

COMMUNICATE WITH US, NOT AT US!

A checklist for more effective communication with children and young people.

INCLUDE US

- **Think about us:** Have you listened to our views?
- **Diversity matters:** Have you included all our voices, recognising that everyone is different?
- **Include our stories:** Can you share real-life stories to make your message(s) more relatable?
- **Respect our rights:** Have you considered our rights? Are you respecting our rights?

BE REAL WITH US

- **Be honest:** Are you making promises you can keep?
- **Be transparent:** Is all the information noticeable and easy for us to find?
- **Answer clearly:** Will you give us truthful, straightforward answers?

DESIGN WITH US, NOT FOR US

- **Involve us:** Have you asked us for our ideas when shaping your wording, design, and style?
- **Engage us:** Are you using catchy titles, bright covers, and questions we care about?
- **Keep it clear:** Is the information organised into logical parts we can understand?
- **Add creative visuals:** Have you used themes, bold colours, icons, and artwork we've made or like—without overcrowding?
- **Make it easy to use:** Are your channels simple, fun, and easy to navigate, with relevant hashtags, clickable links and alt tags? Are they accessible for children and young people of all abilities?

SAY IT SO WE UNDERSTAND

- **Use plain language:** Is the language clear and direct without talking down to us?
- **Respect us:** Are you talking about tough topics honestly and respectfully?
- **Explain clearly:** Have you used examples to make complicated things clearer for us?
- **Use our language:** Have you removed jargon and used language we use?

MEET US WHERE WE ARE

- **Mix it up:** Are you using different channels that are age and developmentally appropriate—like apps, quizzes, games and websites—to share information with us?
- **Reach us where we are:** Are you providing information in schools and other places we visit?
- **Make it safe:** Have you included content warnings and ways for us to seek help if we need it?

This is a Voices for Tasmanian Youth (VTY) output. The VTY has been a group of up to 19 children and young people aged 10-18, representing diverse communities, identities, and experiences across Tasmania.



Supported by the Commissioner for Children and Young People, we originally came together to share our views and ideas with the Tasmanian Government about their draft Child Sexual Abuse Reform Strategy, [Change for Children Strategy and Action Plan](#).

Find out more about
our work here:



<https://ccyp.me/VTY>

This resource, *Communicate with us, not at us! A checklist for more effective communication with children and young people*, brings together views and ideas of VTY members and children and young people who took part in a survey we designed to ensure wider participation.

