

Children
at the Table



Campaign Pack

Young People's Campaign
Engagement Pack



NSPCC

**The
Children's
Society**

What is children at the table?

- Asking the government to make improvements for babies, children and young people.
- Involving children and young people in decisions every step of the way.
- Investing more money in improving the lives of babies, children and young people, focusing on early intervention and prevention.



What is children at the table?

By 2025 we will have a new government, this will be a good time to address the issues that babies, children and young people face. We are asking the government to prioritise, invest and listen to the voices of children to give them a chance to thrive.



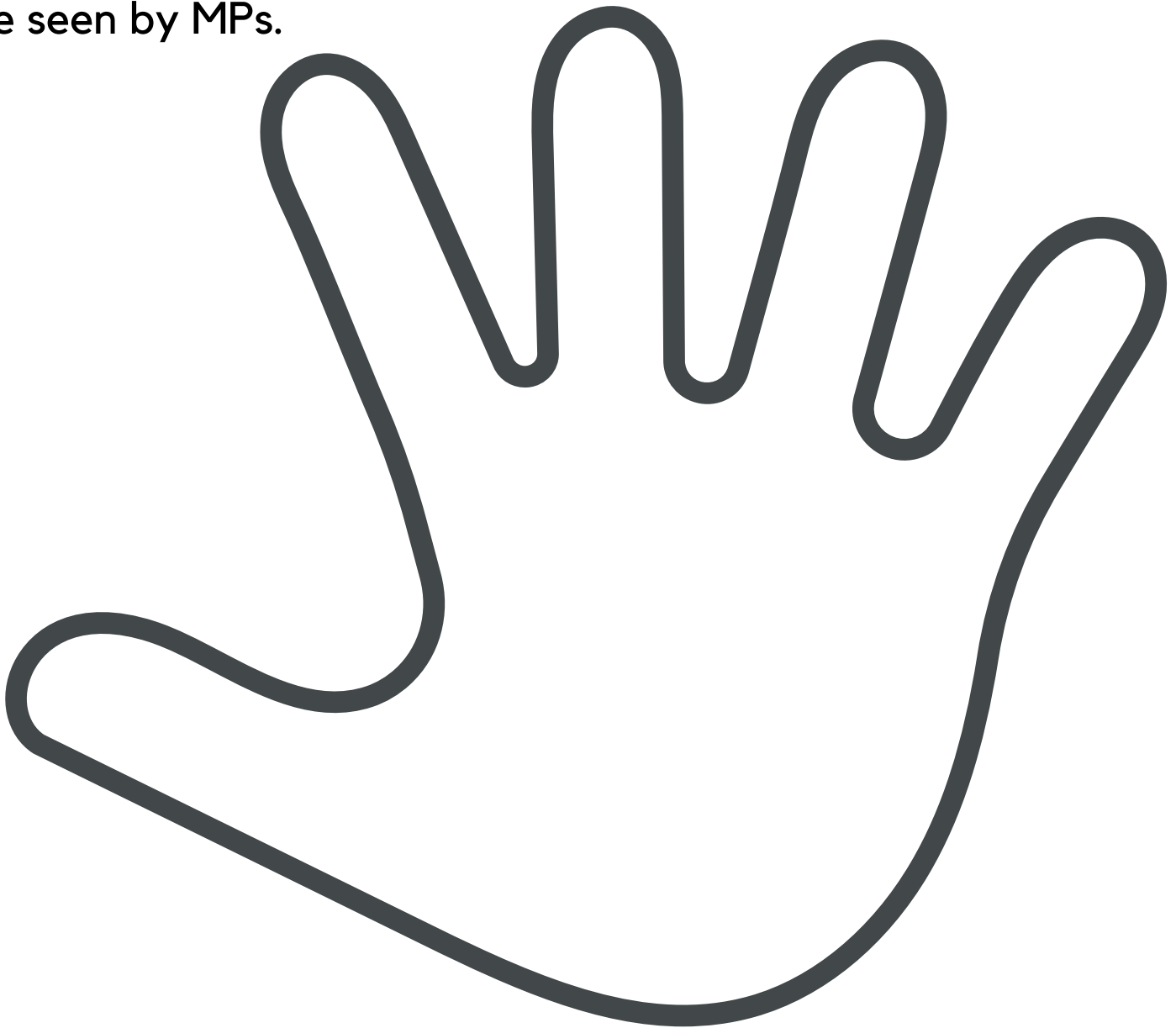
Activity 1.0

YOUR VOICE IN THE CAMPAIGN



On a separate piece of paper (or you can use the template below) make your handprint - you could draw around your hand and colour it in, use paint, or any other material of your choice.

Inside your handprint, write or draw a message to the government... this will be added to our giant tablecloth that will be seen by MPs.



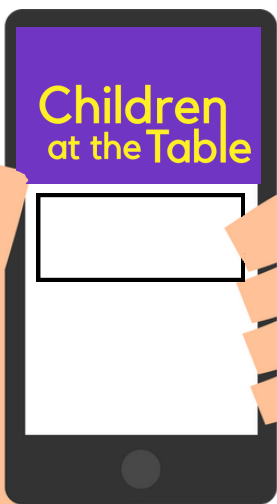
YOUR VOICE IN THE CAMPAIGN



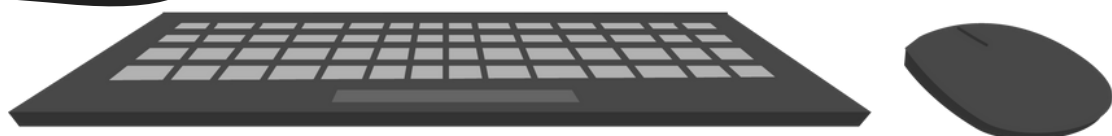
We want your voice to be at the heart of the campaign.

If you want to get involved on social media, post your thoughts and hopes for the campaign using the hashtag

#ChildrenAtTheTable



Why not take to social media using #ChildrenAtTheTable and create a 30 second - 1 min video that shares why you think it's so important for politicians to listen to young people and include them in decision making"



Activity 2.1

What's Important to you?



Think about things that are important to you.

In the box below, write, draw, or represent them in whatever way works for you.

Activity 2.2

Conversation starters



Cut out the cards below and put them in a hat or bag. In a group, take it in turns to pull a card out of the bag and have a conversation about the topic. Use some of the suggested questions if you are struggling. Have someone make notes while you talk to capture the conversation.

Mental Health

What stops young people getting mental health support?

What affects young peoples mental health in a good or bad way?

Do you think young people learn enough about mental health?

Poverty

Why might young people worry about money?

Does money stop young people accessing future opportunities?

How is the cost of living crisis affecting young people?

Social Care

Do you think young people know where to get help?

Would they feel confident that they would get the help they need?

What stops people from accessing social care support?

Education & Employment

Are there enough opportunities for young people to get a job

What stops young people getting a good education?

Activity 2.3

A young person's journey



Read the story below of Kelly who has had a tough time. Think about what could have made things better for her, and what the government could do to help other young people like Kelly. What do you think would have been helpful for Kelly, and how can the government do a good job supporting kids who are going through tough times?

Kelly's Mum was 16 when she was born. She had no support from her family and therefore could not work because she could not afford child care.

When Kelly went to school, her mum struggled to find a job because she didn't have much experience. This made it hard for them to buy enough food, and sometimes Kelly went to school hungry which made it tough for her to pay attention and do well in her classes.

As she got older, Kelly started getting bullied because she did not have nice clothes and didn't always look clean and tidy because they often did not have hot water at home to wash their clothes.

Kelly started skipping school to avoid the bullies, and instead found ways to make money for her and her Mum.

Because she had missed so much school, Kelly failed most of her GCSEs. She therefore did not go on to college at 16.

Kelly struggled to find work as she did not have many qualifications and could not claim benefits due to her age. Her Mum could not afford to look after her so asked her to leave.

Kelly moved in with her boyfriend and shortly afterwards fell pregnant. She received no support from her Mum and continued to struggle for money since she could not work while caring for her newborn son.

Activity 2.4

Three things



If you could make the UK better, what three things would you change?

Think about helping people who need it, fixing things that don't work well, and making your local area better too.

1

2

3

UK politics

Learn more about UK politics and find some further resources



The UK Parliament is made up of three parts:

- the House of Commons
- the House of Lords
- the Monarch (AKA King Charles)

They all work together to make sure the country is taken care of and to decide important things for everyone.

The House of Commons is where Members of Parliament (MPs) get together.

There are 650 MPs, and we choose them in elections.

Each MP represents a special area called a constituency, which can be a town, part of a city, or a big rural place. They try to make sure each area has about the same number of people, so MPs can speak for everyone fairly.

MPs belong to a team called a political party.

We have big elections every five years, but they can happen sooner if needed and most MPs agree. The next one is coming up this year.

Before the election, parties share a plan called a manifesto to tell us what they want to do.

Scan here to read more about UK politics



Scan here to watch a video



UK politics

Learn more about UK politics and find some further resources



The UK, like many other countries, is a democracy.

This means we can vote for who makes the laws and runs the country.

The House of Commons is made up of the MPs we vote for in general elections, which usually take place every five years.

MPs represent their constituents – the people in the area where they were elected – in the UK Parliament.

In the UK, we have a democracy, which means we get to vote for the people who make the rules and lead the country.

The House of Commons is full of MPs we choose in big elections that happen about every five years.

These MPs speak for the people in their area, and that's how they help run the UK Parliament

MPs are chosen by people in their area to talk for them in the House of Commons.

MPs tell the government about the things that matter to the people in their neighbourhood.

They do this by talking in meetings, to ministers, asking questions, and supporting causes that are important to their neighbours. Ministers are like the leaders of different parts of the government, such as education or health.



Activity 3.1

Design your perfect political party



In a team or by yourself, design your ideal political party - your own group who cares about important things. Use some of the prompts below or get creative and freestyle. You could design posters, badges, even write your own plan (this is called a manifesto!)

It could be anything, check out some of the existing political parties for inspiration on what to do (or what not to do!)

Party name: _____

A catchy slogan: _____

What does your party stand for?

What do you want to do and make better?

Logo:

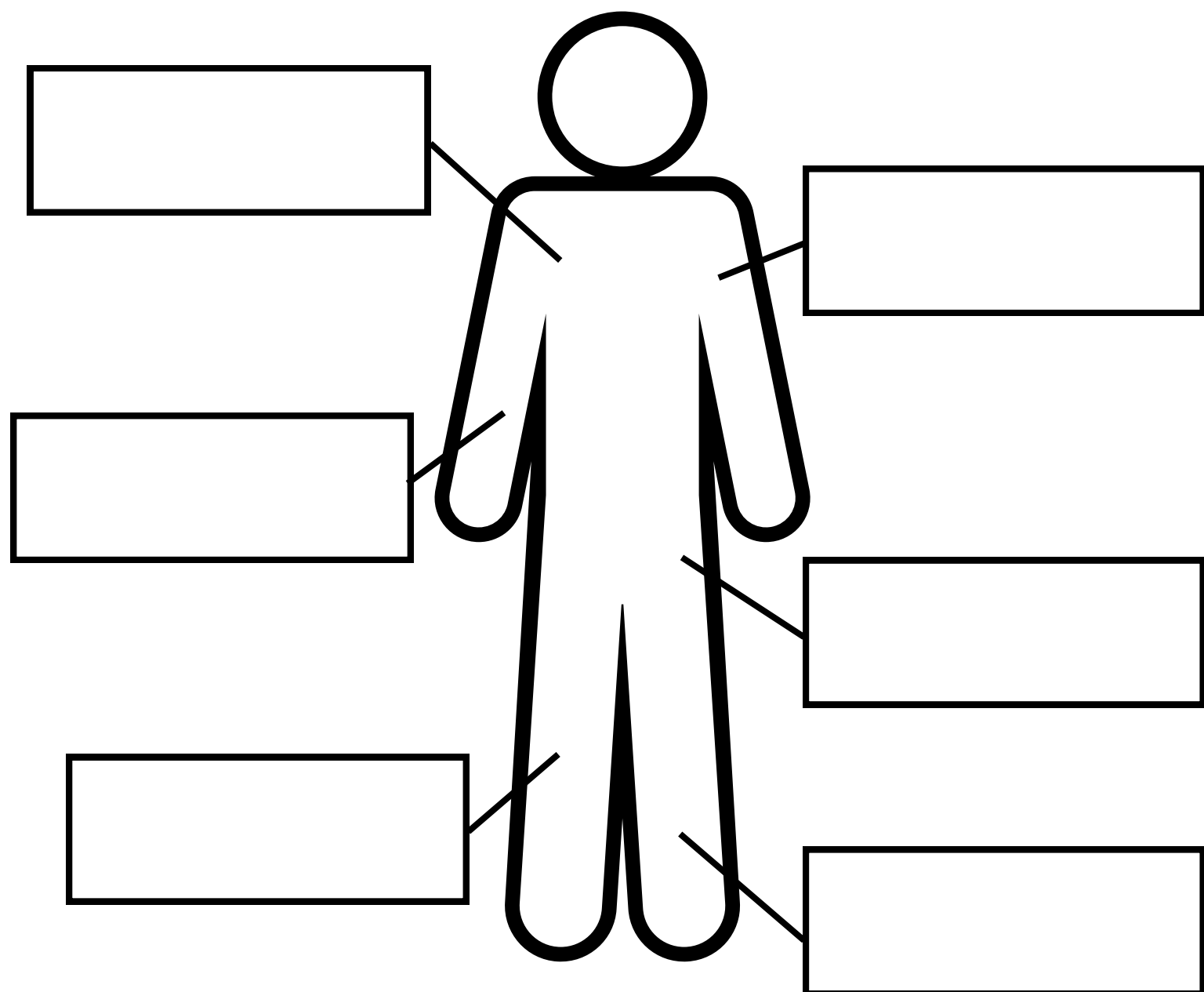
Activity 3.2

Design your MP



Who's going to be your MP? They could be based on you, someone you know, or you could make up a whole new person.

Your MP represents you. What should they be like? You could use the template below to draw and label them, or draw your own person. Tell us what they're like, what do they care about, what are they good at?



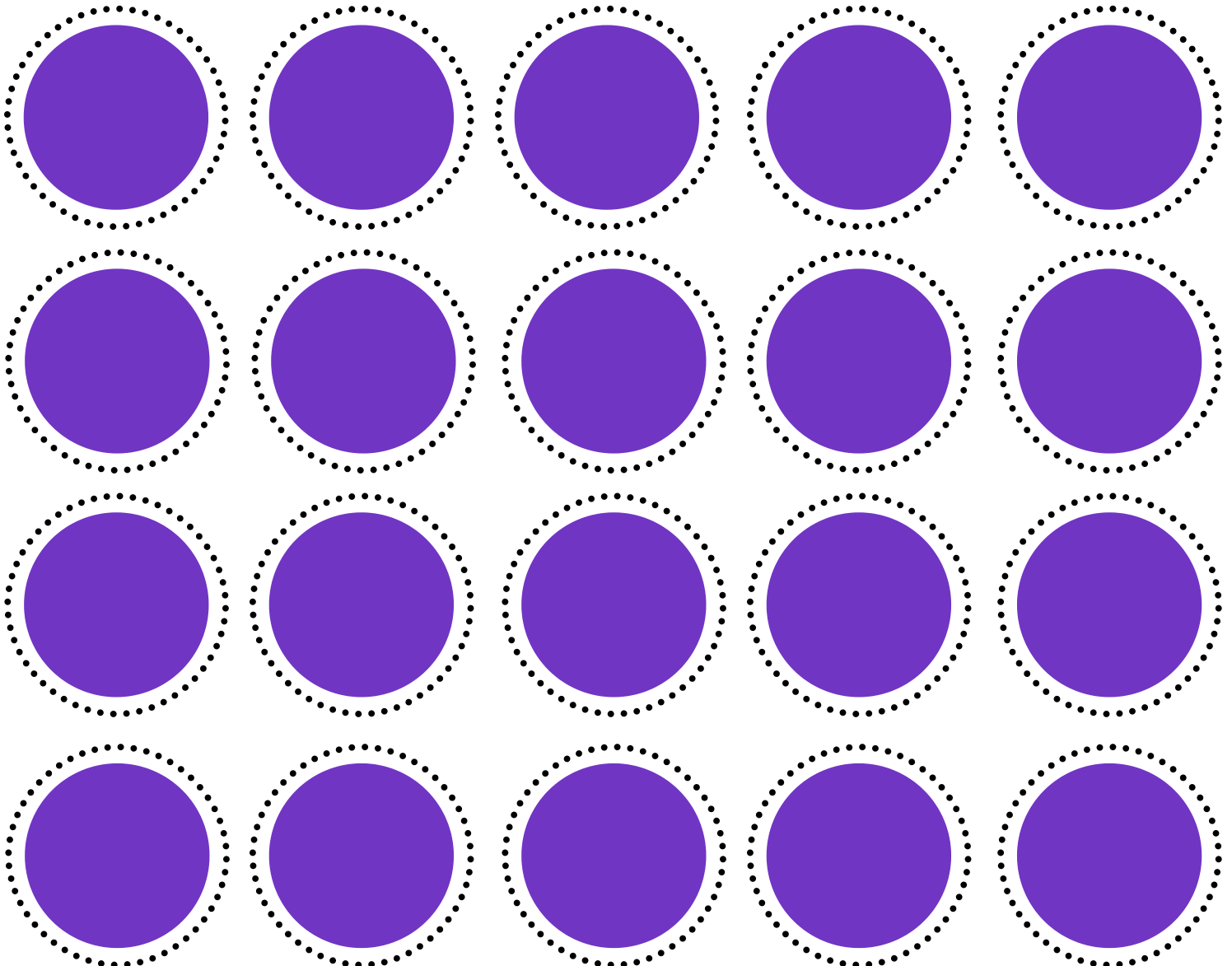
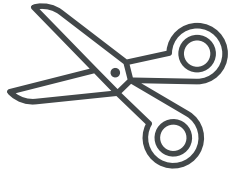
Activity 3.4

Allocate your budget



Now your party is in power, it's time to choose what you will spend money on. Cut out the counters below (ask for help or find some you already have). Each counter represents a little bit of money.

On the next page you will find a list of things, you must choose how much money you will spend on each thing. However, each one must have at least one counter.



Pensions & Benefits

Money for older people and people who need extra help.

Homelessness & Social Housing

Homes for people who have nowhere to live.

Social Care

Help for people who need care or a bit of extra support for many reasons.

Defence

The people and groups who keep our country safe.

Culture, Media, and Sport

Things people enjoy; news, stories, tv, football, etc.

Education

Schools, colleges, universities, and other places people go to learn.

Emergency Services

Ambulances, police, and fire fighters.

Overseas Aid

Money for people in other countries who need help because of war or natural disasters like earthquakes.

Health Care

Hospitals, doctors, nurses and all the people who take care of our health.

Public Transport

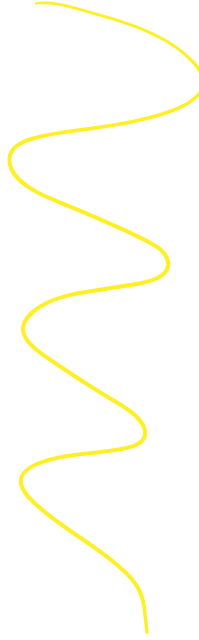
Buses, trains and trams for us all to get around.

Science, Innovation, & Technology

People who make new technology and learn about the world.

Home Office & Immigration

People who make sure things are safe and fair, including who comes to live in the UK.



Activity 4.1

Find your MP



Problem while displaying link...
[Click here](#) to visit the page.

Click on the picture above or scan the QR code and get some help to find out who your local MP is.

You could do some research into their background and try to find out what they like and care about.



Activity 4.2

Write to your MP



Your MP is someone who speaks for you in a big meeting called Parliament.

They really want to know what you think, and your letter can be super important!

Tell them what matters to you in your own words. They get lots of letters, but yours can be the most interesting and powerful

You could send this as an email, or a physical letter. You should find your MPs address/email online.

How to address your MP

Start your letter with Mrs/Ms/Mr.

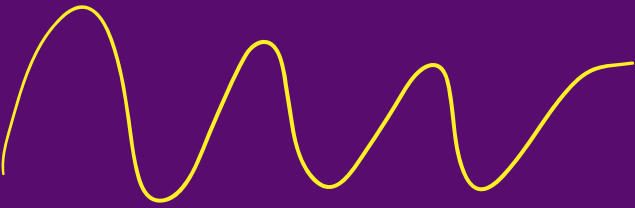
A the end, use 'Yours sincerely'.

Introduce yourself

Introduce yourself as a young person that works with whichever charity/group you're part of, or which school you go to. Mention you live in the MP's area.

Say that you have been taking part in the 'children at the table' campaign and you want to put children and young people at the heart of the next government.

Write to your MP



Tell your MP about the situation and why you care about it

Things you could include (please see the next page for more ideas).

- About 4.2 million children in the UK don't have enough money for things they need.
- 1 million kids are in really tough situations.
- Also, about 1.4 million children in England may feel sad or worried, and only half of them got help from NHS mental health services.

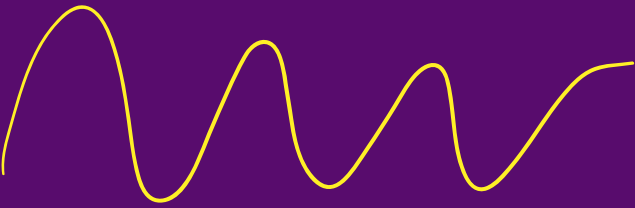
What to ask your MP

Here are three ideas for things to ask for your MP to do:

- Ask in a letter or when they talk in Parliament if they'll use more money to help children in tough situations.
- Share and talk about the campaign on social media.
- Invite them to meet and talk with your group about the campaign.

Activity 4.2 (CONT.)

Write to your MP



If you're struggling you could use this template as a guide...

(Type your Parliamentary Candidate's address here).

(Type your Home Address here). (Type the date)

Dear Mr/Mrs/Ms/Miss *(Insert MP's name),*

My name is *(Insert your name here)*, and I am a young person living in *(insert your town)*. I am a part of *(insert name of your group or school)* and have been working with them as part of the Children at The Table campaign.

Currently in the UK, 4.2 million children are living in poverty *(here you could say how you feel about this, or how it is affecting you personally)*. Include some more points you feel passionate about from the following page.

I would appreciate your support with this campaign and would ask that you *(insert one of the suggestions from above or something else.)*

Yours sincerely,

(Type your name here).

Activity 4.3

Arrange a meeting with your MP



If you're feeling really brave, you could ask to meet with your MP to talk about the campaign or what it's like being a young person in your town.

Use the letter template below to write to them. If you get a meeting, ask a grown-up you trust to help you get ready and plan what to talk about

(Type your Parliamentary Candidate's address here).

(Type your Home Address here). (Type the date)

Dear *(Insert your Parliamentary Candidate name here),*

My name is *(Insert your name here)*, and I am a young person living in *(insert your town)*. I'm writing to you to ask if I could arrange a meeting with yourself to discuss a number of issues that I and other young people care about.

I would like to meet to talk about the Children at The Table campaign. This campaign calls for children to be put at the heart of the next government.

One of the topics that I would like to talk to you about is *(insert here)*.

I would appreciate any time that you have to talk about this.

Yours sincerely,
(Type your name here).

Activity 4.3 (CONT.)

Arrange a meeting with your MP



You could ask your MP some of these questions...

How do you help young people in your area?

How do you listen to children and young people?

How do you make sure you're speaking to all different types of people?

How do you make sure that children with additional needs are part of the conversation?

Do you think 16 and 17 year old should be allowed to vote? Why?

If you could change one thing today, what would it be?

What are your hopes and dreams for children and young people?

What helped you growing up?

Minimum wage for young people.

Key findings

From the report



You could also talk about some of these things in your letter or meeting...

Children and young people have been kind of forgotten by the people who make the rules, and it's causing problems. More children don't have enough money, feel really sad, and need help that takes too long to come. Some children miss a lot of school, and more are facing tough situations online or at home. Children and young people who need extra help are not getting it as quickly. It's making it harder for them to do well in school and stay healthy and happy.

Key findings

From the report



more than
80,000
children were
in care in 2023

1 in 6
children aged 7-
16 has a
probable mental
health disorder

32%
of children who
needed mental
health support
weren't given it

4.2
million
children don't
have enough
money

In 2023, the UK spent
8.57%
of its money on babies,
children and young
people

Children from
Black, Asian,
and minority
ethnic groups
make up

48%

Each year, child poverty
costs the UK
£39
billion

more than children needed
640 help from
thousand children's social
care in 2023

Young people from families
with the least money are
4 1/2 times more likely
to have bad mental health
problems.

The poorest 10% of children are
nearly
twice as likely
to die as the richest 10% of children.

HOW TO FORM AN ARGUMENT



Here are some ideas to consider to form an impactful argument and get your message across adequately.

Know your purpose

Before you write or talk, think about what the main thing is you want to achieve. Who are you talking to? What do you want them to do or feel? Having a clear purpose helps you stay on track and not say things that aren't important.

Use the inverted pyramid

The inverted pyramid is a good way of organising your message in a way that grabs attention and gives important information. You put the most important stuff first, then add more details, and the less important stuff comes last. This helps people understand the main idea really fast!

Be concise and simple

When you talk or write, it's tricky if there are too many words or complicated stuff. Using simple words, short sentences, and checking for mistakes helps people understand you better and remember your message.

Move from one idea to another in an easy-to-follow way (like telling a story step by step, so everyone can understand what's happening). Check for mistakes and get rid of anything that's not needed.

HOW TO FORM AN ARGUMENT



Use stories and examples

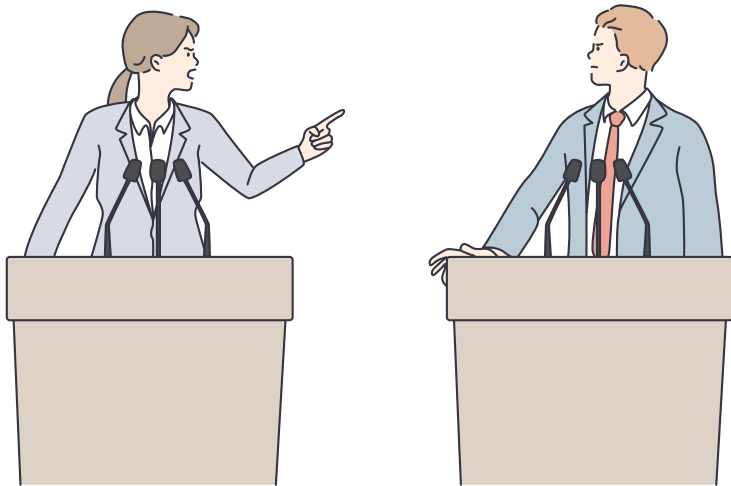
Stories and examples make your message more interesting, easy to remember and persuasive. Using stories and examples helps you to make your points and connect with the people you're talking to.

When you share stories or examples, make sure they fit with what you're talking about, are clear and believable, and are not too long.

Get feedback and revise

The final step in making your message clear is to get feedback and make changes if needed. Feedback is like getting advice that can help you fix any mistakes or make things clearer and helps make your message sound better and more interesting!

You can get feedback from friends, family, teachers or youth workers who can offer helpful and honest opinions.



SEND US YOUR WORK!



We'd love to see the activities you complete, you can share copies of worksheets, or photos of you completing the activities to with any of the charities on social media, using the hashtag #ChildrenAtTheTable



@actnforchildren



@actionforchildrenuk



@barnardos



@barnardos_uk



@ncbtweets



@national_childrens_bureau



@NSPCC



@nspcc_official



@childrensociety



@thechildrenssociety



Or, send your work to



childrenatthetable@gmail.com

