

## Training information

---



The main *Ready, Steady, Change* materials contain useful and relevant training exercises for use by adult groups. Whilst they do not necessarily relate to children in trouble, they are designed to help adults have a better understanding of:

- children and young people's perceptions
- how to involve them more effectively
- the impact of adult behaviour on children and young people.

They include materials on:

- understanding participation
- the legal context for children and young people's participation in decision making
- recognising what helps and hinders
- understanding how personal values and attitudes affect interaction with children and young people
- learning about more effective ways of listening to and communicating with children and young people
- research findings and their impact
- tools to enable change.