

# Bulgarian Red Cross Youth

**Empowering the youth through art and psychosocial support**

**Presented by:**

**Alexandra**



## About the project

**Local/national level**

**To foster inclusion, emotional well-being, and a sense of contribution.**

**Art workshops and psychosocial support (PSS) sessions for vulnerable youth —refugee, Roma, and socially excluded children.**

**Creative activities, including the making of handmade items for charity purposes.**



## Children's involvement

**Designed the workshops, co-facilitated sessions with vulnerable peers.**

**Created items and helped with charity bazaars.**

**Worked side-by-side with psychologists and mentors.**

## Impacts and benefits

**Reached 150 children and young people, increasing social engagement and improving emotional well-being.**

**Children could express themselves, develop creativity, and strengthen communication and social skills.**

**Helping others gave them a strong sense of purpose and belonging. They also gained valuable experience in working with vulnerable groups and developed empathy, leadership, and facilitation skills.**

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## Child and Adolescent Participation Council of Fuenlabrada Spain

**Kids voice matters**

**Presented by:**

**Gael & Eva**



### About the project

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**Local level**

**50 suggestion boxes built with recycled materials.**

**Councillors placed a box in each one of their schools.**

**To give a voice to children and young people in their schools and local community.**

### Children's involvement

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**Created the suggestion boxes.**

**Placed the boxes in their educational centres.**

**Encouraging classmates to participate.**

**Collecting/submitting the proposals.**

### Impacts and benefits

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**More than 1000 proposals have been collected (800 school-related, 200 city-related)**

**Improvements in educational centres as requested by children and adolescents.**

**Sense of responsibility of the councillors in charge of this.**

**Promotion and awareness on children's rights, such as the right to participate and the right to be heard.**



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## Commissioner for Children's Rights Cyprus



### The “Right” Mission!

**Presented by:**

**Marielena, Alexandros**

### About the project

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#### National level

Five children visited five Ministers/Deputy Ministers about violations of children’s rights directly related to laws and/or practices applied by their Ministries.

They brought personal stories and urgent concerns to the decision-makers’ tables, demanding accountability and action. They also reminded decision makers that children are not just passive recipients of policy – but are active citizens with voices that matter.



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### Children’s involvement

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Past/current members of the Young Advisory Team were approached by the Commissioner’s office.

Preparatory meetings to work on what they wanted to share and how.

Created a poster with their message which was presented to the Ministers.

### Impacts and benefits

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Children’s testimonies got immediate attention from the Ministers, who committed to follow-up with actions.

Sparked public awareness and helped shift adult perceptions.

Children were empowered, gained confidence and skills in public speaking, advocacy & critical thinking.

They felt heard and valued and gained insight on how their voices can influence change.

# Per Esempio Italy

## Well-Being and Inclusion at School

Presented by:

Riccardo & Gabriella



### About the project

#### Local level

An informal group of students (Student Union of ) from the Margherita High School in Palermo fought to obtain a new space to self-manage, after one of the school's buildings closed, causing the loss of the space granted to them two years earlier.

This is a testimony of youth activism and how local organisations can support such processes, contributing to creating open and participatory schools.



### Children's involvement

Members of the Student Union organised a petition, engaged in dialogue with school authorities, produced official documents, and hosted the event "R-Esistere a scuola" (R-Exist at School) in collaboration with Per Ssempio's School Goes Green project.

### Impacts and benefits

The self-managed classroom was officially granted through a formal agreement between the Student Union and the school administration.

A safe, welcoming space for students to meet, discover new interests, create projects, and lots more!

Children acquired and strengthened skills in active citizenship, initiative, communication and interpersonal skills, as well as organisation and facilitation abilities.



# National Catalan Council of Children and Adolescents Spain

## Children and Adolescent's Congress

Presented by:

Andrea & Pol



### About the project

#### Local/national level

The Congress is a space where 100 children and adolescents from all over the country meet to work on a specific theme that affects children's rights.

In 2024 it was on 'Reduction of social inequalities, wars and child poverty.'

Gathering the different points of view, a manifesto is written that is made public and some conclusions are drawn that serve as demands to be presented to the authorities.



### Children's involvement

Organised and energised the day.

Led and managed the topics, activities, and debates in the different groups.

Presented the congress day to the children who came from the other local councils.

### Impacts and benefits

Children discussed topics that helped create critical thinking through experiential dynamics and exhibitions.

The conclusions represented the voice of all children and adolescents in Catalonia.

They learnt ways of doing and organising themselves by working with other children. Learning about children's rights and the themes of Congress.

# Society “Our Children” Opatija Croatia

## Voice of Children in a Sustainable Community

Presented by:

Mihael & Veronika



### About the project

#### Local level

To raise awareness of sustainable development by strengthening the capacity and knowledge of students through innovative and creative methods of connecting with the local community.

The project is implemented with the support of the Ministry of Science, Education and Youth. Children from two elementary schools were involved and the Children's City Council of the City of Opatija.



### Children's involvement

Children participated in educational workshops on child participation, sustainable development and global goals with their peers in schools.

Involved in design and organisation of a 'Festival' of sustainability.

Facilitators for guests/120 children from involved schools.

### Impacts and benefits

Trained primary school students about sustainable development and increased awareness about their roles in it.

All the children involved learnt communication skills, collaboration and teamwork, self-confidence, critical and creative thinking, civic and social responsibility, civic and social responsibility.



# The Hives Project Greece

## Supporting Youth Exchange Activities

Presented by:

Isabella



### About the project

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EU level

A Youth Exchange involving teenagers from Lithuania, Estonia, Serbia and Greece.

The title was “Youth in Art, Peace of Art”.

### Children’s involvement

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Teenagers over 13 years old participated in the Greek group.

Two child members supported the international group visiting their city.

### Impacts and benefits

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Having an international group in a small town was viewed positively by the local community - especially the local teenagers.

Participation of local teens in the Exchange.

International socialisation and widening of perspectives of all children involved.



# VŠĮ Debesų Kiemas Lithuania

**We Speak. They Nod.  
Nothing Changes.**

**Presented by:**

**Rugilė**



## About the project

### Local level

In a small Lithuanian town, children felt unsafe in school—because of bullying, exclusion, or stress. Speaking up didn't help. Things stayed the same.

So they turned to the daycare centre, where they could finally talk. They wrote anonymous stories, drew “safe and unsafe zones,” and shared what they did not dared to say in class. The message to adults: we are not okay—and you need to hear us.



## Children's involvement

Children shared their personal experiences—through drawings, stories, and group talks.

They created “safety maps” of their schools, and wrote down what they wished adults would hear.

Rugilė helped lead the process—facilitating conversations, collecting thoughts, and co-creating a visual display with messages from children.

## Impacts and benefits

Creation of a safe emotional space—at the daycare centre. Children now check in daily on how they feel, and a quiet zone was set up for emotional rest.

Children learned that their feelings matter. They gained emotional vocabulary, confidence, and a shared sense of courage.

They learned to speak up without fear and realised that change can begin with one child.



# Estonian Union for Child Welfare

## What Kind of Children's Books Do We Want?

Presented by:

Marta & Marii Eleen



### About the project

National level

Estonia's first-ever children's conference at Tallinn's City Centre Library.

Thirty participants from across the country aged 11-13 shared ideas with authors about the type of literature that speaks to their age group.

Discussions focused on language, illustration, and content.



### Children's involvement

Children helped plan the event, organise on-site activities and were discussion facilitators.

They also play a key role to ensure the ideas collected continue to be shared through future projects. This includes a 2<sup>nd</sup> conference for younger children and a digital-themed edition.

### Impacts and benefits

The conference empowered children to voice their views directly to authors, and encouraged peer learning.

The event fostered intergenerational dialogue, laying the foundation for continued child participation in cultural discussions.

Children developed their confidence, communication, and critical thinking skills. They felt genuinely heard and valued and experienced how their views can inspire change.

# Mislata Municipal Council of Children and Adolescents Spain

## Rights and Fallas Award

Presented by:

Marcos & Joan



## About the project

### Local level

To promote children's rights in all spheres of Mislata society, a child jury was formed to award a prize to the Fallas monument which included an aspect linked to children's rights.

Fallas are traditional public sculptures, around which there is an annual festival.

It was important to raise awareness about children's rights and participate in local cultural traditions to reach lots of people.



## Children's involvement

The initiative was created and implemented entirely by the children. This covers the selection criteria for the award, visits to all the Fallas in Mislata, discussions and the final decision.

They then present the award to the winning Falla.

## Impacts and benefits

Every year more and more Fallas monuments include aspects that respect children and their rights in their design.

Increases awareness about children's rights in the community.

Connects a historical cultural tradition with contemporary child policies.



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## UNICEF Italy

### Youth Advisory Board, Child Guarantee

Presented by:

Beatrice



### About the project

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Local/national/regional level

The Board was set up in 2021 to foster the participation of vulnerable children and adolescents in developing the Child Guarantee National Action Plan for Italy.

The group is composed of 20 children, from different socio-economic backgrounds;

### Children's involvement

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Children give their opinions and help develop recommendations for the National Action Plan.

they participate in the planning, implementation, monitoring and evaluation of the Child Guarantee.

### Impacts and benefits

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A set of recommendations are reported to national authorities and then integrated within the National Action Plan for the Child Guarantee.

Voices of vulnerable children and adolescents are heard, their opinions and needs gathered.

Creates a space for kids to be meaningfully involved and participate in the development of the Action Plan.



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# Rádio Miúdos Portugal



## Rádio Miúdos's School-Radio Network

Presented by:

Bárbara

### About the project

National/EU/international level

A educational project, free and open to all Portuguese schools and schools with Portuguese-speaking students abroad.

Promotes oral expression, teamwork, the sharing of good practices and critical thinking through the creation of content in radio and podcast format.

An network that amplifies children's and young people's voices; with creativity, technology and team spirit!



### Children's involvement

For the annual face-to-face event, the children make the videos with challenges and tutorials.

They are the presenters, co-hosts, interviewers and part of the jury to select the school that is going to host the event the next year.

### Impacts and benefits

Connects schools across the country and abroad in a big creative community where kids share stories, ideas and their imagination, while developing soft skills.

The annual Radio Olympics event includes 16 schools where learning and creativity come together in a friendly tournament.

Children build confidence in speaking, listening, communicating and learn that their ideas matter.



# SOS Children's Villages Germany

## Real Lab Youth Participation: Student Disco

Presented by:

Ayat, Hélène and Finn



### About the project

#### Local level

A pilot project in youth social work to empower young people by giving them real decision-making power.

With a €10,000 annual budget, they collaboratively decide how to use the funds for projects benefiting their region and generation. One example is a student-organised disco.

A key aspect of the project is creating a safe space where they can try things out and learn by doing—even if mistakes happen.

### Children's involvement

The young people developed the idea, processes, organised logistics, managed the budget, handled communication with authorities and promoted the event.

The led both the preparation and the student disco itself.

### Impacts and benefits

The student disco was a great success, with local politicians impressed by the teen's serious, responsible planning.

It sparked momentum for more youth-led initiatives and closer cooperation between young people and local government.

The youth received strong support and grew beyond their own expectations, mastering challenges they didn't believe they could handle.



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## UNICEF Spain

### Child- and Youth-Friendly Climatic Disasters Guide

Presented by:

Pablo & Marta



#### About the project

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National level

An easy-to-understand guide with simple vocabulary on what to do if there is a climatic catastrophe (like the DANA in Valencia in October-2024).

It provides activities to help children and young people relax, manage post-traumatic stress and how they can feel in this type of situation.

#### Children's involvement

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The children wrote the document all together.

The shared ideas about how to make it a child- and youth-friendly document.

#### Impacts and benefits

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A guide for and by children in their own language which covers concerns considered important for them, particularly the emotional stresses brought about by climatic disasters.





# Children and Youth Parliament of the Czech Republic

## Cybersecurity for Youth: Consciously and Safely Online

Presented by:

Lukáš



### About the project

#### National level

Focuses on improving cyber safety education among children and young people in the Czech Republic.

To raise awareness about online risks, digital well-being, and responsible internet use through workshops, expert discussions, and youth-driven campaigns.

The initiative is developed in collaboration with experts from the National Pedagogical Institute and the Czech Government's Digital Education Committee.



### Children's involvement

Children/young people shaped the project's goals, content and outreach.

Through consultations, debates, and working groups, they shared their experiences and helped design campaign materials. They are also directly involved in leading peer-to-peer sessions and presenting findings to decision-makers.

### Impacts and benefits

Increased awareness of cyber safety topics among youth and educators.

Contributed to national discussions on digital education strategy and helped include youth perspectives in policy-making. Led to strengthened cooperation between young people and government bodies.

Children developed skills in communication, teamwork, and advocacy. They saw their voices reflected in real policy dialogue.



# The Smile of the Child Greece

## Combatting Bullying and Violence Among Peers

Presented by:

Natalia



### About the project

National/International level

A conference in collaboration with the European Antibullying Network to combat bullying and violence among peers.

Strategies to set out the reasons why the whole society needs to get very seriously involved in the issues of violence.

The ultimate aim was to propose practical and concrete solutions to tackle the phenomenon.



### Children's involvement

Children scoped and created all the materials.

They agreed on the presentation of the specific topics and decided and shaped the content of the presentation.

They presented their positions and proposals at the conference.

### Impacts and benefits

Children were heard, participated and positioned on issues that concern them and affect their daily lives.

Their ideas were a source of inspiration for many conference participants, parents, teachers, field professionals, who showed particular interest in the positions of the youth group and its broader action.

They were empowered and able to bring their own perspectives to the discussion and emphasized that children can make a change.



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## TICE Italy



### The Homework Monster Book

Presented by:

Matilde & Bice

#### About the project

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##### National level

Homework is often a source of stress for students with Specific Learning Disorders (SLD). The homework moment becomes a daily struggle between tired children and worried parents.

Neurodivergent children and teens felt the need to express what they experience during this time.

This is how The Homework Monster Book was born: a project that gives voice to their thoughts and emotions.



#### Children's involvement

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Children told psychologists that they needed their parents to understand them during homework time.

The children wrote the book and they created a podcast about the book

#### Impacts and benefits

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Research involving over 400 families was conducted to analyse narratives about homework before and after reading the book.

Results show a significant shift: parents better understand their children's emotional experience and learn to put themselves in their shoes.

Children felt supported in expressing themselves and being understood, and it helped them become more aware about their learning characteristics and emotions.