



children's rights special

in this issue: your right2reply roadshow votes at 16
young ncb interview the national clinical director for children



national
children's
bureau

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

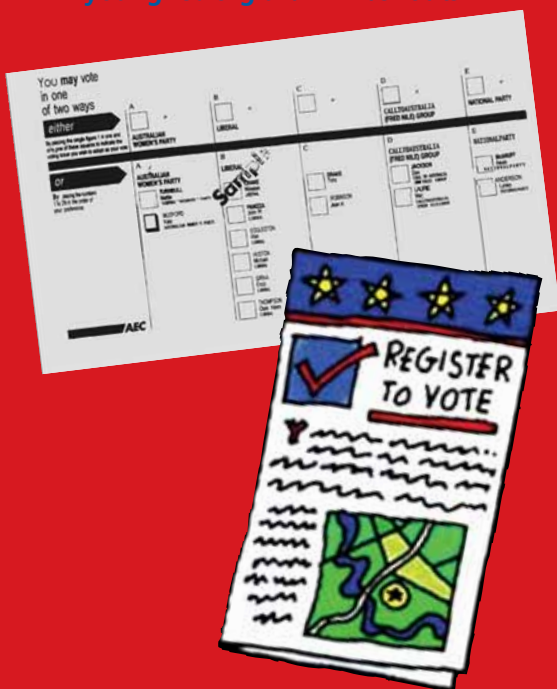
the ncb voice

should you have the right to vote at 16?

By Rhiannon (16)

I do believe that 16-year-olds should be allowed to vote but I also think that a lot of people my age aren't interested in politics, as it appears quite boring. Sometimes 16-year-olds don't know enough about politics to be prepared to actually vote, but if people my age are interested in voting then I don't see any problems with it.

What do you think? Do you agree with Rhiannon? Let us know at www.youngncb.org.uk/14-17/shouts.



Hi there!

Thanks to everyone who took the time to fill out a Young NCB members' questionnaire, which was included with the last issue of *Loudspeaker*. It was great to get some feedback, and we discovered that 52 per cent of you think that Young NCB is effective at getting young people's voices heard, which is good to know.

Now, hopefully you're aware that Young NCB's work is guided by the views of our young Advisory Group. But you might not know about a piece of legislation called the United Nations Convention on the Rights of the Child, which sets out your rights, such as the

right to privacy for example. When the Advisory Group chose children's rights as one of their priorities in 2005, and said that they wanted to help other young people learn about their rights, we got to work.

This special issue of *Loudspeaker* is packed with information about children's rights, and with details of our Right2Reply roadshow, which we're running in partnership with UNICEF and the Children's Rights Alliance for England. On page 5 you'll find reports from two Young NCB children's rights talks, which took place in Belfast and Manchester last year.

Young NCB members have also been busy putting the case for votes at 16, talking to Parliamentarians about respect and sharing their opinions on the design of our new headquarters.

This is my last editorial as I am leaving NCB to work for an international aid agency, where I'll be helping to support emergency programmes in Pakistan and Afghanistan. I want to thank everyone who has been in touch over the past year, and to say a special thank you to Adriana who has been a star. Finally I just want to say, never stop speaking out on behalf of young people because your views really do count.

Lucy Morris
Young NCB Coordinator



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.



young ncb advisory group meeting: january 2006.

On Saturday 21 January 2006, a very excited Young NCB Advisory Group met for the first time. The meeting took place at the NCB offices in London, and kicked off with some ice-breaking games, including one involving joining hands and getting all tangled up!

After a Young NCB update (including feedback on the Anti-Bullying Alliance Showcase, Young NCB Talks and the Votes At 16 event) we talked about the forthcoming All Party Parliamentary Group meeting, where young people will present information on respect and children's rights to a group of MPs. The advisory panel were all very excited to be involved. We also looked at the new Young NCB postcards that have been developed to promote Young NCB to adults – we all agreed they looked very snazzy.

We were lucky enough to have several people come and talk to us – the first was Anna Martinez, a representative from the Sex and Relationships Education campaign that is working to make sex and relationships education compulsory in schools. It's something the advisory group definitely want to support.

Natasha Willmott then spoke about the participation of advisory panel members in the NCB Board Meetings. She also presented research examining how effective it was to have young people sit in on the board of management.

One of the most important activities was deciding Young NCB's priorities for the year. To do this we were each given £500 (in monopoly money, unfortunately), which we distributed between a shortlist of topics. Improved PSHE education received the most money, with mental health and improved transport for young

people coming joint second. Another important part of the meeting was lunch, we went to Hamburger Union which was fantastic – they even had breadless burgers wrapped in lettuce, how cool is that!

With the meeting over we took the tube to our overnight accommodation – a youth hostel near Hampstead Heath. We had a great time playing drama games and charades. We all went to bed very tired, but excited about the next day.

The next morning, after breakfast, we returned to the NCB offices for training on chairing and minuting a meeting. This included a very funny sketch performed by Adriana, Lucy and Mike, involving different (and very odd) hats. Barbara Hearn then talked to us about NCB's policy department, and how Young NCB fits into it.

The next item on our agenda was the Young NCB budget – where our funding comes from and how it is spent. We discussed increased concentration on marketing, and the *Loudspeaker* magazine, which we'll review the design of at our next meeting.

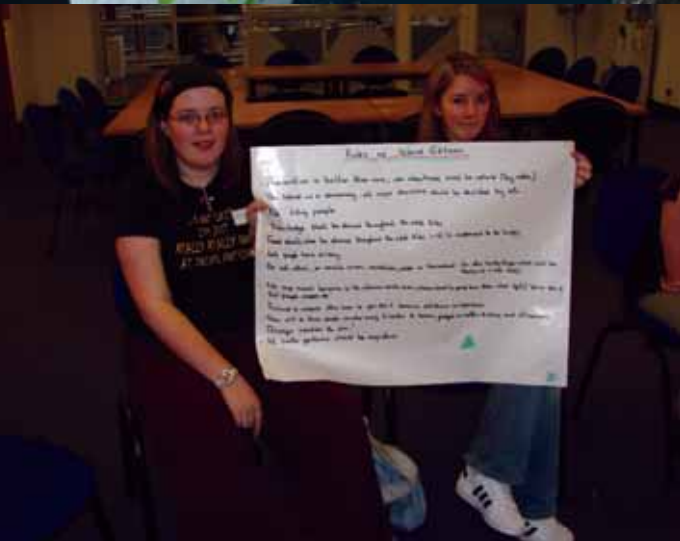
After drafting a work plan for the year, we had lunch. Lots of pizza was scoffed and Joe from NCB joined us to say goodbye (he's leaving to go to Canada).

Our last item was voting people onto the board of management. Hamish and I were chosen as permanent members, and will be attending our first meeting in March along with current member Emily.

The Advisory Group meeting was fantastic – everybody got on so well and we got lots of work done too! We all left feeling incredibly positive and with great anticipation of what is to come for Young NCB.

By Hannah (17)





children's rights made simple

Have you seen the letters UNCR before? Wondered what they stand for? The UNCR stands for the United Nations Convention on the Rights of the Child. It is the most widely recognized human rights agreement in the world, and over 190 countries have already signed it.

governments and international organisations will work to give children their rights.

We've enclosed a copy of the UN Convention with this edition of *Loudspeaker*, and to find out why you'll have to check out article 42.

To find out more...

If you'd like more information about your rights, then why not come along to one of our free Right2Reply roadshow events? We've teamed up with two other leading children's charities, UNICEF and the Children's Rights Alliance for England, to create a series of events which we're running with the support of the Office of the Children's Commissioner. If you'd like more information, or a booking form then contact Adriana on: 020 7843 6099.

If you can't make the event but would like more information, then check out: www.crin.org/forchildren/index.asp

The UN adopted the Convention on the Rights of the Child in 1989, and two years later the UK government agreed to make all of its laws compatible with it.

There are 54 articles in the Convention. Articles 1 to 42 are statements of children's rights, like article 7 which states that you have the right to a 'name and nationality' and article 12 which states that 'children should be listened to when decisions are being made that affect them.' Articles 43 to 54 are about how

talkshop in manchester

On 10 December 2005, a group of people met up in Manchester to find out about children's rights. While we were waiting for the talkshop to start, we wrote our thoughts on a graffiti wall.

lovely) and visited a video diary room, where we could go and talk.

After lunch there were further workshops, which went on for about 30 minutes, and another talk. At the end we were shown a video and then all the staff said goodbye and wished us a merry Christmas and a happy New Year. Before we left we were given a pack of things to look at. While we were waiting for people to pick us up, we carried on scribbling on the graffiti wall.

In the morning everyone went to workshops, where they learnt different things about children's rights. After the workshops, everybody got together and talked about what they had just done. Later we all had lunch (which was

By Gary (10)



talkshop in belfast

When Lucy from Young NCB sent me a letter in early September 2005 asking if I would be interested in helping her host a children's rights talkshop at the Northern Ireland Commissioner for Children and Young People's office (NICCY) in Belfast, I thought this would be a great opportunity and said yes almost immediately.

The process was long and involved a great deal of phone calls, emails and text messages. When I finally met up with Lucy on 11 November 2005 (the night before the talkshop), we put together an action plan detailing the day's events. We decided to register everyone to one activity in the morning and one in the afternoon, allowing them to get a taster of everything we had planned. We also handed out registration packs, which contained a small book on the United Nations Convention on the Rights of the Child (UNCRC), a booklet detailing your rights, pencils, and a Young NCB membership form for anyone interested in joining.

Before the talkshop I contacted friends from other groups I've previously been involved with, including the NICCY Youth Panel.

A good number of them turned up for the workshops, which tackled subjects such as knowing your rights and getting your voice heard. Over lunch we set up a video diary where the young people could express their feelings about the day – this proved hugely popular – and Children's Express conducted interviews highlighting issues that young people often feel excluded from, like politics.

The second session in the afternoon was used to help young people:

- make banners for the press to show their feelings.
- write to their MP or Minister with any concerns.
- record a rap about children and young people's rights in Northern Ireland.

All of these activities were a big success and the rap was particularly popular.

The highlight of the day was seeing people who had not met before talking and enjoying themselves. It was great that young people from different backgrounds came together. It was also a successful recruitment drive! Lots of people showed an interest in joining the Young NCB and by the end of the day we had collected lots of completed membership forms.

By Claire (19)

extract from a children's rights rap written by young people at the belfast talkshop

*Young NCB helps you and me
Our children's rights are here to help us all
With equal rights we can all stand up tall
Time will tell
Just wait and see
We shouldn't have to fight
We all have the right*

*Get up, get up, all the children stand
Take the chance to fight for your rights
in this land
You gotta get down, gotta turn it around
Respect our privacy
Give us our democracy
Don't let people think for you
Go on, get out there and do what you do
Listen, speak, respect and learn
Come on ye all together and churn*





helpline

If you are worried about someone who you think might be affected by anorexia or bulimia, you can call the Youth Helpline on: 0845 6347650, or you can check out www.supportline.org.uk/problems/anorexia.php for other organisations which offer support and information for eating disorders.

1. **Eating Disorders Association: 0845 6341414**
email helpmail@edauk.com, www.edauk.com
information and help on all aspects of eating disorders including anorexia nervosa, bulimia nervosa, binge eating disorder and related eating disorders.
2. **Youth Helpline: 0845 6347650**
3. **Anorexia and Bulimia Care: 01462 423351**
www.anorerxiabulimiacare.co.uk
4. **The International Eating Disorders Centre: 01296 330557**, www.eatingdisorderscentre.co.uk
Support, information, advice, befriending to sufferers and families
5. **Overeaters Anonymous: 07000 784985**
24hr information line on an answer machine. Works to relieve the compulsion to over-eat/under-eat or an obsession of food and dieting by living by spiritual principles
6. **Caraline: 01582 457474**, email caralined@aol.com, www.caraline.com
Telephone helpline, counselling and support for people experiencing anorexia, bulimia and compulsive over-eaters
7. **The National Centre for Eating Disorders: 0845 838 20 40**, www.eating-disorders.org.uk
Details of therapists who specialise in the treatment of eating disorders
8. **TheSite: www.thesite.org**
Includes information on eating disorders
9. **Food and Mood: www.foodandmood.org**
A site which explores the relationship of what you eat and how you feel



interview with dr. sheila shribman

By Louise (15) and Akash (13)

Louise and Akash went to talk to Dr Sheila Shribman, who is the National Clinical Director for Children. Read on to find out what they discovered.

Tell us a bit about yourself

I'm a consultant paediatrician, which means I'm a specialist children's doctor. I've worked in Northampton for a long time and as well as being a paediatrician I've worked to help disabled children and children who have run into trouble or perhaps been abused. I live in a village, have three children of my own (they're big now) and my husband's a GP.

What does your role consist of?

It's quite a complicated role involving children and maternity services (services for pregnant women). I'm going to be talking to people who deliver children's services about how they're getting on and finding out what's going really well. I'll then share those ideas with people who are working in less successful areas and help them to improve.

What are your aims for the future?

There's a big policy document called the National Service Framework for Children and Young People, which lays out the standards that we want to see in children's services. My job is to work out how to implement those standards so that children get the best deal when using health services. I want to make sure that when we're doing things we really think about them from the child's point of view.

What do you think about children who skip meals?

I suppose we all do it from time to time, but we shouldn't. Research shows that having breakfast is vital to a good start to the day. Certainly there are children who don't have breakfast, maybe because of circumstances at home. But eating

breakfast is important as it gives you more energy to do things.

What do you think about children who have eating disorders?

It's a serious problem. If children get into the habit of not eating properly they can get very thin and eventually starve themselves. It's very worrying if that happens. Often those who've got very thin have lost track of what they look like, and those young people need a lot of psychological help and support both from their family and from experts.

We also see children and young people who are getting into the habit of eating too much. Unfortunately some of the things that are bad for us are the very things we like. We need to eat more of the things that are good for us so that it doesn't matter if occasionally we eat the things that are bad.

The soap Hollyoaks has recently dealt with issues surrounding drinking safely. What advice can you give young people to stay safe?

This is a big issue for young people and their parents. Young people need to strike a balance between enjoying themselves and staying safe. Make sure you don't get yourself into dangerous situations by being careful about where you go and who you go there with. You need to be aware of your surroundings and what's going on.

There's a boy who's in my class at school who has hearing problems. Being friends with him has helped me to understand what it's like to have a disability.

I hope friendships like yours will help everybody in the longer term understand how important it is to include everyone in society. We mustn't leave people outside and ignore them. Everybody should have the right to join in and live the best life possible.



pupil inclusion network conference

I attended the Pupil Inclusion Network Conference on 13th October 2005 as part of my week-long work experience at NCB.

The Pupil Inclusion Network Conference looked at ways in which parents, teachers and schools should work together and support children and young people with challenging behaviour. There were many guest speakers including Warwick Dyer, whose workshop I also attended.

In the workshop he talked about the methods he uses to train and counteract young children's challenging behaviour. One of his main methods was 'small sanctioning' (taking away small objects from a child). This allows a larger penalty to be enforced if their behaviour doesn't improve. He used the following examples to demonstrate this: 'A penny taken away from a child who hasn't had anything taken away is a big deal.' He also described situations in school where this method could be used: 'Giving shorter detentions rather than longer ones allows you to give longer ones if the original detentions are not completed.'

His talk and workshop were very interesting and gave me a different perspective on young people's behaviour. I have seen many teenagers, both in school and out, act in a difficult manner and have also witnessed the situations that people with challenging behaviour can get themselves into. For this reason, I understand the importance of helping them to change that behaviour for the better.

I do not, however, like the fact that conferences and meetings can be organised to discuss things such as 'young people in schools with challenging behaviour', and yet not have any young people present.

Many of the people present there work and interact with young people on a regular basis. However, this does not give them the right to speak on behalf of them. Young people have their own voice and the right to express their views and opinions on issues that relate to them. I think that having young people present at meetings and conferences similar to this one can be very effective. Giving us the chance to respond to issues can help inform professionals and allow them to make efficient and successful decisions.

By Reema (15)

big idea update



The Big Idea is a project that involves children in the development of a new joint children's charity headquarters.

On 13 February 2006, seven members of the Big Idea Steering Group (including several members of Young NCB) met at the Unicorn Theatre in London. During the meeting they created a photo gallery to highlight good and bad building designs – moss-coloured granite came under the very, very bad category! They also met with the project architect to learn more about the design process, and with a web-designer to give feedback on his initial designs for a young people's website (www.ccp-zone.org), which is due to go live in late April. They also went on a short tour of the Unicorn Theatre, which was designed in consultation with pupils from a nearby school. Here they found inspiration for some important features for NCB's new headquarters ... in the toilets! You'll have to look at the photos to find out more.



member news

your shout!

are your school dinners delicious or disgusting?

Since chef Jamie Oliver's Feed Me Better campaign, the government has promised to improve school meals by making them more delicious and nutritious. Has this happened in your school? Do you love or loathe lunchtime? How would you make your school dinners better?

The food has definitely improved in my school although I think some of the things should have stayed the same. We should have more choice.

Angela, 16, London

Fairly good food. But why do they have to keep putting prices up?

Jessica, 15, Croydon

I really like my school dinners especially pudding. I would like Jamie Oliver to come to our school, to help us eat healthily.

Max, 9, London

Things haven't improved in our school yet but I wish they would. I used to like chips but I eat them nearly everyday and am a bit sick of them.

David, 15, Bristol

My school dinners have always been yummy! We always get lots of different things to choose from.

Sarah, 10, Leeds

To find out more about the **Feed Me Better** campaign and to get information on how you can get involved visit www.feedmebetter.co.uk

member profile...



David Harris is one of the hardworking Young NCB Advisory Group members, and is based in Solihull in Birmingham. As he's about to turn 18 and leave us (sniff) we thought we'd give him one last chance to share his words of wisdom with you. Stand by for life, love and pizza according to David.

So David, how did you find out about Young NCB?

Through the Young NCB website.

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

Going to speak in the Houses of Parliament about the government's respect agenda. Oh and going to London with the advisory group for a weekend.

So what do you do in your spare time?

I go clubbing and like to wine and dine my girlfriend Louise. I also work part-time at B&Q – you really can do it when you B&Q it!

You smoothie! Who do you admire/look up to?

Probably my parents. They have helped me to be the person I am today.

What's your favourite food?

Pizza Hut's Italian-based margarita pizza with a side order of garlic bread.

Mmm. Ok, onto the serious stuff. What are your plans for the future?

I'm going to university next year to do a primary education course. After that I want to be a Key Stage One/Two teacher, working with five to 11-year-olds.

What's your philosophy in life?

Live life to the full and don't let anyone stop you. There is no limit to what you can do, so go for it!

Anything you'd like to tell the world?

Join Young NCB, you really do get listened to. Plus you get to meet Lucy and Adriana, who are ace! I'd also like to take a few lines to say goodbye to Lucy. You have been a fantastic Young NCB Coordinator. We will all miss you and good luck!

Do you fancy being interviewed for Loudspeaker's Young NCB member profile? Then give Adriana a call on 020 7843 6099 or email her at abyrne@ncb.org.uk