

Get your Voice heard

10+

AIM

To examine the barriers to having our voice heard and develop ways to overcome this

Time

20 Minutes

Material

Copy of the Convention on the Rights of the Child (CRC)

What to do

Ask for two volunteers (A and B) to stand on either end of the room. Each volunteer chooses one of the CRC rights and makes it into a short sentence that sums it up. Get the rest of the group to stand in the middle. The groups task is to make sure A and B can't hear each other. Explain that if you wave your arms, everyone has to be silent.

When you say "GO", Person A tries to shout their message to B.

Allow one minute for this. Ask person B what they think person A was trying to say? Now swap roles. Ask for two more volunteers and repeat.

Debrief

Why was it so hard to understand what people were saying? As a young person, what are the obstacles to getting your voice heard? Do young people have a say in the way the media portrays them? Do you think there are young people whose opinion is never listened to? What action can young people take to overcome this?

Note for leader

You can also run this activity with younger ages by simplifying the statements and creating pictures of the various rights with your group.

Warm Up

Fitting in: Participants sit in a circle. Leave one chair unoccupied. A volunteer stands in the centre and their task is to get into the empty chair. The group tries to stop them by moving from chair to chair, the rules are that you can only move one chair at a time.

Action Idea

- As a group, decide on the three major issues you want to work on. Create a list of ways we can have our voice heard locally, nationally & internationally. For example do an interview on a radio station, make a YouTube video or record a mobile phone "Action ringtone" to pass to all your friends with a recording of your group calling for action on an issue!