

# Participative methodologies for children and youths

## Enhancing psychosocial resilience and empowerment

### PLAN Z



Plan Z is a Joining Forces project working towards the goal of ending Violence Against Children (VAC) by running **Child-Led Innovation Labs** in local contexts. Plan Z uses an innovative approach to engage and empower children and youth to tackle issues related to ending Violence Against Children through adapted Human-Centred Design and co-designing approaches. Children identify the priority problems they see around Violence Against Children, then lead (with support) the **design and implementation of innovations** which help to tackle the issue.

#### Objectives

Plan Z aim to **meaningfully empower children and youth** to design and lead new interventions that answer directly to their needs.

Plan Z, as it currently is designed, is an initiative running over a series of phases with the ultimate aim of using **Child-Led Innovation** to create products or services which solve problems identified by children **around Violence Against Children** in their community.

#### Target group

**Age:** 12-18

**Size group:** up to 18 children

#### What is innovation?

Plan Z views Innovation as the **use of technology or ways of working to create new products, services, experiences and stories** which aim to improve the lives of other people. This is done by putting the children directly at the heart of the design process through a process of interviewing, prototyping testing, feedback and iteration.

#### How does it work?

**Phase One** is focused on building the children's capabilities as leaders and as a team, as well as raising or consolidating their knowledge and awareness of issues surrounding Violence Against Children and beginning to understand what innovation and design means.

**Phase Two** is focused on identifying the problems which matter most to the children around Violence against Children and then starting to come up with ideas to combat these.

**Phase Three** is focused on developing these ideas into a more detailed idea which has been tested and has a detailed plan for implementation that can be presented to potential donors.

**Scaling up:** After Phase Three, the solutions and prototypes which have been developed should be considered for further scaling and development. Funding sources should be looked for and more detailed business plans should be developed in more detail in collaboration between the children and the supporting adults.



#### How & When to use Plan Z

Examples of **how and when Plan Z can be used** include:

- You have done participation work with a group of children and want to develop their insights into actionable ideas
- There are intractable issues around Violence against Children in a country or community that you wish to try tackling through a new approach
- You wish to train and empower a group of children to make a change in their community using sought-after business skills and users-centred solutions
- You wish to develop your in-house capability for Human-Centred Design and Innovation through an actionable initiative
- You want to build your collaboration capacity with other local organisations.

## Material available

**Innovation toolkit** is for development of professionals looking to run a Plan Z initiative in their country.

**Workshop guide** which includes:

- Detailed suggested activities for the facilitation of the 3 phases of the process;
- Accompanying PowerPoint with step-by-step instructions;
- Resources pack in the form of a PowerPoint.

**Lessons Learned** from the pilot in few countries where you can find children's solutions developed, as examples.

## Necessary resources

### Timing:

- Contextualisation and Traduction
- Process implementation: 8 full days spread on 4-5 days
- M&E analysis & Lessons learnt

### Human Resources:

- Project Management team
- Adult facilitators:
  - Main facilitator: delivers the workshop plan and is the focal point
  - Support facilitators: sit with the same group of children during the workshops to act as more personal guides.
  - Experts: are potentially a requirement during the Plan Z process depending on the idea the children decide to develop when it comes to scaling up.

## Links with Tdh MHPSS framework



**Strengthening resiliency capacities and self and collective efficacy:** Not only does this process support the development of potentially promising innovations to address problems of Violence Against Children in their communities, but it will also contribute to **bolstering the transformative resilience capacities of children**, by offering children skills, capacities, knowledge and critical relationships within their communities contributing to an **increased sense of efficacy**, and their roles as social actors.



**Supporting Children and youth participation and empowerment:** Child-Led Innovation is seen as a **co-creation partnership** between children (who are key experts in identifying and experiencing the problems they face) and adults (including innovators and other experts) in the search for, design and implementation of child-led innovations to end violence against children.

## Children's solutions

### Romania

**Feedback Box** – install a box in schools, where students can leave feedback on their experience with bullying and relationships with colleagues.

### Sri Lanka

**An App** – to identify vulnerable children in the village (Domestic sexual abuse).

### Uganda

**A 'Panic button'** – that children can have on their person and press to inform police if they are kidnapped.



## Monitoring & Evaluation

Monitoring and Evaluation needs to be built into Plan Z so that success can be measured. As well as taking the form of subjective note taking from observation, more empirical forms of M&E are built in to ensure that it occurs throughout the process.

During Plan Z, we aim to monitor a number of **different areas**:

- **Child participation quality standards** (using the interagency Toolkit for Monitoring and Evaluation)
- **Empowerment/confidence of children** (through a body mapping activity)
- **Success and production of prototypes or services** developed as a result of the process (through a check-list for evaluating each of the children's idea.



**Terre des hommes**  
Helping children worldwide.