



# Disability Matters launch report

For Children and Young People

[www.disabilitymatters.org.uk](http://www.disabilitymatters.org.uk)

## Introduction

In 2012 some disabled people were on the news. This was because they had been treated really badly by people who were meant to be helping them. Everybody was shocked that this had been allowed to happen. The RCPCH (a group of children's doctors) wanted to make a learning tool to make sure this doesn't happen again.

**Disability Matters is free online teaching for people who work with disabled children and young people. It is made up of 52 e-learning topics which were written not just by doctors and other professionals but by parents, carers and young people too.**

Triangle helped make Disability Matters. Triangle is an independent company that works with children and young people. Triangle asked lots of young people what they thought professionals needed to know. They told us and the things they said were put into the report. This document tells you what we did and how we did it.

**The RCPCH and Triangle would like to thank everybody that helped.**





## What is this document about?



**The Royal College of Paediatrics and Child Health (RCPCH) are a group of doctors who work with children.**

They asked Triangle to help them find out what children and young people think grown-ups need to learn about supporting them.

Triangle asked lots of young people this question and other questions. In this document we have included some of the things that the young people told Triangle.

## How did it work?

**Triangle sent out letters to schools in different parts of England.**

- They gave the letters to the young people and their parents to ask if they were interested in telling Triangle what they thought
- They made a promise that no-one would know who said what, so we are not using any names in this report, and we are not saying where anybody lives
- They found out from 213 children and young people what they thought
- They saw the young people at their school, work or at home. They travelled to the North West of England and London and some young people went to Triangle to talk to them
- Some young people went to groups and some young people chose to see someone from Triangle on their own or with a grown up from their life, like their support worker
- Lots of young people filled in a questionnaire on the internet, either with Triangle's help or on their own. When everyone had finished Triangle gave some young people a £10 gift voucher to say thank you for their help



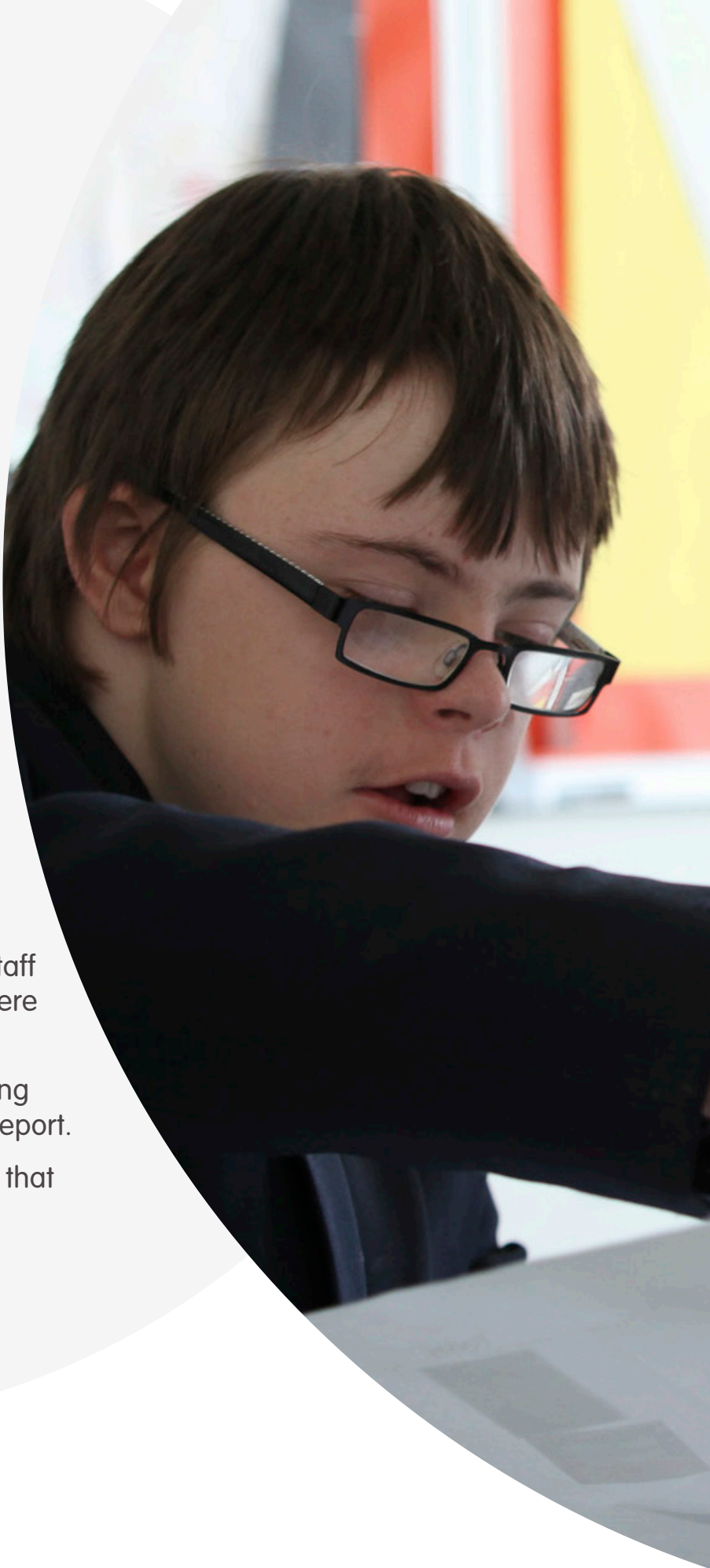
## How young people told Triangle what they think:

**Young people told Triangle what they thought with words and signs, with their hands and their faces, with drawing and writing.**

All of them showed Triangle some feelings: smiling and laughing, clapping and jumping. Some young people had ways of saying yes and no with their eyes, or their hands or their head. Some young people used symbols or switches or communication boards. Triangle didn't always understand at first. Sometimes they needed the young person to tell them again. Sometimes they needed someone who knew the young person well to explain what they meant. Triangle staff checked all the time to see if they were getting it right.

Then Triangle put the things the young people said or signed or did into a report.

This document uses the words from that report.







## Young people told triangle...

### Who they are:

- The young people who communicated with Triangle were all different ages. Most of them were between 11 and 17 years old. Some of them didn't want to tell Triangle how old they were
- 51 young people were boys and 98 were girls. 64 young people didn't want to tell Triangle if they were a boy or a girl
- They all came from different backgrounds, some of them were White, Black or Asian British, and some of them had backgrounds from places including Africa, India and China
- Everyone has support from different people for different reasons, and all the young people live in Great Britain; in lots of different places such as Scotland, Northern Ireland, East Midlands, London and the South West
- Some young people told Triangle about their differences, some things they find difficult to do, such as hearing, or learning, or moving around by themselves



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"If everyone was the same in this world life would be a torment. We need people that are different."

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## Young people told triangle...

### **What grown-ups who support young people need to learn:**

Triangle asked the young people about the people that support them. Lots of them thought they should learn more about supporting them. More than half of the young people thought the following topics were really important for grown-ups to learn more about;

The topics that the young people thought were important are;

- Communication and knowing about children and young people's feelings
- Helping children and young people to know their rights and make choices in their lives
- Helping children and young people join in and feel included

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"I like my independence. I hate people making choices for me. I get fed up when people make choices for me."

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- Things that happen in children and young people's everyday lives and their futures; hobbies, likes and dislikes, where you like to go, how to help me deal with stress and information about relationships with others

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"To help us to participate in leisure activities such as playing pool, shopping, playing on the computer."

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- To know about helping children make a better life and have a future
- What they want to do when they get older, how to be independent, how to help them get a job, how to help them get a driver's license
- People who use a different language and cultural differences
- Being seen and treated the same as other children and young person



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"Just how to act around people, not being really, really sympathetic but being treated like a normal child."

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## **These are some of the things that young people said are important for grown-ups to do...**

- ✓ Take time to learn more about the person (they are working with)
- ✓ Take care of them
- ✓ Talk the right way
- ✓ To be 'polite and kind'
- ✓ To listen
- ✓ Learn and help to support people better
- ✓ Think about how it feels when there are people around who don't understand
- ✓ Be good if you make a website to teach people about what you've got. Some could have higher difficulties, higher one or lower one
- ✓ Find out how to help them
- ✓ Find out how a person is feeling
- ✓ To help us to succeed in school



## The young people wanted Triangle to tell the grown-ups these things...

- Not having the knowledge is like being in a boat on dry land
- We look the same as every single person
- Some people don't want to understand
- People don't listen
- Don't be judgemental
- Don't be frightened about approaching a child or young person to see if they need help
- Why does he do that? Why doesn't he talk to me?





## What stops you doing things and going to places...

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Lots of the young people told Triangle that it can sometimes be difficult for children and young people to join in with activities. They thought about why it was difficult;

- Grown-ups not having enough time or resources
- The way that activities were set up meant that it could be difficult to join in
- Rules made by grown-ups meant that it could also be difficult
- Not having enough money to get there or get in
- Because of peoples' attitudes

## Face to Face Training:

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**Triangle asked young people what is the best way for grown-ups to learn about these things.**

Lots of them thought the best way was through group work led by adults who know about disability, disabled children and young people and their families working together.

The young people also thought people could learn at home by watching a video. They thought people should be asked questions at the end of their learning to help make sure they had understood it all.

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**"Tell the adults it would be good if children could help one day."**

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g people



## What else happened?

**Triangle also asked 1,039 adults about what they thought they needed to learn about when working with children and young people.**

They asked them how they would want to learn. These adults included parents and people that work with children and young people. Triangle wrote their thoughts into a big report which they called Talk to us, this is something that young people told them was very important.

Triangle sent the big report and this summary to the group of doctors called the RCPCH.

The group of doctors carefully read everyone's comments. They thought a lot about what they young people told them and then they started to make the training.

**The training has been put onto an online site called Disability Matters so that everyone can use it.**

This Disability Matters online site was launched on the 3rd February, 2015.







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