

## Ten top tips for taking action

### 1 **Take a stand on the things that matter to you**

Have you ever felt inspired to take action to change something?

### 2 **Start small**

Work out what children's rights mean for you, and for children and young people where you live.

### 3 **Know what you want to change and why**

What can you do to make change happen in your area? Work out a step-by-step plan.

### 4 **Find adults who can help you to speak out and make a difference**

Get the attention of your parents or carers, your teacher, your youth worker, social worker or participation worker. They can give you useful advice.

### 5 **Who are the champions for children's rights where you live?**

Get them on your side. They can help you convince others how important children's rights are.

### 6 **Tell people about your campaign**

They can't support you if they don't know what you're up to!

### 7 **Find out which journalists write about children and young people**

Ask them to write an article about what you're doing in your community to improve children's rights.

### 8 **Get other children and young people involved**

Talk to your school council and youth council. Speak to your Member of Youth Parliament. Get your classmates to sign a petition. Write letters to your MP or to your local newspaper.

### 9 **Ask CRAE for advice if you need it**

Didn't you know? That's what we're here for.

### 10 **Don't give up**

Making real change takes time.

## Some campaign ideas

There are lots of children's rights issues that you could campaign on in your local area. Here are some examples of campaigns that children and young people and CRAE have been involved in:

- Campaigning for free travel for children and young people on local buses
- Putting pressure on the local council to provide more play spaces for children and young people
- Making sure children and young people are asked for their views when decisions are made that affect their school or the local community
- Getting more counsellors in schools to make sure children and young people have someone they can talk to about any problems they have
- Campaigning to improve the way the media represents children and young people
- A national campaign to ban smacking and give children the same protection from assault as adults
- Votes at 16 – a national campaign involving children and young people, and lots of children's charities, to lower the voting age in England to 16
- Collecting evidence of age discrimination against children and young people, and presenting it to the Government, to make sure the law properly protects children and young people.

EVERY CHILD HAS THE RIGHT TO  
**EXPRESS HIS OR HER**  
**VIEWS** AND THOSE  
**VIEWS MUST**  
**BE TAKEN SERIOUSLY**