

## Implementing & monitoring the UN Convention on the Rights of the Child (UNCRC)

### What 'I can' and 'I will' commitments did the delegates make at the UNCRC in Practice to the investigation team at the Children's Parliament?

- I can work it out with young people what works
- I can trust a child after they lie to me
- I can build dignity, empathy, kindness, trust within my organisation
- I will look for staff training on bullying
- I can teach
- I can encourage a more participatory approach at my work
- I will look at how we can give children a voice in our hospital
- I can act on what children and young people tell me
- I can continue to show kindness to children and young people
- I will listen to children when they need my help
- I will share the children's voices widely and always try my best to listen meaningfully
- I can be kind to others. I will model accepting kindness too
- I can listen to children
- I will work to help children be heard in schools
- I will ensure that I continue to treat children with dignity
- I can listen to children to ensure that they receive what they want and need
- I can take children seriously and listen to them
- I will speak to all the adults that I work with about how important it is to listen to young people
- I can listen more to children and help them say how they feel
- I will make space and spend time with children so I can listen to them and hear their voice
- I can listen, hear and respect
- I can ask more often how someone is feeling
- I will empathise more with young people and children
- I will try to talk about LOVE more
- I will listen, hear and respect
- I can understand a little better what a rights-based approach is
- I will treat children with respect and dignity
- I can respect children to make their own decisions and judgments
- I will go back to my job (I work for a family charity) and tell everyone what I learnt from The Children's Parliament
- I can listen to children's views and experiences
- I can talk more about love, regard, human dignity and respect more and policy less
- I can help people if they're stuck
- I can listen to others. I will be more open and approachable
- I will use children's voices in my research as a central component
- I will be more careful and thoughtful of people around me
- I can work harder to promote children's voices in the workplace
- I can feel empathy for anyone going through bullying at school/home. I will encourage anyone to speak out about bullying
- I will try and be more kind to people
- I can be kind to children, listen to them and help them do what they want to do
- I will need to make sure that I don't just listen to children's views but my actions reflect on their perspectives too (perhaps listening is not enough, 'doing' is too)
- I will praise children in everything they do
- I can help encourage other adults to praise children



I can make sure that I'm empathetic to the experiences of children who are bullied  
I will write about empathy, trust, kindness and dignity in my report  
I will share the messages from the children with as many people as possible online  
I will show trust

I will listen to children and young people

I can support children to be heard

I can ensure I listen to children and young people

I can form good relationships with children so they feel listened to

I can be kind to more children and listen to their views more often

I will praise more children and help them talk about their feelings if they're hurt

I can tell more adults about children's rights and what they really mean

I will live rights with my children

I will try hard not to be mean about someone behind their backs

I will treat children and young people with dignity and respect and treat what they say with the importance it deserves

I will see if any children I work with want to know more about The Children's Parliament

I can continue to provide children and young people with information about their rights and help them to be upheld

I can listen more to children's views

I can raise this with my students in class

I can build trust with children by listening to them and treating them as equals

I can look up the resources/work of The Children's Parliament

I can trust children

I will introduce a session in class on the UNCRC

I can use these fantastic games, ideas and views in the work of our organisation

I will tell the Rights of the Child group in Glasgow about The Children's Parliament's work

I will really listen

I will set something up where I know there's a gap for children and young people to be listened to

I will make sure all adults respect and listen to children

I will explain better how RIGHTS bring CARE for and to children's lives and how this changes our Scottish culture

I will take what I have learned today back to my role

I can listen better to children

I will stop and think about promoting human dignity

I can encourage others to listen to children

I will make sure I listen to all the views and opinions of young people I come into contact with

I can make sure that any work my organisation does with CYP is as inclusive as it can be and in particular is MEANINGFUL AND ONGOING

I will listen to children and young people's views and take them into account

I can share the links for the CP website on our website

I can trust that children can make their own decisions about their lives

I will make sure that any work I undertake involving CVP will allow me the opportunity to build a relationship of trust and that I apply this

I will ensure that YP and professionals are made aware of the messages and share these resources for ACTION

I can ensure that children and young people's views will be incorporated into any research conclusions I am part of

I can listen to and appreciate children's views

It is not kind to treat people based on their popularity

Trust is someone who recognises everything you do

I can think more about how we can incorporate the key messages from the Bullying Project into our work with services

I can trust children

I will treat anything a child tells me with respect

I will think more about the IDEA of KINDNESS – the little thing in a day that makes us feel better. There's always room for more kindness

Trust is when people have your best interest at heart



I will do everything I can to make sure children's voices are heard by parents, teachers and policy makers  
I will promote the project through our networks in our organisation  
I can listen or notice how a child is feeling  
Children should not be immediately punished. They should have dignity  
I will ask the children in my life how they are feeling, how their day was and if anything is bothering them. Children are the future  
I will care  
I can make others be kind to each other  
I will aim to give to children a sense of self-respect by showing how their involvement in projects will impact  
I can make children feel valued by praising them  
I will share the work of The Children's Parliament to show people the amazing work they're doing  
I can view the rights of children the same as adults  
I will make sure that I take children's views seriously when decision making  
I will try to enhance trust through communication  
I will try to make sure children and young people are properly listened to  
I can trust the capacities of children and YP more  
I can ensure that I continue to respect, listen to and act alongside the views/opinions of children and young people  
I will be myself  
I will stand up for a child who say they are being bullied  
I will actively listen to children when they are sharing their views, ideas and experiences with me and ACT  
I can make sure I listen to children  
I will listen  
I can always make time to listen to a child  
I can help  
I can make a difference to children's lives  
I will try to put myself in the shoes of children/young people more  
I will show empathy, as well as dignity, be kind and be trustworthy to all the children I work with  
I will make sure adults list to young people and take their views seriously  
I will share the work of The Children's Parliament with different organisations  
I can take these resources and share with ITE students/Council education staff  
I can make sure I respect and listen to children at all times. I can look out for the children I know  
I can tell all the people I work with about this project and explain why it is so important that we listen to children  
I can make more of an effort to see the child's perspective to see how they are feeling  
I will listen harder and really hear what you are saying to understand how you are feeling  
I can encourage other adults to learn about children's rights and the importance of listening to children  
I can listen properly to what children say to me  
I will trust a child after they lie to me  
I can make sure I listen to children and YP  
I will make more space and time, e.g. using games to listen to children and talk through actions together  
I will make sure I help/support a child if they are being bullied  
I will do my very best to ensure every child is treated with dignity  
I can and I will speak to my own children about the four themes and keep them constantly in mind as I relate to my children  
I can try to imagine how it could make me feel  
I will share this message and this project with the young people and adults I work alongside  
I can use the model developed by the children in a participation conference I am part of this summer  
I can be more trusting  
I will smile  
I will ask more questions when a child I know is acting out



I can be a better listener  
I will share today with my team and wider colleagues  
I can always treat children with respect and listen to them  
You should listen to children and treat them as friends and love them  
I can listen and put myself into children's shoes more  
I can love others  
I will ensure that feedback is given back to children in different ways  
I can be kinder to people and include people  
Being kind to a child is treating them seriously and listening to them  
I can make sure that I tell people all about what I have learnt from The Children's Parliament today  
I will talk to and listen to my children and grandchildren about all aspects of bullying and how we can all help to end it  
I will share with professional educational psychologist in training  
I can love  
Trust is being honest and loyal  
I will take the things I have learnt and reflect on how I can take them into my own work  
I will make sure I stop, listen and not ignore  
I can try and get better at trusting people that I don't always get on with  
If I say someone being cruel to a child, step in and talk to the child  
I can reflect on my own practice  
I will do what I can to raise awareness of children's rights especially Article 12  
I can talk to my children and grandchildren about bullying. I can listen to them about their ideas on how bullying affects them directly and indirectly  
I can do my best to make someone happy and make them feel better if they are upset. I will treat everyone equally  
I can do something if a child is bullied  
I can listen better and I will listen better  
I will try to integrate the 10 learning points from the work of The Children's Parliament into the work of organisations I work with, and my own  
I will take children's views seriously  
I can promote and live by the principles learned today, e.g. spread the learning to others not working in this field, e.g. wider family  
I will try to act when a child tells me they are being bullied  
I can further the cause of youth democracy on a local and national level  
I will continue to represent and advocate for the rights of children and young people  
I will be kinder to people who do not hold my views and values even if they are Tories  
I can send the link video out through my social media and use with students  
I will go the extra mile to make sure your views are heard  
I will always remember the importance of children's involvement and participation  
I can spread the word about children's rights.  
I can support children to be heard  
I can be a better observer and listener instead of solution provider  
I will practice more empathy – can I understand how YOU feel?

