



Introduce people and activities in advance

Check understanding and invite questions regularly

Acknowledge contributions respectfully

What researchers can offer and do

Create calm spaces that reduce pressure and sensory overload

Share updates showing how young people's input shaped decisions

Support ongoing involvement here wanted

Offer creative, written and non verbal ways to share views

How research can be designed and delivered



Allow breaks, movement and choice within sessions

Flexible research designs that adapt to different needs

Built in space for reflection, questions and feedback

Respect boundaries and allow people to step back or return

Multiple ways to engage, including group, one to one and online options

Clear and consistent communication at every stage

Thoughtful planning around location, timing and environment

Partnership working with schools, community groups and families

What is important for young people

- ♥ Being listened to without judgement
- ♥ Having real choices about how to take part
- ♥ Feeling supported by adults and peers
- ♥ Being treated as individuals, not labels
- ♥ Having time to think and respond
- ♥ Knowing participation is voluntary at every stage

TREE of REFORM:
 MAKING RESEARCH INCLUSIVE for ALL CHILDREN and YOUNG PEOPLE

Foundations needed for inclusive research

Clear and simple communication about purpose and process

Trust built through honesty, consistency and follow through

Predictability, including knowing what will happen and who will be involved

Respect for identity, culture and lived experience

Emotional and physical safety

Privacy and confidentiality

My Voice Matters in Research reflects a commitment to embedding equity, lived experience and inclusion at the root of knowledge generation and research mobilisation. This approach seeks to identify shared priorities, drive innovation and champion collaboration, ensuring representation and fairness are the seeds from which mental health research and practice grow.



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