

Top Tips for PARTICIPATION

what disabled young people want

Respect us

"Trust us – we need to trust you"
"If you give us respect – we'll give you respect"

Involve us from the start

"You can find out what's best for us by involving us"
"Don't guess what we want"

Listen to us

"If you don't listen to what we want – how can you give us what we want?"
"Listen to me, no one else, listen to me. It's my body. Listen to me, it's my life, listen to me"

Be open and honest with us

"Frustrating when you don't tell us stuff"
"We all make mistakes"
"We ask you questions to help us understand our world and grow as people"

Prove you're listening to us

"My voice is my power"
"Tell us what's changed"
"Show us you want to listen"

Make sure we get something out of it

"Participation is a great way to help us learn how to make decisions and understand the choices we may face in the future"
"Gives us new skills"
"Empower us"

Give us time

"I know what I want to say – give me time"
"Give me time to get my message ready"
"Help us make decisions by giving us your time – enough time"

Support us to make our own decisions

"I want more choice"
"If you listen to us you can help us get a positive outcome"



making
ourselves
HEARD

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P/W Participation Works

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