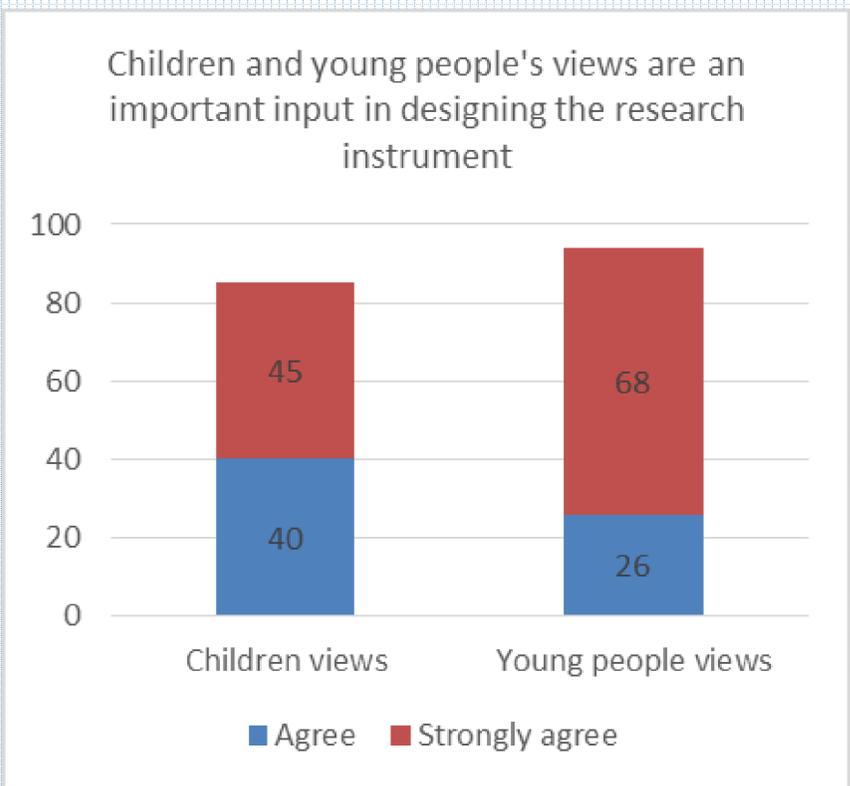
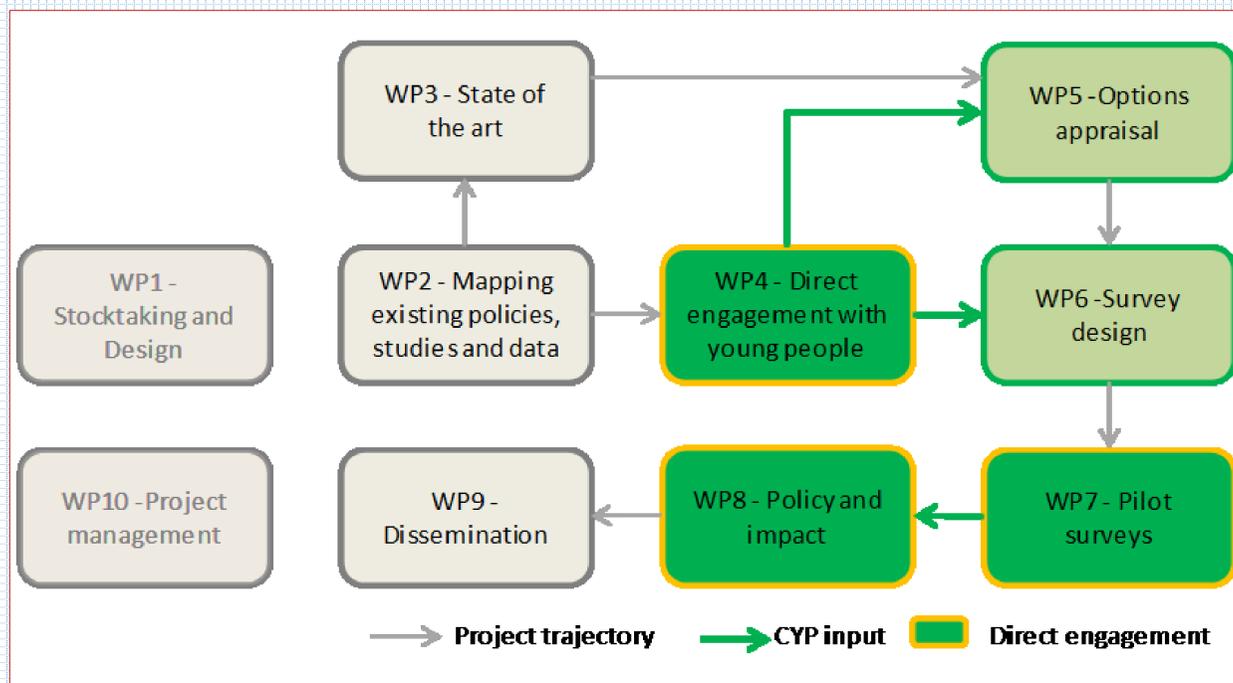


# CHILDREN'S UNDERSTANDINGS OF WELL-BEING: THE VALUE OF CONSULTING YOUNG EXPERTS



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Children and young people (CYP) were actively engaged throughout the MYWeB project, as demonstrated in the figure to the right.



334 European experts in children and youth studies, well-being, policy, and survey methodology, largely agreed that children's and young people's views are an important input in designing a research instrument.

"We cannot assume that we know what is best for children or what their views are. For some groups, e.g. disabled children, there may be a tendency not to consult them or to assume that their parents can speak for them, but we know from research that disabled children's views are not always the same as their parents."

Academic expert, UK

"I was quiet stressed, especially since the government has changed quite a lot of laws and the university fee has increased quite a lot of times. That is worrying for me, because we're not a rich family, and I think there are a lot of families like me out there..."

Adnan, 16 years old

MYWeB developed and tested a set of new questions with children aged 7 and 8 in six European countries.

Interviews with children (12 years old) and young people (15 to 18 years old) outlined that well-being is a concept most young people have encountered and covered numerous topics, such as physical and emotional health, basic needs, such as having a house, education, freedom, happiness, feeling safe, future opportunities, and psychological aspects, such as self-esteem.

Key findings were presented to a Children and Young People Advisory Group, where policy recommendations were developed.

An important finding for policy makers is that young people are keen to engage in research that leads to policy impact and want to hear about how their participation contributed to change.

We argue for a greater level of engagement, where children and young people's voice is captured in a flexible way in order to offer an insight into their opinions.