

## Resources for your Club

### Promoting the Voice of Junior Members





**Purpose of the resources:**

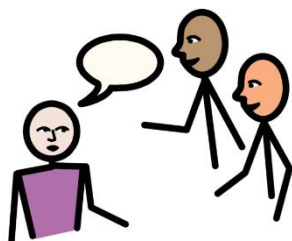
To support your club in capturing the voices of junior members and to provide some resources to assist with this.

**Importance of child participation**

[Child participation | Importance, benefits, types & promoting \(cpdonline.co.uk\)](https://cpdonline.co.uk)

*Child participation is recognised and promoted as a fundamental right under the United Nations Convention on the Rights of the Child. It states that children have the right to the freedom of expression and the right to be heard in all matters that affect them.*

*Research shows that engaging children in decision-making processes, when done successfully, can benefit all involved. It is an important aspect of promoting children's rights, ensuring their well-being, and creating a more inclusive and democratic society.*



UNCRC Article 12

*I have the right to be listened to and taken seriously.*

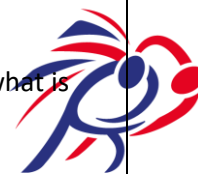


**What Junior Members have told us:**  
(from December 2023 British Championships)

**Christmas tag comments:**

**British Championships 3th – 4th December 2023**

1. I love judo.
2. I think judo is a great way to make friendships for life.
3. Love injuries Hate winning.
4. I make new friends.
5. Learning new moves
6. Cutting weight
7. I like the people.
8. I like my coach.
9. You break paraphernalia.
10. I like to cheer on my friends.
11. Should be more female weight categories -78kg at cadet AT LEAST!!
12. Like winning/competing Don't like losing/being beat
13. I feel like there should be more weights for girls.
14. Merry Christmas
15. You get to meet new people.
16. I enjoy the family feel I have in my judo! I also love coaching.
17. I love the judo family. Judo John
18. I don't like waiting.
19. Positive – Strength
20. Injuries
21. The national centre is the best – Mcgregory -90
22. I like judo it makes me feel happy. And I like fighting.
23. It's fun.
24. Making friends
25. I like to meet like-minded people.
26. I like keeping fit.
27. It hurts me!
28. I like to visit different clubs.
29. I don't like all the travelling.
30. More classes
31. Having an impact on people's lives
32. The friends made + The memories made.
33. Great family atmosphere
34. It's fun.
35. You learn new things.
36. I like making friends.



37. Confidence, self-esteem, community (heart) judo
38. Self defence
39. More protection for mental health starting from a younger age. Please listen to what is being said and supported from club level.
40. Still not had membership card and renewed it in august.
41. I like the judo young leaders.
42. I like the judo community which is more like family.
43. To out less pressure on young people to be successful + get on the team.
44. To protect yourself
45. Great work ethic  
More work needed: - modules for referees to support players with autism.
46. You get injured.
47. (negative) The wait time between competing and getting your medal.
48. Like winning.

### **British Championships 9th-10th December 2023**

1. It helps with confidence & building strength.
2. Judo creates positive relationships & promotes sportsmanship & respect.
3. The Inter club is inspiring.
4. Good- respect & camaraderie
5. Judo is great for fitness & friendship.
6. Behaviour is great compared to most sports.
7. Bad- championship costs
8. Love watching the contests & the atmosphere of the judo scene.
9. The wait time between weigh ins too long. Apart from that I love judo.
10. To me Judo has been very resilient and taught me loads of patience. Always have a winner mindset
11. Everyone is friendly.
12. This time of year. Festive. It is good to be positive in what you do.
13. Judo; lots of cool people. Don't enjoy breakfalls in comps.
14. Bad- fighting hours before we're supposed to on timetable.
15. Judo is all inclusive. Everyone is welcome.
16. Judo is fun & learn new things.
17. Judo has positively transformed my life. I love it.
18. Always makes you feel you have accomplished something.
19. My favourite thing about Judo is the community.
20. Good experiences & people
21. I like that you learn things in Judo.
22. I love Judos community and volunteering, but I would love for volunteering opportunities to be widely available.
23. Judo- I like the community. Make the weigh into the fight quicker.
24. I love Judo.
25. The wait for weigh in and fighting is long.
26. I love the family feel.



UN Convention on the Rights of the Child - UNICEF UK

1 -18 DEFINITION OF A CHILD	2 NO DISCRIMINATION	3 BEST INTERESTS OF THE CHILD	4 MAKING RIGHTS REAL	5 FAMILY GUIDANCE AS CHILDREN DEVELOP	6 LIFE, SURVIVAL AND DEVELOPMENT	7 NAME AND NATIONALITY
8 IDENTITY	9 KEEPING FAMILIES TOGETHER	10 CONTACT WITH PARENTS ACROSS COUNTRIES	11 PROTECTION FROM KIDNAPPING	12 RESPECT FOR CHILDREN'S VIEWS	13 SHARING THOUGHTS FREELY	14 FREEDOM OF THOUGHT AND RELIGION
15 SETTING UP OR JOINING GROUPS	16 PROTECTION OF PRIVACY	17 ACCESS TO INFORMATION	18 RESPONSIBILITY OF PARENTS	19 PROTECTION FROM VIOLENCE	20 CHILDREN WITHOUT FAMILIES	21 CHILDREN WHO ARE ADOPTED
22 REFUGEE CHILDREN	23 CHILDREN WITH DISABILITIES	24 HEALTH, WATER, FOOD, ENVIRONMENT	25 REVIEW OF A CHILD'S PLACEMENT	26 SOCIAL AND ECONOMIC HELP	27 FOOD, CLOTHING, A SAFE HOME	28 ACCESS TO EDUCATION
29 AIMS OF EDUCATION	30 MINORITY CULTURE, LANGUAGE AND RELIGION	31 REST, PLAY, CULTURE, ARTS	32 PROTECTION FROM HARMFUL WORK	33 PROTECTION FROM HARMFUL DRUGS	34 PROTECTION FROM SEXUAL ABUSE	35 PREVENTION OF SALE AND TRAFFICKING
36 PROTECTION FROM EXPLOITATION	37 CHILDREN IN DETENTION	38 PROTECTION IN WAR	39 RECOVERY AND REINTEGRATION	40 CHILDREN WHO BREAK THE LAW	41 BEST LAW FOR CHILDREN APPLIES	42 EVERYONE MUST KNOW CHILDREN'S RIGHTS
43-54 HOW THE CONVENTION WORKS	<b>CONVENTION ON THE RIGHTS OF THE CHILD</b>					



## Hear by Right

Every young person has the right to express their views, feelings and wishes in all matters affecting them and to have their views considered and taken seriously.” Article 12, The UN Convention on the rights of the child. Hear by Right is an organisational development tool in the style of an assessment. Its values and aims are for organisations to recognise how important youth participation is within its many forms and the impact youth voice has on both young people and the organisation.

The concept of “Hear by Right” highlights the importance of encouraging organisations, policymakers, and decision-makers to involve children and young people in decision-making processes, policies, programmes, and more that impact their lives. By valuing and respecting their perspectives, “Hear by Right” seeks to empower children and young people to understand their rights and use their voice. The Hear by Right assessment is a paid course at two levels. When there is successful completion of the assessment you will be awarded a national NYA accredited certificate awarded in either Active level or Flagship.

### [\(19\) Hear by Right - YouTube](#)

Hear by Right has seven standards based on the familiar ‘Seven S’ model for organisations. These are:

- Shared values
- Strategies
- Structures
- Systems
- Staff
- Skills and knowledge
- Style of leadership.
- 

The seven Hear by Right standards focus on improving young people’s participation in the organisation, which in turn will improve the services that will help them to improve their lives.

Please contact our team for further information by completing the form below:

[Hear by Right – NYA](#)





## CHILD RIGHTS RESOURCE CENTRE



[So you want to consult with children? A toolkit of good practice | Save the Children's Resource Centre](#)



Play their Way.



[Play Their Way - How To Deliver Rights Based Children's Coaching | Play Their Way](#)

### The Lundy model of child participation

Since 2014, the Lundy model of **child participation**, based on four key concepts (Space, Voice, Audience and Influence), has been used and adopted by national and international organisations, agencies and governments to inform their understanding of children's participation, generating a sea-change in global understanding of child rights-based participation for both policy and practice.

[Enabling the meaningful participation of children and young people globally: The Lundy Model \(qub.ac.uk\)](#)







## Involving children and young people



Child Protection in Sport Unit

Involving children and young people in decision making, planning and hearing their voices is an important part of creating a safe culture in a club or activity.

We've developed this guidance to help your sport or activity to meet the child's safeguarding needs and provide the relevant tools to involving and listening to a child's voice within your setting.

[Involving children and young people in their sport | CPSU \(thecpsu.org.uk\)](https://www.thecpsu.org.uk)

## Pupil voice and competition management system

Designed by Seamless Software, Koboca collects pupil voice and makes it easy to run both virtual and face to face competitions for all pupils.

[Koboca - Home](#)



## YOUNGMINDS

fighting for young people's mental health

[Participation toolkits | Resources | YoungMinds](#)

Supporting the participation of children and young people experiencing extra vulnerabilities

This toolkit aims to support organisations to increase the participation of children, young people and families who face marginalisation and barriers within the mental health system.

As well as insights into how these barriers impact young people's experience of service and engagement with participation opportunities, this toolkit provides practical tools you can use to make your participation more representative.

[vulnerable-groups-toolkit.pdf \(youngminds.org.uk\)](#)

For further information contact:

[safeguarding@britishjudo.org.uk](mailto:safeguarding@britishjudo.org.uk)



Other suggestions for engaging young members.

Post Box for young members feedback & wishes

Feedback wall for young members to express their views

Club young members council (for consultation on club decisions)

Annual Young Members Event/Day

Representation on Club Committee

In addition, Junior Members may wish to join BJA Young Leaders Group

For further information contact Andrew Bowly, Head of Inclusion, Safeguarding & Wellbeing [andrew.bowly@britishjudo.org.uk](mailto:andrew.bowly@britishjudo.org.uk)

Give it a go!!!

