



# Life-skills, Leadership and Limitless Potential (LLLP)

## Worksheet

The importance of young people's voices



Programme designed by Abi Billingham

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# Worksheet

## The importance of young people's voices

### Aims

- To encourage the group to link the themes of sexual violence, participation and children's rights
- To start debating and thinking critically about these issues
- To start thinking about the importance of young people's involvement in preventing sexual violence
- To develop public speaking skills and assertiveness

# Worksheet

## The importance of young people's voices

### Process

#### Traffic light exercise:

Explain there is an imaginary line across the centre of the room with 'agree' and 'disagree' at either end. They need to listen to statements you read out and stand on the line depending on what their answer is.

Ask the group to think about what they have learnt so far about children's rights, participation and sexual violence and respond to the following statements:

1. Young people who have experienced sexual violence always have their opinions listened to and considered.
2. Young people who experience sexual violence are too vulnerable to be involved in decision making.
3. It's more important to work on keeping young people safe than involving them in the decision making that affects their lives.
4. Services/professionals do everything they can to meet the human rights of children and young people who have experienced sexual violence.
5. Young people shouldn't be involved in efforts to prevent sexual violence.

After each statement, ask some of the young people to offer an explanation of why they have positioned themselves where they have, asking for their view on the statement.

Ask the rest of the young people whether they want to comment on what they have heard from their peers and whether they agree or not. This exercise is great to get debates going. You should encourage people to 'have their say' and allow the debate to develop.

You can also ask follow up questions in order to explore the importance of children and young people's voices:

- Why have you chosen to stand there?
- Why don't young people have their opinions listened to?
- What impact does this have on young people?
- Why is it important that young people are listened to and influence decisions?
- What happens if young people aren't listened to?



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