



[CLIMATECHANGEMAKERS.SCOT](https://climatechangemakers.scot)

# HAVE YOUR SAY

# ADULT GUIDE



# HAVE YOUR SAY! A GUIDE FOR UNFEARTIES\*

This guide is to be used with the Have Your Say missions designed for children. It follows on from our Investigate missions, which introduce children to children's rights and the climate emergency, based on our work with Scotland's Climate Assembly. This guide has been developed for adults supporting children aged approximately 7-14 years old.

\*Unfearties are what we call adults who defend and support children's human rights. You can find out more [here](#).



## A NOTE FOR SUPPORTING ADULTS

Speaking to decision-makers can be a daunting and overwhelming experience for children. Like some adults, children can be very committed to and passionate about climate change action which can lead to feelings of stress and anxiety. When having honest conversations with children about climate change, it is important to spread hope and share positive stories about changes happening across the world. As shared in our Investigate guide for supporting adults, this short film developed with climate psychologists is helpful for adults supporting children to engage in climate change-related learning, participation and activism: [bit.ly/C-P\\_video](https://bit.ly/C-P_video)

When supporting children to complete the activities, it is important to remember that children have their own forms of communication that may be different to those of adults. Children may feel more comfortable playing, creating, or speaking in less formal settings. The intention of this guide is to support adults to enable children's preferred methods of sharing their ideas. You can read about Children's Parliament's previous work supporting adults working with children about climate change [here](#). You can find some more useful tips for speaking to children about climate change from the World's Largest Lesson [here](#).

## AIMS

- To support children to develop Calls to Action for tackling the climate emergency.
- To support children to understand and fulfil their right to be heard and taken seriously in democratic processes.
- To support children to influence systemic climate change action by engaging with decision-makers within their local community and at a national level.
- To support children's participation in **The Moment** on the 29th October 2021 ahead of COP26.



## TOP TIPS

### 1. ENCOURAGE CREATIVITY:

Children do not have to express their ideas in a certain tone or style.

### 2. NO PRESSURE TO COMPLETE EVERYTHING:

Children have busy lives, just like adults. It is perfectly ok to pick and choose which activities the children would like to do.

### 3. SWITCH OFF:

Breaks, fun and play are important!

### 4. REFLECT:

Make time to reflect with the children on why they are involved and why being a Climate Changemaker is important to them.

### 5. KEEP IT FUN:

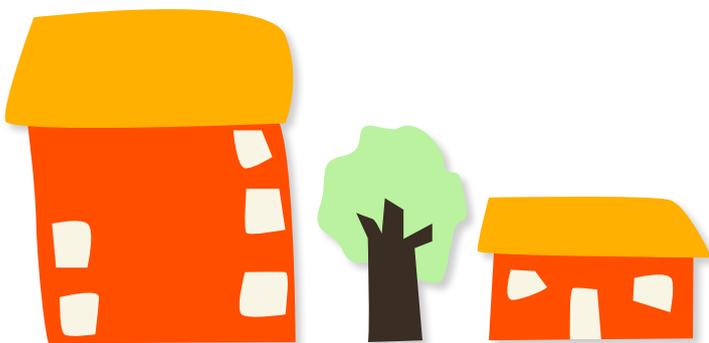
Play, creative activities, songs, dances and check-ins are vital to keep children happy, safe and cared for.

### 6. STAY TRUE:

Meet the children at their level. This means not changing their words and creations to align with adults' expectations and ideas of what is valuable.

## CHECK IN

At every Children's Parliament workshop, we begin with a check-in. This helps everyone to come together as a team and to share how they're feeling at that moment in time. It reminds us that all feelings are valid and lets everyone know how they can look out for others who might not be feeling so great that day. Using the animal pictures in the presentation slides, invite the children to choose a picture that best represents how they are feeling at that moment in time and, if they like, why. We try to encourage children to share 'emotions' or 'feelings' as opposed to physical sensations such as feeling hungry or tired. If a child does say hungry or tired, we gently ask how that makes them feel e.g. a child may be tired, but also happy or excited. This helps children (and adults) to name feelings and build emotional literacy.





# MISSION 1: CREATING CALLS TO ACTION

The activities in [Mission 1](#) are designed to support children to explore different ways that children and adults can take action to tackle the climate emergency. We know that there are lots of brilliant resources and information for children about the ways they can take action themselves at home, in their schools and in the community to be more environmentally-conscious. We have listed some of these resources at: [climatechangemakers.scot](https://climatechangemakers.scot).

As a rights-based organisation, Children's Parliament is concerned with the realisation of children's human rights as outlined in the United Nations Convention on the Rights of the Child (UNCRC). This means we recognise the climate emergency as a children's human rights issue, and one that requires adult duty-bearers to fulfil their obligations to protecting and upholding children's rights to grow up happy, healthy and safe and have a say in decisions that affect their lives. Climate solutions must reflect the experiences of everyone in society, including children. Our focus of 'taking action' is therefore predominantly on supporting and empowering children to recognise, define and call for **systemic, structural changes** to tackling the climate emergency.

We do not overly focus on the individual actions children can take, such as recycling or picking up litter. These are not invalid actions, but a strong emphasis on such actions risk glossing over the diversity and inequity of children's circumstances and can leave children feeling burdened by such responsibilities, when systemic, structural changes are required.

You might like to use the activities in [Have Your Say Mission 1](#) with children to explore these ideas:

- Action Bingo
- Snakes & Ladders

You might also like to watch this short film about Members of Children's Parliament's Calls to Action for Scotland's Climate Assembly (available [here](#)) with the children you are supporting.

## FILM DISCUSSION POINTS

- What did you think of the Member of Children's Parliament's Calls to Action?
- Do you feel you are able to influence adults who make decisions at local, national and international levels?
- What gets in the way of children being able to influence action on the climate emergency?





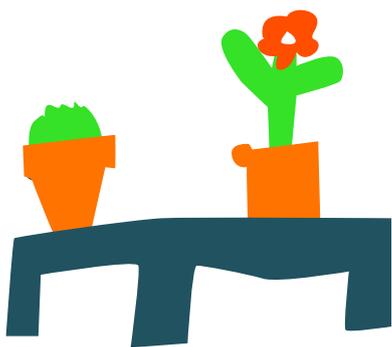
# MISSION 2: WAYS OF INFLUENCING

The [Have Your Say Mission 2](#) supports children to communicate the climate Calls to Action they want to see in Scotland to adult decision-makers and elected representatives. You might like to use the following activities in Have Your Say Mission 2 with children to explore these ideas:

- Wishing Tree
- Guess Who (Represents Me)
- Letter Template
- My Conversation Suitcase

## TOP TIP!

Encourage children to think what people can do individually but also what schools, communities, businesses and industries, local councils and the government need to do to tackle the climate emergency.



## WITH CHILDREN, FOR CHILDREN

As adults, it is important to listen to children's views and ideas on how we can help children as Climate Changemakers achieve their visions whilst keeping them happy, healthy and safe. We have created an activity here for adults to explore such ideas with children.

Using the outline as a guide, draw a figure or a body on a large sheet of paper. With children, use colouring pens to draw or write reflections on the following prompts in the relevant places on the body:

## HEAD

- What do children need to think about when sharing their views and ideas with adults?
- What helps children prepare to share their views and ideas with adults?

## HEART

- How do children feel when they share their views and ideas with adults?
- How can adults make children feel happy and confident when they share their views and ideas?

## MOUTH

- What can adults say to help children feel comfortable to share their views and ideas?
- What body language can adults use to help children feel confident to share their views and ideas?

## HANDS

- How can adults take forward children's views and ideas?
- How can adults feed back to children what they are doing to take forward children's ideas?



# MISSION 3: THE MOMENT

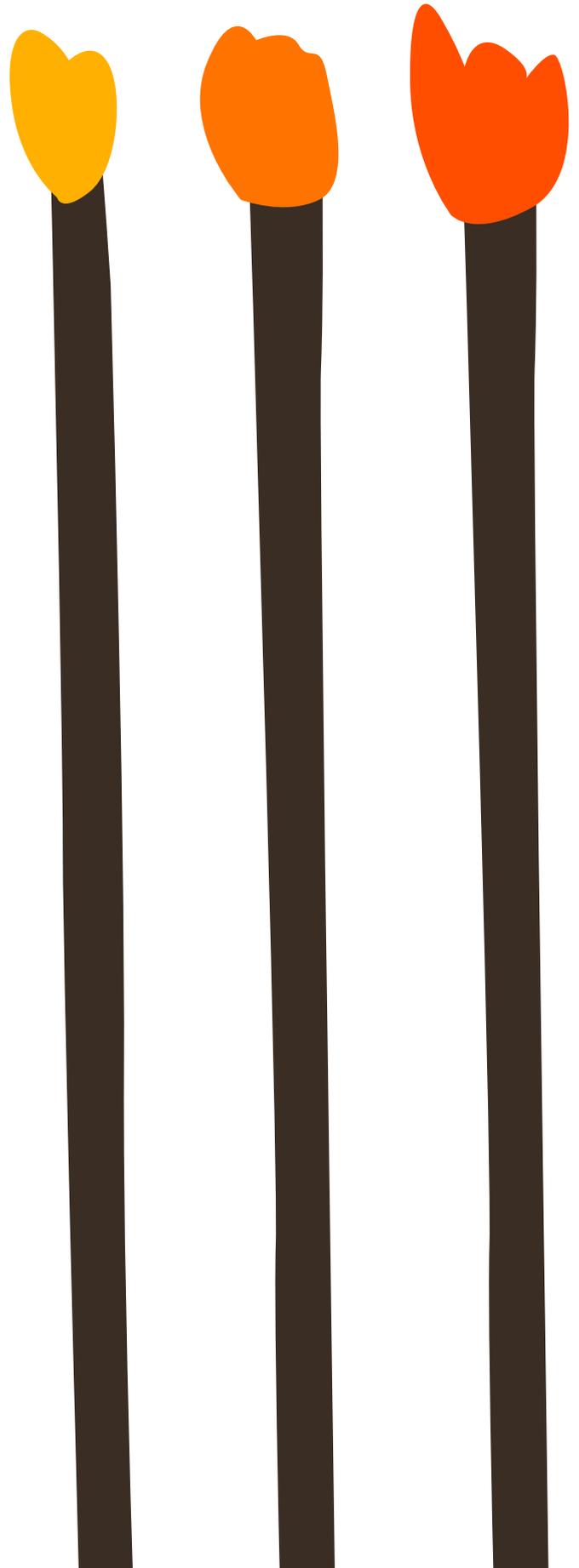
Following on from Children's Parliament's work with Scotland's Climate Assembly, Climate Changemakers is designed to support children to connect with and communicate their Calls to Action to Scotland's political leaders and elected representatives. With COP26 taking place in Scotland in November 2021, Children's Parliament is supporting children's participation in **The Moment** on Friday 29th October 2021 in which elected representatives will be encouraged to meet with children across Scotland, to discuss children's calls to action about the climate emergency.

[Have Your Say Mission 3](#) aims to help children to design, plan and record their participation in The Moment, with a supporting adult assisting with the coordination, communications and safeguarding requirements. Below, we outline our top tips for supporting children to host and participate in a climate surgery. We are incredibly grateful for your interest and support in this work and are happy to help in whatever way we can to make the children's participation in The Moment as valuable and meaningful as possible. We would love to know your plans for the day ahead of time – do get in touch!

## JOURNEY TO THE MOMENT

For supporting adults, we have outlined some key steps to take to support children's participation in The Moment.

We warmly encourage adults to use the [Children and Young People's Commissioner for Scotland's 7 Golden Rules of Participation](#) to guide and inform your planning and facilitation.



## BEFORE

- Ensure children and parental/carer consent for children's participation.
- Support children to identify their elected representatives via [theyworkforyou.com](https://www.theyworkforyou.com) and contact them via mail, email or social media.
- Liaise with elected representative's office on the children's behalf to secure time, location and format of the meeting - online video call or in person? If meeting in- person, ensure that all COVID-19 guidance is followed and that children can safely get to and from the meeting.
- Support the children to create their Calls to Action and design a plan for the meeting.

## DURING

- Provide safeguarding support to ensure ethical, meaningful experience for all participating children in the meeting itself. Please remember: whether the meeting is electronic or in-person, there should always be an adult in attendance to support the children.
- Let the children take the lead in the meeting. From experience they are very good at challenging and calling decision makers out. The children will raise what is important to them, which can sometimes be different than what we see as important as adults. The supporting adult should only get involved if they feel the children are not happy, healthy or safe in the meeting.

## AFTER

- Support children to follow up with their elected representative after the meeting including sending additional information and / or a summary of key asks.
- Record and upload details of the climate surgery to [climatechangemakers.scot](https://www.climatechangemakers.scot) and, if permissions allow, share details on social media using hashtag #TheMoment and tagging @creative\_voices (Twitter) and @childrensparliament (Instagram).
- Congratulate and celebrate with the children!

## NOTE:

The Map will be presented to parliamentarians across the world at the opening of the GLOBE Legislator's Summit in Scottish Parliament on the 5th November 2021 as part of COP26.

We've created a [page of FAQs](#) about The Moment here. You can also contact us with any questions or issues at: [info@childrensparliament.org.uk](mailto:info@childrensparliament.org.uk).

