

young members find a big friendly building...

in this issue: employment rights (page 2) – meet the leaders (page 3) – get involved (page 8)



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

know your rights

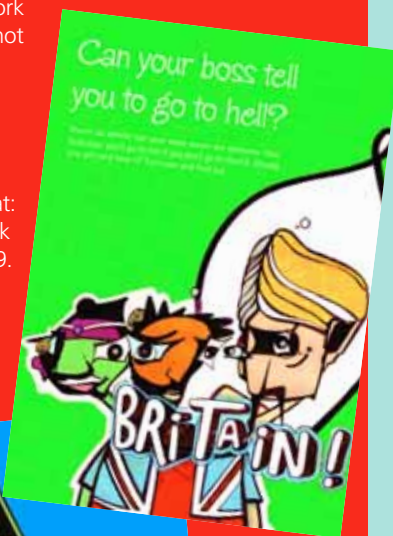
Imagine. You've just started your first 'proper' job. The pay's not great, but you want to make a good impression. You'll give it a year because it's the first step in the career direction you want to take. You think you're doing all right. Your boss seems friendly enough. But some of the jokes that people make just aren't funny. What do you do?

Employers don't often tell us about our employment rights, we usually have to find out for ourselves. And usually we only start looking when we've got a problem. Research shows that young people often don't know their rights – so are more likely to be exploited by unscrupulous employers! But even in the best of workplaces there can be people who don't know the difference between a joke and an insult.

NCB has been funded by the Department of Trade and Industry to raise young people's awareness of employment law. Employers who allow workers to be treated unfairly because of their religion or beliefs, or because of their sexual orientation, can be taken to court.

NCB felt that it was important that young people know their rights, so we've made the postcards below (coming to a school or Connexions office near you soon). They'll jazz up the wall, but also direct you to www.youngncb.org.uk/yourrights – our website with info about your basic work rights. So, if that joke's not funny, you'll know what to do!

■ If you want copies of the four postcards get in touch with us at: info@youngncb.org.uk or call 020 7843 6099.



Hi there!

It's good to be back here at Young NCB after a year away looking after my daughter, Martha. She's now happy terrorising the kids in our local nursery and I am getting used to being back at work. It's been great to meet up with the new advisory group – some of them spill the beans on page 3 – and to start working with Lucy Morris, Young NCB's new participation assistant (pictured above, left, with Rachel).

We've been busy looking at who is actually involved in Young NCB. Hopefully, some of you who are reading this issue of *Loudspeaker* will be new members and ready to get down to some serious speaking out! Find out what you can do to get involved on page 8. There will be more opportunities to get involved during the year so keep in touch with us through *Loudspeaker*, or check our website at www.youngncb.org.uk if you get the chance.

Those of you who have visited the NCB offices in London will know they

are a bit cramped these days as the number of staff working here keeps growing. Well, there are plans to move to a new building, and a group of Young NCB members have been working with some architects to help them make sure NCB moves to the right place. Take a look at the front cover and pages 4 and 5 to find out more about this exciting project.

Other reports in this issue cover a wide range of issues including bereavement (losing someone close to you), sexual consent (when to say 'no' or 'yes') and children's rights roadshows. We're always looking for other contributions, articles, poems or drawings so if you'd like to see your name, face or work in print then email (info@youngncb.org.uk) or call us on 020 7843 6099.

We hope you enjoy this issue of *Loudspeaker* and look forward to hearing from you soon.

Rachel Monaghan

Rachel Monaghan
Coordinator – Young NCB



advisory group from the horses' mouths

So, who are those shady people who hold the power in Young NCB? Here we put faces to the names of six current advisory group members and give you the low down on them.



Aisha Mahmood (14) is a new advisory group member who signed up on our website (www.youngncb.org.uk). She has already been in contact with a journalist to discuss her views on teen magazines and is

hard at work planning a post-exam event. Aisha likes people who are honest and not afraid to agree with something different. She hopes to put across the views of young people – particularly Asian young people – who don't think they have a chance to be heard.



Castro Emmanuel (17) joined Young NCB through his school in London. Castro has been involved in a range of activities since he was 13, including a march at the Houses of Parliament for children's

rights and competing in day-long table tennis matches at a Young NCB residential weekend. He's involved to make sure young people's opinions are taken into account by adults. [Apologies to Castro for using a photo from years ago...]



Graham Duffy (17) is from Merseyside. He wants Young NCB to challenge the discrimination faced by young people, and hopes that the advisory group can offer young people the chance to

speak out and have their voices heard. (Find out more about Graham in the member profile on page 7.)



Ayoush Lazikani (17) comes from London and became a member of Young NCB a few years ago. Her aim is to work on projects that will really make a difference to young people's lives, especially in terms of

increasing their knowledge of human rights. Ayoush's philosophy in life is to find the best in people and to try and bring this out. She always tries to think positively about life and humanity.



Emily Middleton (15) comes from Buxton in Derbyshire. She found out about Young NCB in *CosmoGIRL!*. Emily says that people should go for everything in life. Her philosophy is to make the most of

life and help others to make the most of theirs. She wants to carry on meeting other young people through Young NCB and go to more events.



Jack Sharp (16) has been to Number 10 Downing Street to meet Tony Blair with Young NCB and he has also appeared on *BBC Breakfast* talking about young people judging each other. His

philosophy in life is to *chill*. He keeps busy (when he's not appearing on TV) playing drums, rugby, badminton and doing stuff on the computer.

You'll have to wait for Issue 11 to find out about the other members of the group...



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, email: info@youngncb.org.uk or call 020 7843 6099/67.

i'm the big friend

youth summit 2005

The Youth Summit was organised by the Office of the Deputy Prime Minister. Its purpose was to hear the views of 150 children and young people about the areas in which they live. Young NCBer Kimberley Budd helped to run a workshop at the summit. She brings us this report.

In January I went to the Youth Summit 2005 with Alberta Bunbury and Zara Grossett, two other Young NCBers. We were there on behalf of Young NCB and Young TransNet, which gives children and young people a say on transport and transport choices. We were chosen to facilitate a workshop on transport.

First we had some training at NCB on how to do a workshop. That's where I met Alberta and Zara. We had a lot of fun and I enjoyed interacting with them and learning how to present the workshop.

We agreed what we were going to do and were really getting on well. Then the day came when we had to go to the summit in Manchester. I had to get up very early so I didn't miss the train. I was tired and the journey was boring and long, but when we got there we were really excited and a bit scared.

When we got inside we were given lunch and told about the day. It was young people not adults who spoke to us, which was good as it showed that the event was made by and for young people.

While we waited for our workshop to start we went to other workshops and really enjoyed ourselves. Then it was time for ours. I was so worried I would make a joke of myself, as I am a year younger than the group we were talking to. But everything went fine and the whole group worked well together. When it was finished we all felt relaxed and calm.

Overall it was a brilliant day, which was topped off with an amazing journey home. Not only did we eat Burger King but we realised there were radios in the seats on the train so we listened to music all the way home!

Recently, a group of 19 young people aged 12 to 16 had the chance to express their views on what makes a 'good building' during a consultation day organised by the Children's Centre Project (CCP). The CCP is a group of children's charities that wants to work together more closely. One of the ways will be for them all to move to a new building in London. The event was held to gather young people's views on what features this new building should include. The young people divided into groups and set off to visit either Peckham Library, Bloomberg's Finsbury Square offices or the Ideastore, a modern library in East London. Here, five of the young people who took part tell us about the day.

Celeste Houlker (13) I was lucky enough to visit the Bloomberg banking and financial information building. Visiting it was supposed to give me and my fellow group members ideas that would help the architects with plans for the new building.

The thing I remembered most about the building was the amount of colour used and how it separated different departments. The different floors were open plan, making it easier for the workers to communicate with each other. There were also fish tanks placed in some walls.

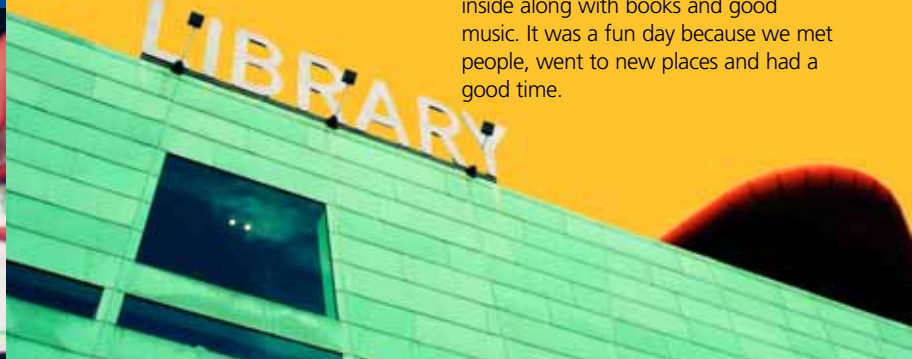
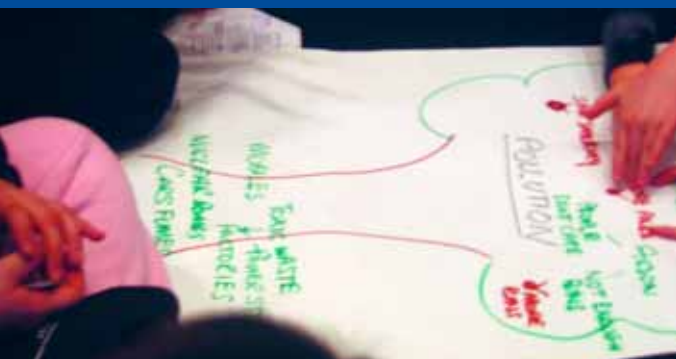
A building that is good for children and young people should have an exterior shaped like a house to make it seem friendly and inviting. The door should resemble something out of a fairytale, making the entrance seem exciting. Inside, the walls should be colourful and stand out, with some paintings of characters children are familiar with. The furnishing should be soft and squishy and fun to sit on. There should be a sensory room where children with special needs can enjoy themselves. In this room there should be lights and fun things to play with. I think there should be soft music and group activities; fish tanks are a good idea as fish are calming.

It was good fun meeting different people and sharing ideas with everyone.

Shaney Wright (14) I visited the Bloomberg building. The most memorable part of the visit was seeing the art that workers could use for an assortment of purposes like writing letters and for a seating area. I enjoyed the ice-breaker game we played because it looked as though you were going to fall through the floor.

I think an ideal building for children would be colourful and would also have twisting staircases and cartoon pictures on the wall. There would be TVs on the wall and you could also play on computer consoles. There could also be an indoor play adventure park.

Emily Budd (11) The building I visited was the Ideastore. The bit I liked most was the outside and the soft area. I think an ideal building for children and young people would be one that is big, spacious and fun. There should be toys inside along with books and good music. It was a fun day because we met people, went to new places and had a good time.



friendly building

Louise DeLaunay (14) I visited Peckham Library with an architect, an artist and Lucy Read from NCB. The thing I remembered most about the building was the huge glass window. It was divided into many rectangles and squares which were all different colours. The sunlight reflected the colours into the library, which made it look very colourful. I also remember the three pods. They were egg shaped and had squares of wood stapled onto the outside. One of the pods was for meetings, another was a children's play area and the other was for information about black and African-Caribbean history.

If I was going to make my own building for young people I would make it colourful, modern, spacious and, most of all, welcoming. I would probably build an adventure playground too. Inside there would be a play area for children under five, an internet café, meeting room, craft room, toilets, a meeting room for teenagers where they can talk about issues and problems, and a lounge with widescreen TV, PlayStation 2, computers, games and some funky sofas.

Humaira Patel (13) I visited a building called the Bloomberg building. One thing I remember is how every floor had a piece of artwork set up near a fish tank. We believe the reason there were so many fish tanks in the building was because Mr Bloomberg feels that fish calm people down and make a relaxing atmosphere.

I'd like to thank NCB for inviting me along because the lady who took us on a tour has promised me a job in five years time when I am 18! So that visit could be the start to my career.



i am the centre

I am the centre
I stand tall.
I am open, bold, full on,
I'm a place to belong.

I'm home from home
feeling,
open – warm and
vulnerable,
welcoming, lending a hand.

You can see through me.

I'm saying:
'Hope for a brighter
tomorrow!'
'Test all your senses!'
'Is it possible for a building
like me to be this cool?'

I'm touchy-feely interactive;
I'm fruitbowls, technology,
chi-energy,
air freshening lungs.
Inside me you can fly.

You can see through me.

I am round like the sun,
wavy like the sea,
tall, curvy, buff,
with a Parent-Free Zone –
I'm One of a kind.

I'm pure unbridled
heaviness,
I'm The Smile Centre
a bright spot in a dull place

I'm The Big Friendly
Building

This poem was written by all
the children and young people
who took part in the session
facilitated by Snug & Outdoor
at the event.



making a difference

unicef youth voice roadshow

Children's rights is one of the hot topics discussed whenever Young NCB members get together, and will be a focus for our work in the future. Advisory group member, Emily Middleton, tells us about her trip to the UNICEF Youth Voice Roadshow to find out more about this important issue.

Late last year I attended one of the two UNICEF Youth Voice Roadshows, at Old Trafford in Manchester – the other one was in Belfast. The aim of the roadshows was to interest, inspire and activate young people on global children's rights issues. All very well, but why, you might ask, would you get out of bed on the first morning of half term to go to this particular roadshow, even if it is at the home of Manchester United?

First off, I found out about the United Nations Convention on the Rights of the Child – which I'd heard of but didn't know much about. I discovered that it is a set of rights for children and young people and that all young people round the world (except in the United States and Somalia, which haven't signed up to the convention) have the same 54 rights. Finding that out made the day very worthwhile for me – but that wasn't all that happened.

The day included a lively presentation from some of the members of UNICEF Youth Voice about the organisation. One Youth Voice member also spoke about UNICEF's End Child Exploitation campaign, and showed a very moving campaign video with a voice-over by Robbie Williams. It's definitely worth a look (you can see it on www.endchildexploitation.org.uk).

After a short break (with plenty of biscuits to munch on) there were workshops on themes such as the media, campaigning and fundraising, which proved to be very interesting, and full of useful information. After lunch, there was the long-awaited tour of Old Trafford before the afternoon sessions began.

In the afternoon there was a choice of one of three very popular Africa-themed workshops: African dancing, beating bongo drums or working with a local performance poet. And after filling in a quick questionnaire there were goody bags filled with badges, balloons leaflets and sweets – a perfect finish to the day!

- If you want to find out more about children's rights or UNICEF Youth Voice check out their website: www.therightssite.org.uk

it will be ok

It can be really difficult to know what to say to a friend whose parent or someone close to them has died. And if you are bereaved (someone close to you has died), it can feel as if you're completely alone. That's why nine young people came together for two days to make a video with the Childhood Bereavement Network, to give other bereaved people the message that it will be ok, and to give their friends some tips about how to support them. Alison Penny tells us more.

The young people who took part all had a close relative who had died and they'd all had support from bereavement services. After spending some time getting to know each other it was lights, camera, action! The film company, Mouth that Roars, who were helping had some great equipment and the young people went off with the digital video cameras to shoot their footage.

Everyone took turns in writing interview questions, interviewing one another and filming video diaries. Some people wrote poems as well, and did voice-overs of things that had been helpful to them through their bereavement. Others found that text messages were a good way of offering support, so they filmed messages on their phone screen.

Day two was spent on location getting shots of London landmarks and some of the quieter places. Everyone who wanted to be in front of the camera got a chance. And after the final shot, the film stars left to catch their trains home, while the editorial team headed off to the cutting room.



The video takes us through the young people's experience and the messages they wanted their peers to hear. The group were clear that being able to talk about what had happened and how they were feeling about it was very helpful to them. One young person said: 'I went to counselling and I talked to people of my own age and someone else that I didn't know. It helped because I had to get it off my chest and I could talk freely. I've come to terms with it and I've just learned to cope with my emotions.'

- The video was made with the help of Penhaligon's Friends, CHUMS Child Bereavement Service and Northampton General Hospital Trust Child Bereavement Service. It can be bought from the Childhood Bereavement Network (call 020 7843 6309 or email apenny@ncb.org.uk).
- If you need help coping with bereavement visit: www.winstonswish.org.uk www.rd4u.org.uk or for details of local and national childhood bereavement services visit: www.ncb.org.uk/cbn/directory

member news

member profile...



Graham Duffy is a long-time Young NCB member – regularly whizzing up and down the country from his Merseyside home. As he's about to turn 18 and will move on to bigger and better (not possible, surely!?) things, we thought we'd give Graham one last chance to share his wisdom with us all.

How did you get into Young NCB?
I heard about it through my involvement as a researcher in another NCB project called Listening to Change.

What's the best thing you've done with Young NCB?

There are two things really: the *Don't Judge a Book by its Cover* conference that we organised from start to finish and the residential weekend in Derbyshire. It's great working with such great people who really believe in what they're doing! It's also been good attending national events.

What do you hope the Young NCB advisory group can achieve?

I hope that we will be able to

challenge the discrimination faced by young people. I also hope that we will pressure the government to pass legislation in favour of young people and stop passing laws against us! Above all I want the advisory group to enable other young people to speak out and have their voices heard.

What do you do in your spare time?

Loads of stuff. I play the saxophone and keyboard. I'm also a vocalist and sing in choirs. I enjoy sailing – apart from when it's cold. I'm also into drama, computer games and my local youth council.

Phew, not much time for just hanging out then ... What's your philosophy in life?

Whatever you do, be sure to put your best into it – you can ask for no more than that. And also, whatever you do, be sure to enjoy it.

Who do you admire or look up to?

I can't say there's anybody who comes to mind to be honest. I think that as long as you do your best there's no need to compare yourself to others.

What do you like in other people?

I like people who are honest and genuine. People who are not afraid of being who they really are. In other words: people who are confident, outgoing and fun.

So, what do you plan to do once you become 18?

It'll be no different to any other year really! I definitely plan on finishing my A levels and going to university to study Law. I'm still going to stay in touch with NCB and stay involved with organisations like them, and I'm going to get involved with a political party.

And any last thoughts?

Yeah... If you've not yet done so – join Young NCB. Get involved and let us know what you'd like Young NCB to do for you!

your shout!

should CCTV be allowed in schools?

It will be very good and nice to have CCTV cameras in school because without them there will be a lot of crime that children cause and the teachers will not see them. Without CCTV children will not be safe, so it's also good to see where students are and to see that they are properly ok, and to see if a stranger comes into the school to come and kidnap students.

I think that CCTV invades people's privacy. School shouldn't be like a prison, but should be a fun place while you are learning. CCTV makes people feel paranoid and more self-conscious.

What's invasion of privacy got to do with it? What privacy? We're in school (unless the cameras are in the toilets or something!) I think CCTV is an excellent idea – if the right staff are employed – and it is also a great step in tackling bullying and truancy.

My cousin has got CCTV in his school toilets to stop kids from smoking, which I think is disgusting, as you don't know who is watching. They could put smoke alarms in there instead of a camera.

Cameras in classrooms, corridors, car parks and in the playground are good. They deter thieves in cloakrooms and locker rooms and deter bullies and other violence in school. Would you go into a supermarket and complain about their CCTV because of your privacy?

It's enough having teachers watching us constantly.

more please!

Want more copies of *Loudspeaker* to share with friends? Well, just drop us a line at: info@youngncb.org.uk or call 020 7843 6099, or send a note to Young NCB, 8 Wakley Street, London EC1V 7QE to let us know how many copies you'd like and what they're for.

get me out of here...

If you don't want to receive *Loudspeaker*, or you think that it's time for you to move on from Young NCB, that's no problem. Get in touch via the above email, phone or address to tell us it's time to say goodbye and we will take you off our database.



get involved

media mania

Would you like to have your say in the papers, on the radio or even on TV? Well, why not become one of our Young Media Group?

The NCB media office would like to give Young NCB members the opportunity to learn about how the media works and a whole lot more.

Media training

We plan to hold a fun training course to help you understand the media and how you too can give the perfect interview. We then hope to give you the chance to speak to the media yourselves and help polish up on those new-found skills.

Once you're fully trained, we hope you'll be able to pass your knowledge on to other Young NCB members. Avoid disappointment and call today, as spaces are limited.

Below are some of the opportunities for the Young Media Group.

Our shout

NCB contributes a page every week to *Children Now*, a weekly magazine that goes to adults who work with children all over the United Kingdom. We want Young NCB members to have the chance to give their opinion on hot topics for the *Our Shout* column. We will contact you by email or phone and ask you for a 30-word comment about every three weeks. This is your chance to put forward your opinions on a wide range of topics, from CCTV in schools to education grants. Whatever the topic, you can shout about it!

Stop press!

Do you see yourself as an aspiring writer, editor or photographer? Then why not get involved in producing a one-off special summer issue for our NCB pages in *Children Now*?

As a guest editor you will be given the opportunity to meet new people and discuss issues that are important to you, with the added bonus of seeing your work in print.

If you would like to get involved in any of these opportunities fill in the flyer enclosed in your copy of *Loudspeaker* and send it back (free of charge) to Young NCB, National Children's Bureau, FREEPOST, London EC1B 1DB. If you have any questions call Nadine on: 020 7843 6079, text 07721 097 5366 or send an email (media@ncb.org.uk). We look forward to hearing from you.

competition time

Win! Win! Win! a chance to see your design on the chests of some of England's finest athletes.

Calling any budding Stella McCartney's or Julien McDonalds...

Here's your chance to enter a competition to design the running vest for Young NCB's team of runners in the British 10K Open Road Race in July.

All you need to do is let your imagination run away with you and then send in your design, which will be printed on the front of a running vest to be made exclusively for the Young NCB team.

The race takes place in central London and passes some of the capital's most famous landmarks. About 20,000 people should be

taking part with – many of them running for charity. Young NCB is raising funds to keep its work going and to make sure that young people who usually don't get the chance to speak out are involved in our work.

The vest will be white and the design has to be in one colour only. There'll also be a small Young NCB logo at the top on the front but the rest of the space is yours.

Send your design to Young NCB, 8 Wakley Street, London EC1V 7QE, or email it to info@youngncb.org.uk

The competition is running (ha ha ha) until 23 May and we'll announce the winner on 6 June on our website (www.youngncb.org.uk) and contact the lucky winner directly. Remember to put your name, address and contact details on your design so we can get in touch with you.

still running after all these miles?

Are you part of the team yet? The British 10K Open Road Race is taking place on Sunday 3 July 2005, and Young NCB looks set to beat all previous records by fielding a team of almost 40 runners.

If you're over 15 there's still time for you to join this elite team (yes, us!) and take part in a fun and rewarding day. The race takes you past some major London landmarks with a crowd of friendly fellow runners including

Young NCB members and NCB staff. You'll get a race pack for taking part, with an exclusive Young NCB T-shirt and other goodies.

The money raised will be put towards Young NCB to help keep it running at full speed.

For more details you can check the race organiser's website (www.thebritish10klondon.co.uk).

Email info@youngncb.org.uk to sign up today or find out more information.

