



What is participation?

- Participation is a human right regardless of age, taking due account of age and understanding, [United Nations Convention on the Rights of the Child](#).
- Participation is effective, children are the best authorities on their own lives and experience the [Participation Charter](#), the [Children's Charter](#)
- Participation enables and empowers children to achieve the Curriculum for Excellence outcomes that they should be successful learners, responsible citizens, confident individuals and effective contributors
- Participation is about a dialogue that leads to change

Children and young people experiencing gender based violence may feel they have little choice or say in their lives. Enabling and empowering such children to move forward will require careful attention to their participation in the process.

Some vocabulary for participation

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| Participate | Contribute ideas and actions to change things |
| Consult | Talk something over or seek information from people |
| Include | Allow to be a part of a group or activity |
| Involve | Encourage someone in to a group or activity |
| Collaborate | Work alongside others to achieve something |
| Cooperate | Actively give and take with others to achieve an end |
| Coordinate | Plan & organise people or things to make something happen |
| Mentor | Use your experience to befriend, guide and support someone |
| Enable | To give strength, to make strong, to make able |
| Empower | Give the confidence, permission or power to do something |
| Engage | Be involved or participate in an activity |
| Befriend | Actively try to be a friend to someone |

