



# Checklist

## Getting started

### Purpose:

- Are you clear on the purpose of engaging young people in your research?

### Positionality:

- Have you interrogated your own positionality and power as you start to explore, prepare and plan for engaging young people?
- What might be some of the dominant ways that young people are viewed in your particular field of research? For example: as patients, consumers, service users, adults-in-the-making, people with particular conditions etc?
- How might these views of young people limit or influence who you engage with, how you engage, when you engage and assumptions you may be making along the way?

- How might assumptions you or your organisation hold about young people be influencing your research agenda and process before you've even sought to engage with young people?

### Parameters:

- Have you clearly identified the parameters which may either constrain or enable how you, your team and/or your organisation can engage with young people? This includes:
  - Budget
  - Staff capacity, knowledge and skills
  - Governance structures
  - Strategic/funding priorities
  - Organisational values and culture
  - Systems and processes
  - Policies and procedures
- Have you considered what dependencies you are counting on which need to be in place to create an enabling environment for youth engagement?



Are there any key stakeholders you need buy-in and support from prior to engaging young people?

- How will you take your organisation/any key internal stakeholders on the journey with you?
- Are there resources, training or support you need to advocate for and secure prior to commencing this process?

#### **Reviewing engagement tools, good practice and literature:**

- Have you conducted your own scan of current good practice engagement tools, good practice and literature relating to young people's involvement in health research?

#### **Reaching out:**

- Have you reached out to any other institutions or organisations who are currently engaging with young people in a similar field of research or cohort of young people to what you are planning?
- Who could you talk to/reach out to and seek advice at this early stage?

#### **Creating an enabling environment for engagement:**

- What might be some of the internal barriers to meaningful engagement with young people across your research project? This includes:
  - Attitudes and behaviours of adults
  - Adults assumptions about young people
  - Resourcing to support youth engagement practices
  - Current ways of working which may need to be challenged, changed or adapted
- What would enable more meaningful engagement for young people? This includes:
  - A shared understanding of the value of engaging young people and approach to youth engagement
  - A team of people who will be champions for building, sustaining and continually improving your youth engagement practice at a project or organisational level
  - Allocation of resourcing including staff time to facilitate youth engagement processes



### **Health topics young people will be exploring:**

- Is there any sensitive, highly personal or potentially re-traumatising content in the topics you will be exploring with young people? How are you going to make sure young people are psychologically safe and able to participate in a way that respects their privacy and confidentiality?
- What background knowledge do you need to equip young people with so that they can fully participate?
- What technical language, terminology or acronyms do young people need to be familiar with before they participate?

### **Who you will be engaging:**

- Who does your research impact?
- How can you ensure that young people impacted can participate in your research?
- What are some of the barriers to participation some young people may face, and what supports can you put in place to overcome these?

### **When young people will be engaged in the research process:**

- Have you identified what stage/s of research young people will be involved in?
- What level of involvement do you anticipate young people will have (eg. consultants, co-researchers, research leaders)?

Consider creating a self-reflection journal for yourself, as you undertake your engagement process, and return to reflect on these questions as you go.