

Lundy Model – Self-Check for Involving Children and Young People

This tool helps us make sure you have the space, support, and chance to share your thoughts and that they are really listened to and acted on.

The Lundy Model is a way to make sure that children and young people (like you!) are really listened to when adults make decisions that affect your life.

It's named after a professor called Laura Lundy, who wanted to help adults better understand how to respect children's right to be heard, which is part of the United Nations Convention on the Rights of the Child. The United Nations Convention on the Rights of the Child, or UNCRC for short, is a special agreement between lots of countries around the world. It says that every child and young person, no matter where they live or who they are, has rights.

The model has four parts that work together to make sure your voice matters:

1. **Space: a place to speak**

You should have a safe and welcoming space (in real life or online) where you feel comfortable sharing your thoughts.

2. **Voice: the chance to speak**

You should get the right help, tools, and information to speak up in a way that works best for you, so talking, writing, drawing, or using tech.

3. **Audience: someone to listen**

The people who hear your ideas should be the ones who can actually do something about them (like teachers, leaders, or adults in charge).

4. **Influence: making a difference**

Your views should be taken seriously—and you should be told how your ideas helped shape decisions.

So, the Lundy Model is all about making sure your voice is:

- ✧ Heard
- ✧ Respected
- ✧ And used to make real change

Because your opinions matter, and adults should really listen when you speak.



1. Space: do you have a safe place to share your thoughts?

We want to make sure everyone has a space, real or online, where you feel safe and included when sharing your ideas.

Think about these questions:

- Is there a space (like a room, group, or somewhere to chat online) where you can speak up safely?
- Do you feel like no one will judge you or make you feel bad for what you say?
- Do you feel comfortable and confident sharing your thoughts?
- Is the space welcoming to everyone, including people with different needs or abilities or people from different backgrounds and cultures?

Rate it from 1 to 5:

- 1 = There isn't really a safe space.
- 3 = There are some safe spaces, but they could be better.
- 5 = There are great, safe, and inclusive spaces for everyone.





2. Voice: do you have the support you need to speak up?

You should have the info and help you need to share your views in ways that work for you.

Think about these questions:

- Do you get clear info that you can understand about what you're being asked about?
- Is there help or tools (like drawing, writing, talking, or digital stuff) to help you explain what you think?
- Can you share your views in different ways that work best for you?
- Do adults really listen and show they care about what you're saying?

Rate it from 1 to 5:

- 1 = No help or info is given.
- 3 = Some help is there, but it could be easier to understand or use.
- 5 = There's lots of helpful support and different ways to speak up.



3. Audience: are your views heard by the right people?

It's important that the people who make decisions hear what you have to say.

- Is there a clear way your ideas are shared with them?
- Are your ideas shared in a way that makes sense and shows their importance?
- Do those adults show that they respect and value what you've said?

Rate it from 1 to 5:

- 1 = The right people don't hear what you say.
 - 3 = Sometimes your views are shared, but it's not always clear or consistent.
 - 5 = There's a clear and strong way to get your views to the right people.
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4. Influence: do your views make a difference?

What you say should matter, and it should help shape decisions.

Think about these questions:

- Is there a system to make sure your ideas are taken seriously?
- Do people tell you what happened because of what you said?
- Can you see any real changes based on your ideas?
- Are adults making sure your views are used in a fair and respectful way?

Rate it from 1 to 5:

- 1 = Your ideas don't seem to change anything.
- 3 = Some things change, but it's not always clear how or why.
- 5 = You can see that what you said made a real difference.

What to Do Next:

1. Add up your scores (highest score = 20).
2. Look at how you're doing:
 - 0–10 = There's still a lot of work to do.
 - 11–15 = Doing okay, but there's room to improve.
 - 16–20 = You're doing a great job at including us!
3. Choose 2 or 3 things you think should be done better and write down how adults can improve them.