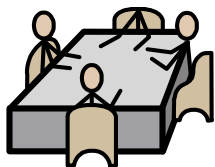


Activities for all

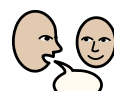
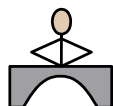
These activities and information pages have less text and more structure. Many of these activities include symbols to aid communication. These activities may suit children in primary schools or in community groups. Activities are also designed to provide scaffolding for older learners, including but not restricted to those with additional learning needs. It will be helpful for school councils and other community participation groups.



Comisiynydd
Plant Cymru
Children's
Commissioner
for Wales



Arranging a meeting



You can meet with somebody in charge and talk about changing something.

e.g.



For example, in school you could meet with your head teacher.







A meeting is a good way to explain why you want to change something.

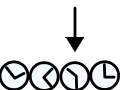









You can also find out if it's possible to make this change.

1.     Decide who the best person to meet with is.

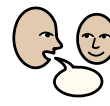
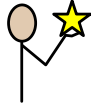
   or     You can click here or ask an adult to help you.

2.     Contact the person you want to meet with.

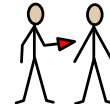
     Sometimes, you can find contact information on the internet.

3.      Decide on a place, a date and a time to meet.

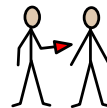
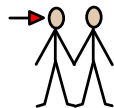




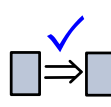
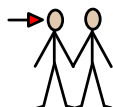
4. Make a list of important things you want to say.



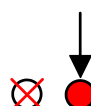
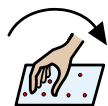
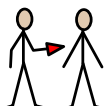
5. Make notes during the meeting to remember what you talked about.



6. Ask what they will do to help you.



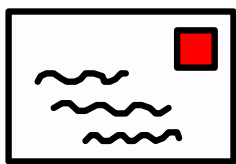
7. If they can't help, listen to the reasons why.



You might be able to try something else to make the change.

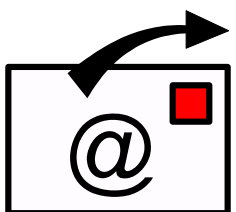


How to write a letter or e mail



You can write or e mail:





A person in your school or community, like your headteacher.



Your Senedd Member




Your Member of Parliament (MP)



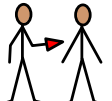


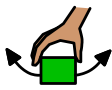

Your Local or Community Councillor

- 1**    
1. Choose the best person to write to. You can write to



more than one person.

- 2**   
2. Write what you want to change.

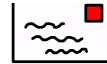
- 3**       
3. Write why you want it to change. Use facts



and opinions.



4

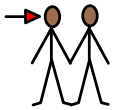


4. Invite the person to a meeting or ask for a letter back.

5



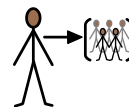
5. Send a copy of your letter to The Children's Commissioner for Wales. This



means they will know about your campaign.



Sally Holland, Children's Commissioner for Wales



"You have the right to express your opinion and take part in decisions."



Start a Petition

What is a Petition?



A **petition** is a good way to show lots of people want to make a change.




You can make a petition **online** or on **paper**.



It will say what you want to change and then you invite other people to **sign** it.

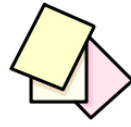
How to start an Online Petition



1.  Ask a **grown up** you trust, like your teacher or group leader for support.
2. Together choose a website to create your petition. Here are some suggestions:
[Change.org](https://www.change.org/) [38 Degrees](https://www.38degrees.org/) [Welsh Assembly](https://www.welshassembly.gov.uk/petitions)
3. Ask your grown up to help you **share** your petition online with your community.
4. When you have enough people signed up **send** your petition. Our fact sheet will help you and your grown up decide where to send it.



How to make a Paper Petition



1. Ask a **grown up** you trust, like your teacher or group leader for support.
2. Write down **what you want** to change.
3. Ask people in your school, group, or community to **sign it**.
4. Ask your **grown up** to help you find out where you should send the petition. [Our fact sheet](#) will help you and your grown up decide where to send it.

Top Tip

Look at our **example** paper petition on the next page for ideas.



This is an **example** of a paper petition

PETITION

For repairs and improvements to Llangwyn Park

Llangwyn Park is the only park in the community. But it needs improvement for children and young people to play and relax there. The United Convention on the Rights of the Child says children and young people have a right to relax and play and to have a safe environment to meet friends.

We call on Llangwyn Community Council to:

- Add an accessible swing for wheelchair users.
- Add a rain shelter with a seating area for young people.
- Fix the slide and make it safe for children.

Please respond to us by the **1st May 2020** at Llangwyn Youth Council, Bryn Street, Llangwyn, POST CODE

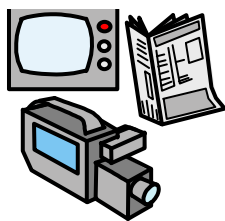
Signed by:

Name	Age

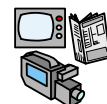
TOP TIPS

- Print a few **copies** of your petition to get lots of signatures.
- Photocopy your petition before you send it so you have your own **record**.
- If you add addresses to your petition make sure you work with a **grown up** to make sure names and addresses are kept safely

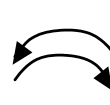
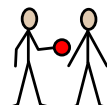
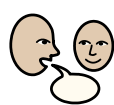
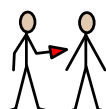




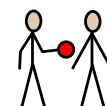
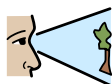
The Press



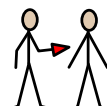
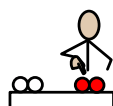
Newspapers, radio and television are all part of the press.





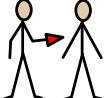

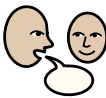
You could tell the press about your change.










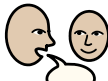


It is a good way for lots of people to see and hear about your change.




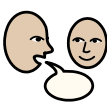
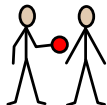




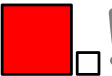


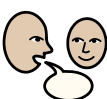
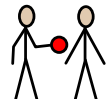


These are some ideas to help you.

1     
 1. Think about who you would like to tell.

     
 Journalists turn your story into a news report or news article.

   
 You can contact journalists online.

      
 For a local issue, you might contact your local press.

      
 For a bigger issue, you might contact your national press.

2



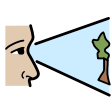
2. Research.



Look



online



to see

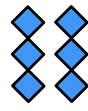
if



you can



find

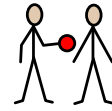


similar



stories

to



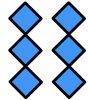
yours.



Journalists



who have written



similar



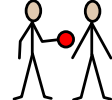
stories



might



be interested

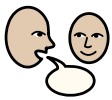


in yours.

3



3. Get important information to give to journalists.



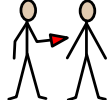
Tell



the journalist



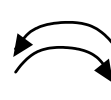
the issue



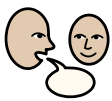
you



want to



change.



Tell



the journalist



why



the issue



is



important.



Think about



places



the journalist

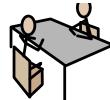
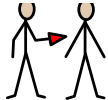


could



film.

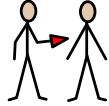
4



4. Decide if you would like to be interviewed.



In an interview,



you

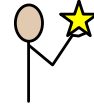


should



talk about

the



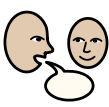
main



points.



In an interview,

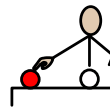


say



your story

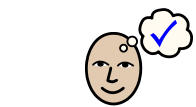
in a way



that's

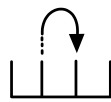


easy



to understand.

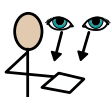
5



5. Think about what you will do next.



You could



show

the

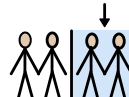


news



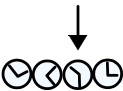


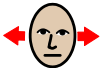



story

to




other people.



 Sometimes,
  the journalist
  might
  not
  write
 about or
  film
  your story.

 Don't
  worry,
  the journalist
  might
 have been
  too
  busy.

 Try again next time!

Extension Activities

These use more text. They include more detailed information and less scaffolding in activities. These resources may suit young people in secondary school settings, Further Education settings, or in youth participation groups and youth community groups. They will be helpful for secondary school councils and other pupil voice groups in secondary schools.



Letters and Meetings

Writing a Letter or E mail

Writing a letter can be an effective way to draw attention to an issue and could convince the recipient to take action or to join your campaign. If you're writing to a politician they could take up the matter in the UK Parliament, the Senedd or in your local Council.

You might also want to write a letter as an opportunity for your group to request a meeting with a person you want to influence, or to invite a them to an event. Here is a guide to writing a letter and arranging a group meeting:

1. **Find the right person.** It can be tricky to know the right person to contact. Some issues sit in Westminster with MPs. Some are held in the Senedd, so are the responsibility of Members of the Senedd. However local Councils are also charge of some local issues. You can refer [to our fact sheet](#) for more info, and ask for help from a supportive adult.
2. **Research.** Research what the person thinks about different issues. Then you can approach the issue in a way so they agree with your concerns. For MPs in Westminster, you can see their voting records here: <https://www.theyworkforyou.com/>, There will also be media coverage of them speaking online. Remember to refer to the [finding facts resource](#) when researching, making sure that you're finding good sources of info.
3. **Plan.** You could use this plan for your letter:
 - Paragraph 1: Set out what the issue is you want to change.
 - Paragraph 2: Say why it should change, use facts and opinions.
 - Paragraph 3: Explain any solutions or what you'd like them to do.

TOP TIP: 'cc' (include) the Children's Commissioner into your letter so that Sally knows about your campaign.

You can ask a peer or an adult to look at your letter. There are also templates online if you don't know where to start or want to base your letter on a good example.



Setting up a Meeting

This will help your group invite a politician or somebody else you want to influence to a meeting. It will also be helpful if you set up meetings with people in your community, for example, your **Head teacher** or members of a **school Governing Body**, a **community leader** or a **business leader**.

1. **Make sure you're safe.** Inform a trusted adult and talk through the meeting with them before organising anything.
2. **When and where.** If your group is inviting somebody to a meeting make sure it is in a safe place that you can travel to easily and safely. Make sure you discuss it with a trusted adult. They could go with you.
3. **Be strategic.** Decide what your main message is that you want to get across about the issue, and how you'll be persuasive. You'll want to make sure you know as much as you can about the issue so that you can understand the impact of changes. For example, if you know that opening a green energy facility in your area would create 500 new jobs, you can use this as a response if they argue against closing an unsustainable power plant because of the loss of 300 jobs.
4. **Use an event.** Is there a campaign event you could set up or use, for example an assembly, an art display or a music performance? Could you invite them to attend and to have a meeting with you afterwards?
5. **Plan roles.** Make sure your group decides your roles and who says what beforehand to be as organised as possible. You might want to elect a chair-person. Remember to listen and acknowledge their points rather than preaching at them about what they should do, you'll be more successful if you convince them of the issue and have them as an ally.
6. **Take minutes.** Minutes are a record of what is discussed or agreed. Decide who will take the minutes and write down what happens.



Start a Petition

Many people make change

'Lobby' means trying to **persuade** people with your view to influence their actions or decisions. For example, you could lobby your community council to set up a youth group, or you could lobby a Member of the Senedd to change a law.

Starting a **petition** on an issue you feel passionately about is a good way to do this. A petition is a statement signed by many people. You can create them on **paper** or **online**. Your petition will say clearly what you want to change and will then show a list of people that agree. Petitions raise awareness about problems and they show that many people feel strongly about an issue and want to bring about change.

Here are some **top tips** for starting a petition:

1. **Does the issue affect lots of people?** Consider whether you think the issue is big enough for lots of people to sign. If you think the petition will be small, perhaps a letter or a press release will gather more attention and be more effective.
2. **Paper petition?** Some community issues might be better suited to making a paper petition, for example, if you wanted to petition a community group, or your school Governing Body or Head-teacher. If so, you can use our guide [and example of a paper petition](#). If you make a paper petition you could consider collecting signatures differently, for example you might want to set up a stall with a banner to attract attention, and discuss your issue face to face. You might also consider printing flyers to inform people about the issue, and to spread awareness of your campaign.
3. **Online Petition?** If you think your issue is better suited online, find a petition site that suits you, [Change.org](#) and [38 Degrees](#) are big sites with a lot of functions to support your campaign, or you create a petition to the Senedd directly on their [website](#). You could ask a teacher, group leader or trusted adult to support you to set this up.



4. **What exactly do you want?** Be clear and concise about what change you'd like to make, for example rather than stating "improve our public transport" make suggestions like "create cheaper and more frequent public transport links between Aberystwyth and Tregaron, and invest in greener vehicles".
5. **Why is it important?** Use evidence to convince people to sign, for example you could quote pollution levels in the city, or how the cost of transport affects your choices.
6. **How do you get support?** Share your petition widely online to get as many signatures as possible. You could post the petition onto community groups on Facebook, encourage your peers to share the petition, and use social media to ask people with large followings (for example famous people) to do so too.
7. **Where should you send the petition?** Find the right place to submit the petition to; [you can use our fact sheet to help you with this](#). A teacher, group leader or trusted adult will also be able to support you to send your petition to the right place.

Start a Petition

Many people make change

'Lobby' means trying to **persuade** people with your view to influence their actions or decisions. For example, you could lobby your community council to set up a youth group, or you could lobby a Member of the Senedd to change a law.

Starting a **petition** on an issue you feel passionately about is a good way to do this. A petition is a statement signed by many people. You can create them on **paper** or **online**. Your petition will say clearly what you want to change and will then show a list of people that agree. Petitions raise awareness about problems and they show that many people feel strongly about an issue and want to bring about change.

Here are some **top tips** for starting a petition:

1. **Does the issue affect lots of people?** Consider whether you think the issue is big enough for lots of people to sign. If you think the petition will be small, perhaps a letter or a press release will gather more attention and be more effective.
2. **Paper petition?** Some community issues might be better suited to making a paper petition, for example, if you wanted to petition a community group, or your school Governing Body or Head-teacher. If so, you can use our guide [and example of a paper petition](#). If you make a paper petition you could consider collecting signatures differently, for example you might want to set up a stall with a banner to attract attention, and discuss your issue face to face. You might also consider printing flyers to inform people about the issue, and to spread awareness of your campaign.
3. **Online Petition?** If you think your issue is better suited online, find a petition site that suits you, [Change.org](#) and [38 Degrees](#) are big sites with a lot of functions to support your campaign, or you create a petition to the Senedd directly on their [website](#). You could ask a teacher, group leader or trusted adult to support you to set this up.



4. **What exactly do you want?** Be clear and concise about what change you'd like to make, for example rather than stating "improve our public transport" make suggestions like "create cheaper and more frequent public transport links between Aberystwyth and Tregaron, and invest in greener vehicles".
5. **Why is it important?** Use evidence to convince people to sign, for example you could quote pollution levels in the city, or how the cost of transport affects your choices.
6. **How do you get support?** Share your petition widely online to get as many signatures as possible. You could post the petition onto community groups on Facebook, encourage your peers to share the petition, and use social media to ask people with large followings (for example famous people) to do so too.
7. **Where should you send the petition?** Find the right place to submit the petition to; [you can use our fact sheet to help you with this](#). A teacher, group leader or trusted adult will also be able to support you to send your petition to the right place.

Tips from our Communications Team

Getting a newspaper, or a news programme on the TV or radio interested in your issue could be a fantastic way to let lots of other people know about it.

If you've got a 'call to action', i.e. something that you want people to do, having a story in the news could really help. For instance, you might want people to sign your petition or join a demonstration, and if they see or hear about it in the news, you'll be more likely to have an impact.

Here are some tips to help you.

Read the news

Pay attention to the news. Whether it's your local newspaper or a national TV or radio news programme, it's good to see how news stories are written or presented. It will help you to think about the different elements that make a good news story.

Think about where your story will go

Is the issue one that will only interest people in your area? If so, you might think your local paper is the best place for your story. If you think it might be of interest to more people, you might want to contact a national newspaper or tv/radio news programme too.

Perhaps it's not an issue that you really need to get in the news either. If, for instance, you want to reach a very particular group of people and you know exactly how to reach them (e.g. people who live on a particular street), it might be better for you to post a leaflet through their door.

Research

Look online to see if you can find similar stories to yours.

If the story or stories you find have a journalist's name next to them, they might be a good place to start. Because they've written about a similar issue before, it might make them more likely to take an interest in yours.

Getting the information across

Before you get in touch with a journalist, think about some of the information you'll need to give:

- Summarise your issue or story so that you get across the main points, but not in a long-winded or confusing way. You want them to be interested — they can always ask for more information if they need it.
- Is anything specific happening that they can use as a way to talk about the issue? For instance, you might have started a petition or you might have organized a demonstration.
- Who's involved in the issue?
- Will they be able to interview anyone who's involved? Always check with people that they're happy to be interviewed before you say 'yes' to the journalist.
- If you're talking to a TV news programme, will there be anything interesting for them to film? Think about how your story or issue might work on the television.

Being interviewed

- If you've agreed to be interviewed, think about the main points you'd like to get across and try to say them in the clearest, simplest and most concise way possible. Remember that your audience might know a lot less about the issue than you do.

After it's published

- Pretty much everything is online now, so after your story has been published, think about whether you could use it to share directly with people, e.g. through social media or email.