

LOCAL YOUTH XPERTS

MENTAL HEALTH &
LEISURE ACTIVITIES



INFORMATION FOR ALL THE TOOLS

Who can benefit from the tools

- decision-makers in the municipal council, the executive committee, the heads of childhood and youth services board, or other main committees
- service managers, headteachers, project leaders, or advisors in the municipal administration

Those who are invited must receive understandable, engaging information about

- what the theme is and what the answers will be used for
- who is wondering about this and why these questions are being asked
- how the answers will be used

The responsibility of decision-makers when collecting answers from children and young people

- ensure that the participants receive a greeting or a video as thanks for taking part
- ensure that the participants know how they can get in touch if they have more to contribute or are wondering about something
- ensure that the participants are told how the answers they have contributed have been used as the basis for the decision and what weight it has been given. This can be done through a text, an audio file, or a video
- publish on the municipality's website or social media how the answers have been used as the basis for the decision and what weight it has been given

03 DECISION-MAKERS GO OUT TO MEET CHILDREN



Purpose of the tool

The tool helps create direct contact between decision-makers and others who make decisions that concern children/young people in the municipality and the children/young people whom the decision concerns. Decision-makers travel out to meet groups of children/young people affected by a decision, ask questions, and talk. The aim is to collect advice and ideas from children and young people on specific themes, connected to specific matters being worked on. The adults must want to listen, understand, and learn from the children/young people

What the tool can be used for

- Decision-makers can go out to places where children/young people under 18 are. They visit groups of children they need viewpoints from in order to make good decisions on behalf of children and young people
- Children and young people under 18 are invited to contribute advice and ideas for creating the best possible municipality for those who will live in the municipality in the future

Which children/young people can be visited

- Decision-makers can visit exactly the group(s) of children/young people whom a case or a decision concerns, aged 0-18

USER GUIDE

Places decision-makers can go out to

- Schools or kindergartens
- Leisure activities run by volunteers
- McDonald's, Burger King, or other cafés/eating places
- Events for children and young people in the municipality
- Youth clubs and low-threshold houses
- Bus, train, petrol stations, or other open meeting places

Themes that can be asked about

- What makes kindergartens feel safe for children
- What is good and what is not so good in the school or kindergarten
- What the municipality can do so that fewer children/young people struggle with mental health
- How the School Health Service can become even better for children/young people
- Services the municipality needs in addition to what clubs and organisations provide
- How schools can better meet children/young people who are struggling
- What schools can do so that fewer young people in the municipality abuse drugs
- How decision-makers/the administration can make it possible for more children/young people to get involved
- Which climate and environmental measures the municipality should prioritise
- What is good and not so good about living in this municipality

Information and invitations

Information that the decision-makers are coming can be sent out in advance to the children and young people at the place where the decision-makers will go. This can be done through posters, information sent to leaders who read it aloud to the children/young people, digital platforms, or a short film the children/young people can watch where the decision-makers explain why they are coming.

What is important for the decision-makers before they go out

- Receive a short training session from young people, with tips on what they can do to make it as safe as possible for children/young people to talk with them
- decision-makers who are going together talk about how they can make it as safe as possible for children/young people and how they can help each other create a safe atmosphere

How to carry out the actual meeting with children/young people

- Start with one or more short games/energisers to get to know each other a bit
- Give direct information about why they are coming and what the answers will be used for
- Invite children/young people to answer in conversation, possibly in small groups with one or two decision-makers in each group. There can be tables with different themes that the young people feel safe talking about, and the decision-makers move from table to table
- Explain why the decision-makers want input and advice from children/young people, and how they can give input and advice at other times throughout the year

The decision-makers' responsibility after they have received advice and ideas

- Leave information about how children/young people can get in touch if they have more to contribute or are wondering about something
- Publish information on social media about how the opinions and advice from the young people have been taken forward and how they have been given weight when decisions are made

