



in this issue: **smacking report** 4-page pull out **your bbc - your say!** **politicians, poems and pasta...**



don't miss your chance to speak out on issues that interest,
annoy or puzzle you on the ever-expanding your shout!

the ncb voice

Sorry

Sorry that we are here, that we take your time
Sorry

Sorry that we breathe your air
that we walk your grounds
that we stand in your views

Sorry – yes we are so sorry
that we look like we do
that we disturb your nest
You do enough for us already

Sorry that we are not grateful and happy
And that my name isn't David or Charlotte
or Mary
But Rashed, Holta and Ardita

Sorry that we sit in your trains and buses
and on your benches in the sun

And sorry that we brighten nothing and the
only thing we have is a story
Not even a happy story.

Student from Langdon School, London

Hello everyone!

The plot thickens...Hannah has taken Shuna's lead and headed off into the sunset – she was last spotted on a mountain in China – and so I'm going to be working with Young NCB while Rachel is away with her baby. I've had a great time meeting young members so far and I hope I get to meet a lot more of you soon.

It's been a really busy time for many of you with exams and tests at school and college, and I hope you all did really well. Now you can take a well-deserved break with your feet up and your new copy of *Loudspeaker*.

That's not to say young members haven't been busy. Our recent big consultations in London and Northern Ireland about the BBC were really successful. Young people helped to run workshop groups for children of all ages and had a say in the planning stage too. Hopefully we'll see some changes on our screens in the next few months as a result of that. (I'm hoping

for the 24-hour Simpsons channel that one young person suggested.) And while we're talking about culture, Louise Longa talks to the Minister for Culture, Media and Sport, Tessa Jowell, on page 6.

This issue of *Loudspeaker* features the last and final version of the smacking report. It looks good and we hope it will make a difference to the way children and young people are treated. Well done to everyone who took part and thanks a million for your contributions.

There's much, much more to read in this edition of *Loudspeaker*. Thanks to everyone who made it happen. It's by young members, for young members, so if you're interested in having your name in print and writing about anything from film or music reviews, to reports of events, or even drawings, stories or poems, please drop me an email at info@youngncb.org.uk or give me a ring on 0207 843 6099.

I hope you enjoy this issue and that you all have a fantastic sun-filled summer.

Ben Street
Young NCB Coordinator



The NCB Participation Team: Ben, Lucy and Janine.



Young NCB is the free membership network for all children and young people run by NCB.

As a member of Young NCB, you have the chance to speak out on the issues you feel most strongly about such as safety, sex and relationships, schools and education, bullying, drugs and the media.

At Young NCB your views really count and will be heard by other children and young people, professionals and policy-makers.

For more information and a free joining pack visit www.youngncb.org.uk, e-mail info@youngncb.org.uk or call 020 7843 6099/67





advisory group

want a slice of the action?

The last Advisory Group meeting was held in April and as usual there was a lot to cover. Advisory Group members have all been busy working on different projects, as well as balancing school or college work, full-time employment, and very demanding social lives.

A few of our Advisory Group members sit on NCB's Board of Management, which is the group of adults who decide what sort of things NCB should be focusing on in its work. We discussed what young people thought

about being part of the board, and it was agreed that there was sometimes a bit too much jargon, but on the whole it was positive. Sitting on the Board is a major commitment and can be quite nerve-wracking, but it's a great opportunity for Young NCB to have a say in NCB as a whole.

Sadly though, some of our Advisory Group members have to be moving on, either because they are reaching the top age limit of 18, or they have other things to do now. If you're interested in becoming a new member of the Advisory Group, read on ...

Why should I join the Advisory Group?

Firstly, it's a lot of fun! You get to travel across the country and meet other people your age. You can go on day trips and you sometimes get to stay in hotels. Plus you really do get listened to!

What does the Advisory Group do?

The group directs the work that Young NCB does. It makes decisions on behalf of Young NCB members and supports the Young NCB representatives on the NCB Board.

How does it do that?

The group gets together six times a year to plan events, talk about what Young NCB's been up to, and help the Board representatives get ready for their meetings by giving them ideas of what Young NCB should be doing.

Who can become an Advisory Group member?

If you're under 18 and a Young NCB member, then you can!

Who's going to choose new Advisory Group members?

Some of the current group will choose new members with support from NCB staff.

What does an Advisory Group member have to do?

A member should try and attend as many meetings as possible. They have to be prepared to work as part of a team. Oh, and they need to be enthusiastic about speaking on behalf of other young people.

When does it meet?

The meetings are held in school holidays or at the weekend six times a year. The group keeps in touch by email, phone and letter between meetings, with support from NCB staff.

OK, but how much will it cost me?

Not a penny. Young NCB will pay for your travel expenses wherever you're from and will provide refreshments for all Advisory Group meetings.

Sounds good. What do I do next?

Drop Ben an email on info@youngncb.org.uk or call 0207 843 6099. And keep your eye on the website (www.youngncb.org.uk) for further updates about changes to the Advisory Group.

young researchers have their say

Four young people from Islington Green School in London were invited to help the Royal College of Paediatrics and Child Health understand better what children need and how they would like to be involved in the College and their services. Here Anita, Elena, Georgina and Hadgar tell us what happened when they were trained by the National Children's Bureau for the project and the first time they visited the college.

We were invited to help on a project for the Royal College of Paediatric and Child Health involving children and young people in the process of decision-making. During the training, we changed our attitudes to other people and a whole load of other complicated issues, which affected everyone in the community.

Doing the training was more fun than we thought it would be: the staff were nice and we did a lot of fun tasks, which involved us using our common sense and new knowledge.

While at the Royal College we visited all the different departments and discovered what training paediatric doctors have to do. We all agreed that how paediatricians interact with the child they are examining should be an important part of how they pass the paediatric membership exam (MRCPCH), and not just whether they give them the correct diagnosis.

We also decided that children and young people should be informed about why they need to visit a paediatrician and be more involved when finding out about illnesses. They should also be included in designing questionnaires for young people and be asked about their experiences when going to hospital or the doctors.

Visiting the college gave us the idea of having a young people's council group. This would help to give the college ideas of how to involve young people more in their work and give us a chance to express our ideas and help to put them into action. It was great to be able to use the skills that we'd learnt at NCB to help shape the way children and young people are treated. The training we had will also come in handy in our everyday lives.

At the end of the training course we received a certificate for the completion of the training. We were sad to leave because we learnt so much in just the little time we had.

Elena Miller, Anita Odozi, Georgina Laing and Hadgar Karka



making a difference

peer counselling

You're probably all members of Young NCB because you would like to make a difference for young people. However, there is also another way to make an immense and positive change to individual lives: peer counselling.

Peer counselling is a service created by a group of students for young people of their own age to help with any emotional or academic problems. To become a counsellor, you have to have particular skills. For example, you should be a good listener and able to keep confidential information to yourself. In my previous school, I was part of a counselling service called Youths That Care.

Tell me more about Youths That Care

The Youths That Care service was led by two or three senior students, who worked with a group of about 15 others from different year groups.

We were trained by a specialist to deal with a variety of issues. These ranged from small friendship disputes to highly serious incidents, such as racial discrimination and sexual harassment. As far as I am aware, other schools' peer-counselling services are very similar.

Why is Youths That Care important?

Not only are there benefits for the students being counselled, but also for the counsellors themselves.

At times it is difficult to speak directly to an adult about certain difficulties, so having a group of trustworthy students to whom you can communicate any concerns is invaluable.

It also helps interaction between the different year groups.

From what I hear, YTC is still as fantastic as the day I left.

Should I become a peer-counsellor?

Provided you feel that you have the necessary skills, do not even hesitate! If there isn't already a peer-counselling service why not suggest launching one?

I still remember how several students who had been counselled were transformed from unconfident people into self-assured ones, taking on life and all its obstacles head-on. Through peer counselling you can, to use Young NCB's own words, make a difference!

Ayoush Lazikani

my duke of edinburgh award experience

Despite discouragement from my friends, I decided to take part in the Duke of Edinburgh Award scheme. Most people I talked to didn't seem to have heard of the scheme but those that had didn't waste any time in trying to put me off.

According to them, it was like being in an army camp, cooking your own food on a stove, spending the nights in a cold tent, camping out in bushes and the most 'scary' part was trekking many miles with all your luggage on your back. Instead of scaring me it just encouraged me to take the plunge and go on with the award!

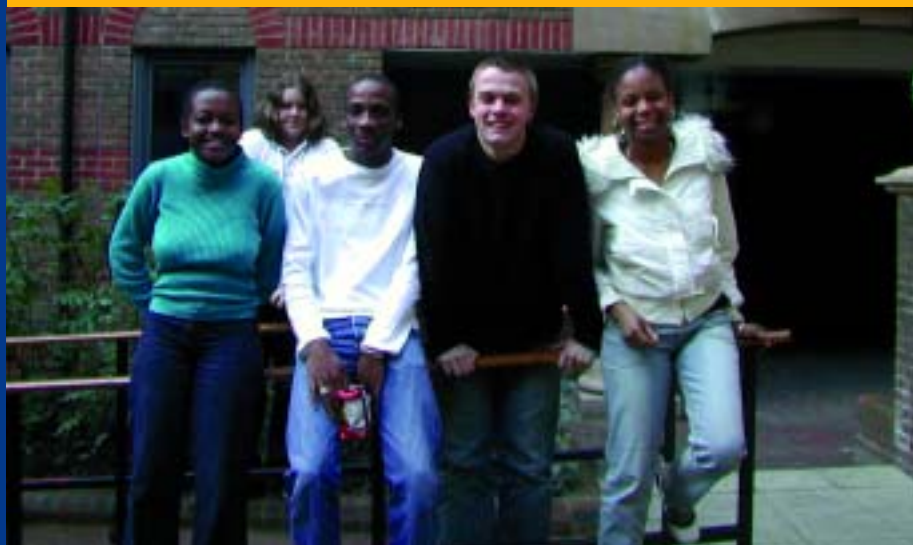
The award takes 12 months to complete and involves skill, service, physical recreation, camping trips and a residential project. For my skill part, I was a delegate at the Model United Nations for Methodist schools, which runs every year in school. This helped me to develop practical and social skills, meet new people from different walks of life, work with other delegates from other countries and discover new

talents. At the end of the debate, I was named a highly recommended delegate for my debating skills. This was a great achievement for me as it was the first time I'd taken part in a debate like this.

The service section encourages service to individuals and to the community. It's based on the belief that members of a community have a responsibility to each other and that voluntary help is needed. It provides an opportunity to make a personal contribution, to appreciate the needs of others, to contribute to their well-being, to trust and be trusted, to overcome prejudice and fears, and to accept responsibility.

I also took time off after school every Thursday to visit the primary school children and keep them company before their parents collected them. I was scared of the impression I might have on the children, but they took to me like I took to them! It was great fun – I was able to get down on my knees and play with children half my age and connect with them in a different sort of way.

continued on page 5...





making a difference

...continued from page 4

The camping expedition is meant to encourage a spirit of adventure and discovery. It sort of was like an army camp, but it was enjoyable and made me appreciate the countryside. My 48km expedition was in the Mendip hills in Cheddar and took four days and three nights.

The expedition was challenging, trekking with our food, pans and sleeping equipment on our backs! Some places were not good terrain, and it rained as we were trying to find our way in the hills. It was fun most of the time in my group because we made sure that we went ahead of other groups and whenever we caught sight of them a few miles behind us, we ran on ahead. When the boys in our group lagged behind we started singing and the boys ran on ahead because apparently our voices were so bad we were scaring them away!

It was not easy all the way, especially as it rained most of the time and it was cold in our tents. But I must admit it never put me off completing the expedition and award. I learnt how to demonstrate enterprise and imagination, work as a member of a team, respond to a challenge, develop self-reliance and leadership skills, and to enjoy and appreciate the countryside. I also learnt how to use

the map and compass and lead my group without getting them lost!

The expedition was a great risk for me and I am glad that it influenced my life positively instead of negatively as my friends had predicted. I have learnt a lot about myself and about risk-taking. I learnt that when I set my heart to doing something, combined with the best of my ability, I could actually achieve it.

The experience has motivated me to go on and achieve the next level of the award, which is Gold. Many people that did not believe I could do it have been surprised that I completed the award.

Doing the award taught me great skills like building fires, trekking over open land and facing challenges such as getting lost or being chased across a field by a mad bull.

It was great fun and it taught me good communication skills and how to work together with people of different ages, views and backgrounds. It inspired a great sense of adventure and helped me to broaden my horizons.

Laurene Ndagire

* To find out more about the Duke of Edinburgh awards visit: www.theaward.org

do something amazing... give blood!

Did you know that only 6 per cent of people in this country give blood? If you were in need of blood, would you like to wait around?

A few months ago I was in Luton town centre. On this particular day I was moved by the fact that not many young people give blood.

I decided to go in with my friend. We were both a little nervous as it was our first time and we were both petrified of needles!

As soon as we got in we were welcomed by a cheerful woman who gave us a form to fill out and some leaflets to read that informed us about who can give blood and when. When the time came to take the blood I was anxious and it felt as if my heart was skipping a beat and I had to take deep breaths.

The nurse took my mind off the whole matter and it didn't feel as bad as I expected – although it took forever to find a vein with fast-flowing blood. Once we had finished we rested for another 10 minutes. We were offered a free lunch, which was useful as you feel a little drained after the experience and need to get your energy back.

I'm glad I decided to do it because I wake up every day believing I have done something to help someone that I have never met. It's worth doing.

Afterwards I got a donor card, which I carry with pride. I also got a letter that thanked me for being part of the 6 per cent who give blood. I was really appreciative of this and think every young person should do something amazing – and give blood.

Seun Fajolu

* For more information visit: www.blood.co.uk or call 08457 711 711.

* You have to be 17 or over to give blood.





blair comment

Earlier this year two advisory group members, Jack Sharp and Hannah Gibney, were invited to 10 Downing Street to talk about issues that affect young people. Jack Sharp tells us what it was like.

When I first walked into Number 10, I couldn't help feeling that I was somewhat out of place in this building where decisions concerning the nation are made daily. It seemed extremely strange to me that when I was hanging up my coat, Tony Blair walked past me and said 'hi'!

We were called into the huge dining room, which had six tables with six people on each one. Each table was assigned a different topic to discuss. Ours was children and young people and their participation in matters such as schooling and social work. We discussed this for almost four hours! The Minister for Children, Margaret Hodge, went round asking what we thought.

When Tony Blair walked in everyone immediately stopped what they were discussing, in a kind of awe. After his initial few words welcoming people he took a seat right next to me. He started taking notes on our debates. He asked us questions about what we were saying, trying to follow our train of thought as well as looking at the issues from a political standpoint.

The speech he made after was extremely good as the majority of it referred to notes that he had made from each of our tables. This showed that he listened to us.

I found first walking into Downing Street intimidating, but soon settled into a 'conference groove' where you feel you can say what you want. As people walked away from the day, they felt more reassured about the hands that their country was in.

Jack Sharp



your bbc,

The BBC recently asked NCB to ask children and young people in England and Northern Ireland what they thought about what they saw on TV and the internet and listened to on the radio. Two workshop days took place, one in London Zoo and one in Omagh, to discuss issues around programming for young people; what the internet had to offer young people; and whether they thought the BBC presented them in a positive light.

The results will be put together into a report that the BBC and politicians will read and we hope that the young people's work will have a positive influence on changes in the BBC. Our roving reporter Louise Longa caught up with Tessa Jowell, Minister for Culture, Media and Sport at the London event. The really good news is that because of Louise's suggestions, a child-friendly version of the government Green Paper that will come out of these events is going to be produced! Here's what happened when they met...

I had the chance to meet with the Minister for Culture, Media and Sport, Tessa Jowell, at the BBC consultation at London Zoo. As you can guess, I had some questions prepared for Ms Jowell. We had an interview in which I really felt like she was listening to me and the other young people I was representing.

One thing for sure that I was pleased with was the fact that she accepted my idea for young people to have their own radio station. She said I should follow it up and see what they are going to do about it.

Below is the interview so you can see for yourself what I'm talking about...

LL: Do you think this event of listening to children and young people is important?

TJ: I do. Every 10 years the role of the BBC is assessed. Is it doing the right things or showing the right programmes? We have consulted widely with the public and are talking to children and young people, to see what they think is important. Everyone will get feedback on what is said.

LL: How will we know what the impact of the report will be?

TJ: My decision on the advice we get from children and young people will shape the way the BBC is run over the next 10 years. You might be seeing some changes. We won't agree with everything, but we will definitely include a lot of the information we receive. We wouldn't be doing it if we didn't take it seriously!

LL: What did you like watching on the TV or listening to on the radio when you were in primary and secondary school?

TJ: TV was only in black and white then, of course. I used to watch *Blue Peter*, *The Railway Children*, *Muffin the Mule* and *Bill and Ben*.

LL: What do you think that children and young people like to watch on TV?

TJ: My own children watch *Grange Hill*, *Newsround*, *Home and Away* and *Neighbours*.

LL: What can radio stations that aren't music stations do to attract more children and young people to them?

TJ: Well, what do you think?

LL: When someone talks about issues that affect them, that's



your say!

important. Things like school, relationships, sex, parents... something like that an hour every week. Phone-ins are good... people sharing a part of their lives and their opinions.

TJ: That's right.

LL: How about young people having their own radio station?

TJ: That's a really good idea. You should follow that up, maybe get in touch with your local BBC radio station.

LL: I don't mind hosting the show...

TJ: I'm sure you don't!

LL: Why is there no specific programming for the 12-16-year-olds? Shouldn't there be some specific programmes for this age group?

TJ: I'm not sure...I think the situation is that there's a crossover between what children and young people watch and what their parents watch – things like *EastEnders* and *Coronation Street*.

LL: Do you watch soaps yourself?

TJ: I do like *EastEnders* a lot.

LL: Why do you like it so much?

TJ: I like the different storylines, all the different races that are represented...everyone can relate to it, I suppose. Soaps are also a good way of getting people to think about and talk about issues like these.

LL: So how do you think children and young people see their portrayal on TV?

TJ: You tell me!

LL: Well...the newspapers usually show us in a negative way. TV usually shows both sides.

TJ: I think that's right. TV does have more rounded coverage. I suppose the newspapers concentrate on crime or trouble – TV is more realistic.

LL: Thanks for your time, Ms Jowell.

TJ: Thank you Louise!

Louise Longa

*** What do other members think about having their own young people's radio station? Share your views. Email Young NCB on info@youngncb.org.uk**

it's good to talk

Young NCB member Hannah Gibney recently wrote an article for a new campaign being launched by British Telecom, called *Seen and Heard 2*. Young people across the country wrote about making a difference in their community and Hannah's contribution was selected. The document is due to be launched at the UK Youth Parliament's annual sitting on 19 July, but here's a sneak preview of what was said.

When Hannah was 14 and living in Weston-Super-Mare she felt teenagers in the town suffered from a very bad image – they were seen as lazy and rude, perhaps into drug and alcohol abuse. But there was little for them to do and the town's youth facilities seemed to be a low priority. Hannah passionately believed that she and others had a lot to offer, if only adults would listen and take them seriously. So she set about changing perceptions of young people in her area and eventually found herself discussing national youth issues with Tony Blair at 10 Downing Street.

Hannah and other like-minded young people in her town successfully campaigned for the local authority to set up a youth council. She was then recruited by NCB and worked as a young researcher on a document that is now distributed nationwide to those involved in youth work, called *Building a Culture of Participation*.

Participation means helping children and young people have a say in decisions that affect their lives, from what you study at school to what you watch on TV. In Hannah's words, 'having young people involved in what are often considered adult-only projects is absolutely invaluable. They bring fresh ideas, perspectives and initiative – plus, working together generates mutual respect.'

'I believe the biggest obstacle to making sure we can influence things is the adult "children should be seen and not heard" mentality. My council originally saw us as lazy people who took nothing seriously, and achieved nothing. In truth, only a few of us have the motivation, or are prepared to find the time, to make a difference. But if young people had more support from adults there would be a huge change in our effectiveness and our image.'

You can see the full article, plus others by young people across the country, at the campaign website:

www.biglisten.co.uk/listening



member news

should smoking be banned?

your shout!

Smoking should definitely be banned because a lot of younger kids are illegally smoking because they see it from grown ups. They need to know that it's bad for their health.

I don't think they should ban smoking because it's up to you what you do and it doesn't cause any trouble. Whereas alcohol does, so why not ban alcohol?

I think that smoking should definitely be banned. My mum smokes and she won't stop. If there are no cigarettes around she and other parents won't be able to smoke will they?

Smoking should definitely be banned in public places like pubs and restaurants, but not in the street.

No I don't think it should be banned at all. As a smoker myself I don't think it's right. If you want to quit then that's up to you, but don't ban it.

I totally object to smoking in any public place including cafés and in shopping centres as well as on the streets. It is totally unfair on non-smokers who suffer as a result of passive smoking. If people want to smoke they can do this in private away from non-smokers.

Have your shout at:
www.youngncb.org.uk/yourshout
or email: yourshout@ncb.org.uk

member profile...



Louise Longa has been a Young NCB member since shellsuits were in fashion. And she's still wearing them. We tracked her down at her London headquarters to try and find out her secret pasta recipe.

How did you get into Young NCB?

A guy who used to work at NCB came to my school to talk to school council members. I was on the school council and was interested in what he had to say. After that a few of us went to a Young NCB conference. I really enjoyed it, and got involved in workshops with Young NCB, became a member, then I joined the Advisory Group and the Board. I like doing conferences, residentials, everything...especially interviewing MPs!

Would you recommend Young NCB to other young people?

Yeah, definitely. I'd like to see the word being spread to all different places – schools and youth clubs all over England and Northern Ireland.

What are your interests?

I like giving my opinion to basically anyone who will listen! I love speaking my mind. I work as a youth mentor for primary school children and they all call me 'miss' – I don't like that much, but it's good experience. Apart from that, I love hanging out with close friends and going to the gym.

What about music?

R'n'B, rock, hip hop...but let's not name any names!

What are you studying?

I'm doing media and communication and in September, photography and IT. I do quite a lot of photography in my spare time too.

You want to be a hot-shot journalist?

No, I want to work with young people, maybe as a youth worker. Not just young people here in Britain but all over the world, especially the third world. But I am into the news and media – it's good to know about all that stuff. And maybe one day I'll have my own organisation!

What do you like in people?

I like people who like a laugh but can be serious too; outgoing and understanding people. People who want to do something with their life and are serious about it.

What about dislikes?

People who are stuck up and don't speak to certain people. And people who don't know how to have a laugh.

Who do you look up to?

No one famous really. I admire my mentor, she's very brave and very nice. She's a light for lots of people, she's really encouraging.

What about your favourite food?

Oh, that would be my special pasta.

What's that made of?

I can't tell you. It's a secret.

OK, let me put it another way. What's in it?

No. Sorry. Can't tell you.

What's your philosophy in life?

Never give up, and don't regret your mistakes 'cos you can learn from them.

And never tell anyone what's in your special pasta.

Yeah.