

Making Connections

Children and young people shaping health and social care research

51

Participants

On 1 February, 2025, 51 children and young people planned and ran the "Making Connections" event to share ideas on improving health and social care research. The day focused on making sure young people can speak about decisions that affect them and that adults listen.

"Let us show you, let us help you to make real change! We are the future, let us help in the present! Our experiences are invaluable to shaping and creating new realities for future generations! Just hear us!"

"Research is not just about data it is about understanding people's lived experiences and realities and ensuring evidence translates to meaningful change."

Planned by young people, for young people.



What Children and young people told us ...

What Works Well



Feeling Proud: CYP feel really good when they get to help with research.



Making a Difference: CYP like knowing that their ideas can help make real changes in the world.



Feeling respected and listened to: It's important for CYP to know that adults are listening to them and valuing their opinions.



Belonging and community: CYP enjoy and value opportunities to meet and connect with other CYP who are involved in research.

What Needs to Change



Fair recognition: CYP should be recognised for their time, just like adults are.



Clear Updates: CYP want to know what happens to their ideas after they share them. Did anything change?



Simple Language: Research information can be confusing! They want adults to use simple words that are easy to understand.



Wider Inclusion: CYP want to make sure that more people especially younger children and those from different backgrounds, get a chance to share their ideas.

Ideal Researcher

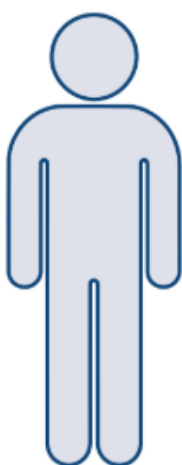
Open
Humble
Inclusive

Transparent
Creative
Analytical

Compassionate
Collaborative
Curious



Active
Practical
Engaged
Inclusive
Approachable
Reliable
Communicative
Creative
Adaptable
Responsible



Kind
Respectful
Authentic
Empathetic
Encouraging
Grateful
Warm
Patient
Appreciative
Supportive



Connected
Attentive
Sincere
Visible

Grounded
Brave
Responsive
Honest

Flexible
Clear
Observant
Purposeful

Innovative
Dynamic
Accommodating
Youth-focused

Why listen to CYP?



Better Care: It helps make health care better for everyone.



Better Research: It helps make research more useful and helpful.



They Know Best: CYP know what they need and what works for them.



Lasting Changes: It leads to better solutions and changes that will help CYP in the future.

What's next?

Create an ideal researcher guide

Coproduce CYP research survey

Share report and findings



The information in this report is available in different formats, please contact the Public Partnerships Team at rdncc.ppt@leeds.ac.uk. For the full report please scan to QR code.