understand.
- Encourage and motivate us by being positive about our ideas.
- Do what you say and explain the reasons if you cannot keep your promises.
- Be patient, fun, kind, understanding, calm and friendly.
- Involve us in decision making.
- If we are upset or grumpy, ask us why.
- Ask us to do things rather than telling us.
- Give us space and time when we need it.
- Don't make assumptions, hear us out and let us explain ourselves.
- Make sure you give us the option of having someone we trust with us when you talk to us.

