



# Ladder of Participation

## 8) Youth-Initiated, Shared Decisions with Adults

This happens when projects or programs are initiated by youth and decision-making is shared between youth and adults. These projects empower youth while at the same time enabling them to access and learn from the life experience and expertise of adults.

## 6) Adult-Initiated, Shared Decisions with Youth

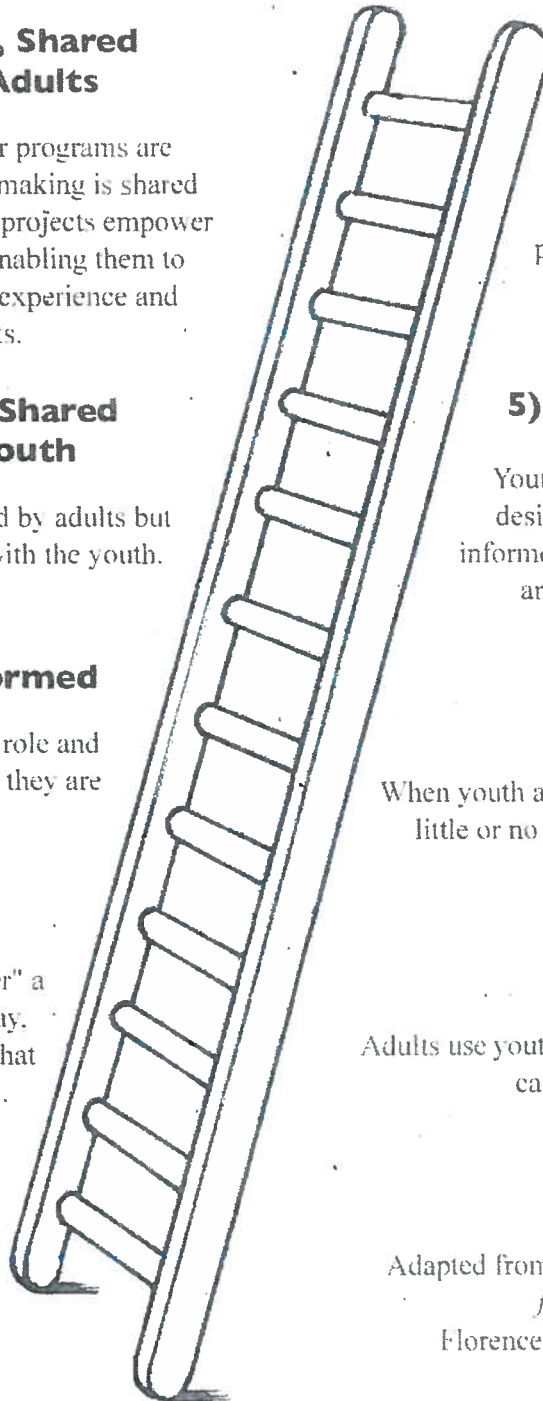
Projects or programs are initiated by adults but the decision-making is shared with the youth.

## 4) Assigned but Informed

Youth are assigned a specific role and informed about how and why they are being involved.

## 2) Decoration

Youth are used to help or "bolster" a cause in a relatively indirect way, although adults do not pretend that the cause is inspired by youth.



## 7) Youth-Initiated and Directed

Youth initiate and direct a project or program. Adults are involved in a strictly supportive role.

## 5) Consulted and Informed

Youth give advice on projects or programs designed and run by adults. The youth are informed about how their input will be used and are told the outcomes of the decisions made by adults.

## 3) Tokenism

When youth appear to be given a voice, but in fact have little or no choice about what they do or how they participate.

## 1) Manipulation

Adults use youth to support causes and pretend that the causes are inspired by youth.

Adapted from Hart, R. (1992). *Children's participation from Tokenism to Citizenship*.

Florence: UNICEF Innocenti Research Centre

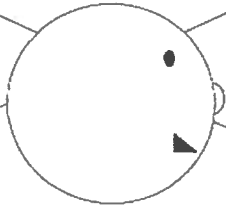
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<b>DAILY ACTIVITIES:</b> <i>What do they have to do or deal with every day?</i>		
<b>FEELINGS:</b> <i>What might they feel (when advocating around youth mental health?)</i>		<b>STRENGTHS:</b> <i>What strengths do they have by virtue of their position as a parent or young person?</i>
<b>NARRATIVES</b> <i>What narratives/stereotypes are they up against?</i>		
<b>PAIN POINTS:</b> <i>What challenges do they face?</i>	<b>GOALS:</b> <i>What goals might they have, based on their pain points?</i>	