

# Voice and Influence Quality Standards

Children and young people have the right to give their opinions freely on issues that affect them and be taken seriously.

Here's how we will help you be heard:

- 1 Inform you**  **Be clear and upfront**
- 2 Safe space for you**  **Help you feel safe to give your views if you want to**
- 3 Support you**  **Let you be in control of how you want to be heard**
- 4 Include you**  **Treat you fairly, don't judge you and give you an equal opportunity**
- 5 Relevant to you**  **Include you in issues about you and are of interest to you**
- 6 Value you**  **Your opinion matters, treat you with respect**
- 7 Makes a difference to you**  **Listen to what you say and tell you what's happened as a result**

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**Believe in  
children**  
 **Barnardo's**