

CHILDREN & YOUNG PEOPLE'S INVOLVEMENT IN HEALTH & CARE RESEARCH

Exploring **Challenges** and **Solutions** for engaging diverse groups of Children and Young People (CYP) in Patient and Public Involvement & Engagement



TIME & ACCESSIBILITY

Involving CYP requires **careful planning** and being **flexible** with timing. It's also about creating welcoming **spaces** where everyone feels **included**.



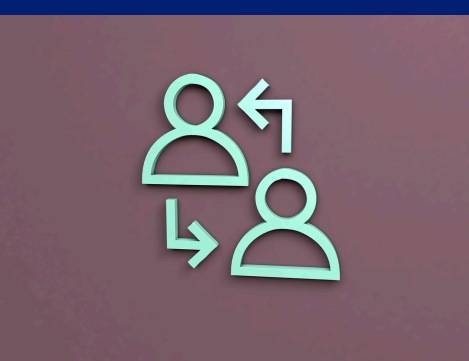
RECRUITMENT & DIVERSITY

Involving CYP in health and care research starts with **trust** and making sure everyone feels included. That means learning about different backgrounds through **diversity training**, reaching out to **communities**, sharing **opportunities** clearly, and building strong, lasting **connections**.



ETHICS & SAFEGUARDING

To keep CYP safe, it's important to have **expert advice**, **clear guidelines**, and **plans** that manage risks. Working together to create these strategies makes them stronger and **more meaningful**.



RESOURCES & FUNDING

To truly involve CYP in health and care research, it's important to have enough **funding** and the **right resources**. That includes bringing in experts who understand how to work with CYP and **valuing the skills** it takes to do it well.



DIGITAL BARRIERS

Making sure CYP can join in health and care research means giving them **access** to the right **digital tools**. That includes **funding for devices**, using **formats** that work well on phones, and helping **build confidence** with technology.



STRUCTURAL SUPPORT

To make CYP truly part of health and care research, it helps when organisations make this part of their everyday **culture**. Having **shared resources**, **learning** from each other, and showing the real **impact** of involvement, beyond just numbers can make a big difference.



COMMUNICATION

Good communication with CYP means using **clear**, **simple language**, choosing **fun** and **engaging ways** to connect, asking questions to understand what they need, and making sure everyone feels **included** in the conversation.