

Engaging young people in health services research and service design: Key ethical considerations

Ten top tips based on according to young people.

1. **Don't just rely on the same usual suspects.** Go the extra mile and take the time to ensure there is diversity among your participants
2. **Consider the impact of involvement on the young people.** Think what you can do to support them throughout
3. **Involve enough young people and the right young people to truly represent your project**
4. **Acknowledge and respect young people's involvement.** To work alongside them as partners will require thought, planning and investment
5. **Share the outcomes with young people.** Be clear and transparent about the impact of their work
6. **Show young people that you value their time and expertise.** Make sure expenses and incentives are given and their contributions are always acknowledged
7. **Have a clear authentic purpose for involving young people.** Avoid tokenism by making sure projects are meaningful and involve young people from day one
8. **Promote involvement opportunities in a way that reaches the right young people.** Use their platforms, language, and networks
9. **Understand the young people you want to work with.** Consider their experiences, needs and personal barriers they may face
10. **Give young people choice.** Where possible adapt to make the experience more comfortable for them

This report offers a summary of key findings from 20 online interviews undertaken with young people by Common Room North (CRN) between October and November 2020. Commissioned by [AYPH](#), these interviews explored ethical considerations when involving young people in participation, research, and co-production.

There was a rich diversity of interviewees in relation to their individual experience of involvement in research or participation projects as well as their age, location, ethnicity, sexual identity, faith, and disability.



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