

# Top Tips for PARTICIPATION

## what disabled young people want

### Respect us

"Trust us – we need to trust you"  
"If you give us respect – we'll give you respect"

### Involve us from the start

"You can find out what's best for us by involving us"  
"Don't guess what we want"

### Listen to us

"If you don't listen to what we want – how can you give us what we want?"  
"Listen to me, no one else, listen to me. It's my body, listen to me, it's my life, listen to me"

### Be open and honest with us

"Frustrating when you don't tell us stuff"  
"We all make mistakes"  
"We ask you questions to help us understand our world and grow as people"

### Prove you're listening to us

"My voice is my power"  
"Tell us what's changed"  
"Show us you want to listen"

### Make sure we get something out of it

"Participation is a great way to help us learn how to make decisions and understand the choices we may face in the future"  
"Gives us new skills"  
"Empower us"

### Give us time

"I know what I want to say – give me time"  
"Give me time to get my message ready"  
"Help us make decisions by giving us your time – enough time"

### Support us to make our own decisions

"I want more choice"  
"If you listen to us you can help us get a positive outcome"



making  
ourselves  
HEARD

Council for Disabled Children, NCB  
8 Wakley Street, London EC1V 7QE

tel 020 7843 6006

fax 020 7843 6313

email [vwright@ncb.org.uk](mailto:vwright@ncb.org.uk)

[www.ncb.org.uk/cdc](http://www.ncb.org.uk/cdc)

Charity registration no. 258825

**P/W** Participation Works

Produced in partnership  
with young people from  
Generate UK and 1Voice