



# Referential of Good Practices for Enhancing Child Participation

**in the Promotion and Protection of the Rights of the Child**

Financed by:

**Iceland**   
**Liechtenstein**  
**Norway** grants



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(English version)

Authors:

National Commission for the Promotion of the Rights and the Protection of Children and Young People | Ana Rosa Pires, Célia Chamiça, Fátima Duarte, Sónia Lourenço Rosa

Agency for Child and Family Welfare of the City of Oslo | Iben Schier van den Berg, Trude Vagstein

Page layout: Commission for the Promotion of the Rights and the Protection of Children and Young People | Açucena Olivença Cotrim

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Illustrations: Beatriz Oliveira Dias (Page 7), Joana de Freitas Videira (Page 77), Live (Page 4), Maria Jorge Azevedo (Page 3), Rafael Fonseca (Page 13)

Promoter:

National Commission for the Promotion of the Rights and the Protection of Children and Young People

Praça de Londres, n.º 2 – 2.º

1049-056 Lisboa

Tel. (+351) 300 509 717 | 300 509 738

E-mail: [cnpdpcj.presidencia@cnpdpcj.pt](mailto:cnpdpcj.presidencia@cnpdpcj.pt)

[www.cnpdpcj.gov.pt](http://www.cnpdpcj.gov.pt)

[www.facebook.com/CNPDPCJ](https://www.facebook.com/CNPDPCJ)

[www.instagram.com/cnpdpcj](https://www.instagram.com/cnpdpcj)

Partner:

Agency for Child and Family Welfare of the City of Oslo

Postboks 6726, St Olavs Plass

0130 Oslo

Tel. (+47) 21 80 21 80

E-mail: [postmottak@bfe.oslo.kommune.no](mailto:postmottak@bfe.oslo.kommune.no)

[www.oslo.kommune.no](http://www.oslo.kommune.no)





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## PART I – Framework and nature of the Referential of Good Practices

### Context

The Referential of Good Practices for Enhancing Child Participation in the Promotion and Protection of the Rights of the Child is one of the two final outputs of the bilateral initiative on “Enhancing the protection of the rights of the child in priority areas”. Totally financed by the Fund for Bilateral Relations of the EEA Grants, it involves Portugal and Norway, namely through the National Commission for the Promotion and the Protection of Children and Young People, as the Portuguese promoter of the Initiative, and the Agency for Child and Family Welfare of the City of Oslo, as the Norwegian partner.

The bilateral initiative was launched on July 2, 2019 at the Portuguese Assembly of the Republic, in Lisbon. Its public presentation was integrated in the opening session of the International Seminar “Reflecting upon child participation in public decision-making” and counted with the intervention of several international lecturers with vast experience in the promotion of the rights of the child.

The closing event of the initiative took place on December 16, 2020, in an online format, and counted with the participation of speakers from both countries, as well as from Eurochild. The recorded event is now available to the public.

Alongside this Referential of Good Practices or Enhancing Child Participation in the Promotion and Protection of the Rights of the Child, the Thematic Glossary of Child Protection Systems and the Promotion of Children Rights, focused on child participation in especially vulnerable contexts, is another output of the bilateral initiative at stake, both resulting from the same context and methodology and contributing to the same goals.

The selection of the area around which the Referential of Good Practices revolves was based on its relevance to ensure the right of children to participate, be heard, have their opinions appreciated and taken into account, access equal opportunities and have the fundamental principle of the best interest of the child taken as a primary consideration, in all policies and practices concerning child protection and the promotion of the rights of the child.

## Goals

The main and most immediate common goal of both outputs of this bilateral initiative is to stimulate and support child participation, having in mind the need for implementing special support measures that are adequate to overcome constraints deriving from vulnerabilities and any possible limitation to the access of children to participation and full enjoyment of this right, on an equal opportunities basis, free from any discrimination stemming from the context or from the personal situation of the child. This goal is multifold. On one hand, it allows systems of protection and promotion of children and young people and all stakeholders to increase the potential for application of already existing policies, projects, practices and activities based on or involving child participation, both in Portugal and in Norway. On another hand, it allows further contribution and inspiration to other initiatives that may result from all knowledge and experiences shared during the elaboration of both products, as well as from their dissemination, which goes well beyond the closure of the initiative. The fact that the two products are available in digital format eases their distribution and the promotion of the debate among peers and anyone involved or interested in contributing to stimulate child participation on a regular and equal opportunities basis, in all areas of intervention – the fulfillment of children's rights is an obligation of everyone and their scope encompasses all contexts of children's life, directly or indirectly, from where they live, are cared and assisted to where they learn and play.

The Referential of Good Practices also aims specifically to compile practices that have been or are being implemented by Portuguese and Norwegian entities acting in the area of the promotion of rights and the protection of children, based on child participation or that involve it, and that have proven to yield good results, namely in facilitating and stimulating child participation in matters that respect them, as well as in ensuring children's right to participate, to be heard and to have their opinions taken in consideration in all areas of life in society.

The good practices selected and included herein are meant to constitute a useful technical resource for professionals and for the civil society to stimulate and support child participation opportunities in full respect for children's rights, keeping in mind the necessary special attention required by children belonging to vulnerable groups or with personal conditions of vulnerability. This resource can also be used in other areas where child participation is desirable and needs to be implemented, and may act as an inspiration to the development of other approaches and initiatives that involve child participation.

This collection of good practices is not exhaustive, but a basis that may be regularly updated with advances made in result of new challenges, knowledge and experiences that are prone to enrich it, since life itself and the learning process that occurs with the intervention of all stakeholders involved in the protection of children and in the promotion of their rights is a dynamic reality.

Other common goals of both outputs are to continue to: enrich the bilateral relations of Portugal and Norway through further exchanges of knowledge and practices; further increase the added-value that resulted from the team work developed along the process of the elaboration both materials, involving professionals working in child care and child protection, as well as children in both countries; to stimulate bilateral partnerships between Portugal and Norway in other areas of common interest, as well as to share with the international community their policies and practices to face current and future challenges, namely within the scope of the protection of children and of the promotion of their rights, including the right to participate - one of the most relevant ones, which has not yet been implemented nor attained all its reach.

## Nature and methodology

The Referential of Good Practices is a technical tool, which was produced with the active involvement of all relevant profes-

sionals of child protection systems and all sectoral areas whose scope of action was considered enriching, as well as with the fundamental involvement and the participation of children.

Stakeholders came together in thematic workshops and parallel events held in Portugal and in Norway. Four members of the technical team of the bilateral initiative - two Portuguese and two Norwegian elements – participated in all workshops in which the most significant and relevant technical terms or expressions were identified as the base for a common approach, to be available to all stakeholders involved in promoting or facilitating child participation: in the public or private sector; in governmental and non-governmental organizations; internationally, nationally, regionally or at local level; on a political, professional or voluntary basis, in the best interests of the child.

Children in Portugal and in Norway participated in workshops and consultation processes along the elaboration of both products, either to be heard on child participation, on the difficulties felt regularly regarding the implementation of this practice in several contexts and on how they consider these constraints could be overcome. The contributions of children were mostly collected during a workshop with the participation of children and through the dissemination of an anonymous online questionnaire.

Both outputs of this bilateral initiative embody years of experience and knowledge acquired by the involved stakeholders in the area of child participation: Norway, holding a much longer experience in child participation, which became a regular practice; Portugal, which has taken several steps in the recent years towards that goal. Both experiences proved to be very enriching to one another and the outcomes of this initiative are expected to contribute to enlarge and deepen the debate among professionals and their commitment in creating and facilitating child participation - children's voices are irreplaceable and very important aspects can be learned from them, in order to improve policies and practices in the protection of children and the promotion of their rights.

In methodological terms, it is important to mention the fact that child participation became a regular practice in Norway. As such, most of the activities organized by Norwegian entities to consult children are no longer identified as innovative or inspiring good practices since they occur on a common, regular basis, as a result of the enforcement of Norwegian legislation – the latter must be highlighted as an innovative and inspiring good practice itself though, previously to presenting good practices of both countries.

As a matter of fact, Norway introduced the concept of love in child care, as established through the Child Welfare Act<sup>1</sup>, which entered into force in Norway on the January 1, 1993, whose relevant sections were transcribed herein, along with explanatory notes by Julia Köhler-Olsen<sup>2</sup> added on August 15, 2018, allowing for a deeper understanding of the Act's content regarding the concept of love in child care and the need for regular consultation to children to guarantee the right of the child to participate.

It is noteworthy to mention that the purpose of the Child Welfare Act is described in its section 1-1 as “(...) (4). *The law shall help ensure that children and young people meet with safety, love and understanding (...)*”. According to note 5, by Julia Köhler-Olsen, “(...) *the purpose of meeting children and young people with confidence, love and understanding should highlight the value basis for child welfare work. Despite objections made in some consultation statements, the Ministry<sup>3</sup> supports the view that child welfare services should provide children in child welfare care and empathy and recognize their need for safety and love. The Ministry also believes that safety, love and understanding are important elements of the purpose of the Child Welfare Act to help ensure that children receive the necessary care (...)*”.

*The concepts of safety, love and understanding are based on subjective feelings that can hardly be defined and that are not suitable to enforce. It is thus not easy to give the concepts a legal content and children are not given a right to experience safety, love and understanding, which can be enforced and tested.*

*That the incorporation of concepts without legal content are nevertheless incorporated into the provision of the purpose of the law is precisely its special feature. The provision shall express the objectives of the activities of the child welfare authorities and provide direction for the service's priorities in general and for the interpretation of the individual legal provisions. The Ministry believes that this specific part of the purpose provision will have an important symbolic value and signal an expectation that employees of child welfare services meet children with safety, love and understanding”.*

Explanatory notes (25 to 31) have also been added to Section 1-6 of the Norwegian Child Welfare Act, which addresses the child's right to participate (25) and in which it is referred that “*All children who are able to form their own views have the right to participate in all matters concerning the child under this law (26). The child shall receive sufficient and customized information (27) and has the right to freely express his or her views (28). The child shall be listened to, and the child's views shall be emphasized*

<sup>1</sup> LOV-1992-07-17-100, Lov om barneverntjenester (barnevernloven), available at <https://bufdir.no/Bibliotek/RettsdataStartPage/Rettsdata/?grid=gL19920717z2D100>

<sup>2</sup> <https://www.oslomet.no/en/about/employee/juliak/>

<sup>3</sup> The note refers to the Barne- og familie departementet (BFD) of the Royal Ministry of Children and Family Affairs of Norway.

*in accordance with the age and maturity of the child (29). Children whose care has been taken over by child welfare services may be given the opportunity to bring a person of their special trust (30). The Ministry may, through regulations, provide further rules on participation and on the role and function of the trustee (31)."*

In face of the aforementioned, note 25 refers that *"This new provision shall highlight that children are entitled to participation in all matters concerning them under the Child Welfare Act, as opposed to previous child welfare laws which obliged the authorities to facilitate children's participation. As the United Nations Committee on the Rights of the Child emphasizes in its General Comment No. 12 (2009), on the right of the child to be heard, the child is not obliged to participate or to speak (...). The reason behind it is to clarify that children have the right to be heard (...). It is assumed that the expression "right to complicity" entails the same nature as the right to be heard enshrined on Article 12 of the United Nations Convention on the Rights of the Child. (...) The provision on participation has been moved from Chapter 4 to Chapter 1 of the Child Welfare Act to emphasize that the right to participate is applicable beyond occasions when measures are being chosen. The purpose of placing it in a new location is thus to clarify that the right to complicity is due in the application of the whole law".*

In note 26, Julia Köhler-Olsen explains that, *"Following chapter 6.4 of the legislative proposal Prop. 169 L (2016-2017), the child's independent right to participate shall apply consistently in all circumstances concerning the child, including beyond other legal provisions in which the child is given an explicit right to speak. The child will thus have the right to participate in all matters, including when choosing a foster home or institution, when assessing the interaction, preparation of measures plans (...). The obligation to allow the child to participate includes all agencies that perform tasks under the Child Welfare Act.*

The United Nations Committee on the Rights of the Child states in paragraph 20 of its General Comment No. 12 (2009) that authorities shall not take into account the assumption that a child cannot form his or her own views and express them. On the contrary, the authorities shall assume that a child is able to form her or his own views and it should be acknowledged that she or he has the right to express them. The child should not have to prove that she or he is able to form his own views".

Moreover, in note 27, Julia Köhler-Olsen clarifies that *"In order to form their own views, every human being must have sufficient information. The right to participate thus also implies a right to obtain sufficient and customized information. Information is sufficient when the child learns what the case or situation is about, different options, various possible outcomes and consequences as of paragraph 25 of General Comment No. 12 (2009) of the United Nations Committee for the Rights of the Child. In addition, the child shall be informed that she or he is not obliged to speak (...). Customized information means that the information is provided in a way that is adapted to the age and maturity of the child, as to ensure that the child understands what the case or situation is about."*

According to note 28, *"The Ministry highlights that the right of children to freely express their views means that the child can express herself or himself in other ways than just by speaking. Children should be able to express themselves verbally and non-verbally. The authorities shall also take into account the child's ethnic, religious, cultural and linguistic backgrounds, including the language and culture of Sami children (...). The United Nations Committee for the Rights of the Child adds that the right of children to freely express their views requires the authorities to ensure that children can convey those views without pressure and can choose whether to express themselves or not. The child must also not be subject to manipulation. The meaning is precisely that the child can express her or his "own" views, as of paragraphs 22 and 23 of the General Comment no. 12 (2009)".*

Furthermore to the aforementioned, note 29 elucidates that *"The Ministry points out that the emphasis on the child's views in accordance with the child's age and maturity also follows from Article 12 of the United Nations Convention on the Rights of the Child (...). Paragraph 28 of the General Comment No. 12 (2009) indicates that only listening to the child is not sufficient. The child's views must be taken into account and taken seriously when a child can form those views. The child's age may not be decisive to the weight that will be given to the expressed views, but the level to which the child understands the case and the situation must be considered, as of paragraph 29 of the General Comment at stake. Maturity means the ability to understand and assess the implications in a particular case or situation and it must be assessed for each child individually. Furthermore, as of paragraph 29, it is important that a more thorough assessment of the maturity of the child is carried out, since the greater an outcome of a case is the more it directly affects the child's life".*

Note 30 revolves around Article 4-1, whose second paragraph has been repealed: *"The child may be given the opportunity to bring a person with her or him. The purpose behind this arrangement is twofold. First, a trustee, in the role of the child's support person, will be able to give a child greater confidence in face of child welfare. Second, this trustee will be able to strengthen the child's right to participate. The trustee will be able to give the child greater confidence in their meeting with child welfare services. It is important to emphasize that a trustee should be a supplementary element and not a substitute of the case manager nor of supervisory and control authorities (...). The wording of the provision shows that the opportunity to bring a trustee applies only*



where the child welfare service has taken over the care of the child. In this regard, the preparatory work stresses that this does not preclude the child welfare service from allowing the child to bring a particular trustee with her or him in other specific cases.

The role of the trustee is better regulated in (...) Regulation No. 697, of June 1, 2014, on participation and the trustee, in which it emerges that the trustee shall not have a separate formal role in the child protection case, but shall be a support for the child. This means that information to convey the trustee must be provided in accordance with the confidentiality rules pursuant to article 13 and following articles and in Section 6-7. Since the trustee will have access to sensitive personal information, the person concerned must be required to sign a non-disclosure agreement. For the safety of the child, the trustee must present a police certificate, as set forth in Section 6-10".

Finally, in note 31, Julia Köhler-Olsen underlines that "Pursuing the last subsection of the provision, the Ministry has established Regulation No. 697, of June 1, 2014 on participation and the trustee. The regulations cover, among other things, what child welfare services should inform the child about, the child welfare service's duty to facilitate participation, as well as documentation regarding the child's participation. Provisions concerning the trustee are referred to in note 30".

In what Portugal is concerned, the main legal acts on the protection of children and young people are:

- i) The Act on the Protection of Children and Young People in Danger<sup>4</sup>, which aims to promote the rights and the protection of children and young people in danger, in order to ensure their welfare and integral development. It encompasses amendments made over more than twenty years since the creation of a system to protect children and young people, in order to update the responses to emerging challenges and to extend its scope of intervention to the promotion of rights additionally to the protection of children<sup>5</sup>; and the
- ii) Educational Guardianship Law<sup>6</sup>, which establishes the legal provisions for the application of educational guardianship measures to children, aged 12 to 16, in case of practice of facts legally qualified as a crime by the latter.

The current legal framework of the National Commission for the Promotion of the Rights and the Protection of Children and Young People was established by Decree-Law No. 159/2015, of August 10, amended by Decree-Law No. 139/2017, of November 10, and builds upon the inheritance of more than two decades of experience and lessons learned on protecting children in Portugal by its predecessor - the National Commission for the Protection of Children and Young People at Risk, created by Decree-Law No. 98/98, of April 18 -, broadening the latter's scope and competences.

As a matter of fact, the work accomplished along the years by the National Commission for the Protection of Children and Young People at Risk - specifically focused on children and young people at risk - and the knowledge gathered from national and international approaches made it clear that, despite the notably increased need of the most vulnerable for protection, all children and young people must fully enjoy and exercise their human rights and be protected from experiencing human rights violations.

Furthermore, the need for the creation of a new structure also arose from the increasingly recognized relevance of the dimension of prevention in eradicating child victimization and revictimization, along with the importance of raising not only children's awareness and increasing their empowerment regarding the exercise of their rights, but also of raising the awareness of all entities and of the civil society towards the need for implementing and respecting children's rights.

November 2015 opened the floor to a new stage: the creation of the National Commission for the Promotion of the Rights and the Protection of Children and Young People, allowed the establishment of a mission encompassing a broader target and setting a larger scope of action and competences, reflecting the inclusion of all children and young people and the promotion of their rights alongside their own protection, as entailed in its current designation.

A new step forward was taken by Portugal through Resolution of the Council of Ministers No. 112/2020, of December 18, which approves the National Strategy on the Rights of the Child for the period 2021-2024. This Strategy is based on the definition of an integrated and comprehensive vision that aims to contribute to building the foundations of a new planning cycle for children and youth with an innovative approach in Portugal, namely by involving the participation of children. In this regard, it is noteworthy to highlight that the elaboration of the Strategy<sup>7</sup> itself comprised a consultation with children, additionally to the regular public consultation process. This Strategy is based on five main pillars, one of which concerning child participation:

<sup>4</sup> Lei de Proteção de Crianças e Jovens em Perigo, i.e., Law No. 147/99, of September 1, amended by Law No. 31/2003, of August 22, Law No. 142/2015, of September 8, Law No. 23/2017, of May 23 and Law No. 26/2018, of July 5.

<sup>5</sup> The amendments also extended the possibility of providing protection to young people aged up to 25 years old whenever necessary, in case the young person has been previously subject to a protection measure whose application was decided by a local Commission for Protection of Children and Young People while the person was aged below 18.

<sup>6</sup> Lei Tutelar Educativa, i.e., Law 166/99, of September 14, amended by Law No. 4/2015, of January 15.

<sup>7</sup> Soon available at [www.cnpdpj.gov.pt](http://www.cnpdpj.gov.pt)

- i) Promoting well-being and equal opportunities for all children and young people;
- ii) Supporting families and parenting;
- iii) Promoting access to information and participation for children and young people;
- iv) Preventing and combating violence against children and young people; and
- v) Promoting the production of tools and scientific knowledge to enhance a global vision of children and young people's rights.

It is also noteworthy to highlight that additional relevant information on national initiatives and good practices of Portugal and Norway, provided by competent authorities, is available for consultation at the Education, Audiovisual and Culture Executive Agency (EACEA) website<sup>8</sup>.

The legacy of Norway and Portugal in the national legislation, policies and practices that promote and protect children's rights was taken in consideration in the production of both outputs of this bilateral initiative – the Thematic Glossary and the Referential of Good Practices.

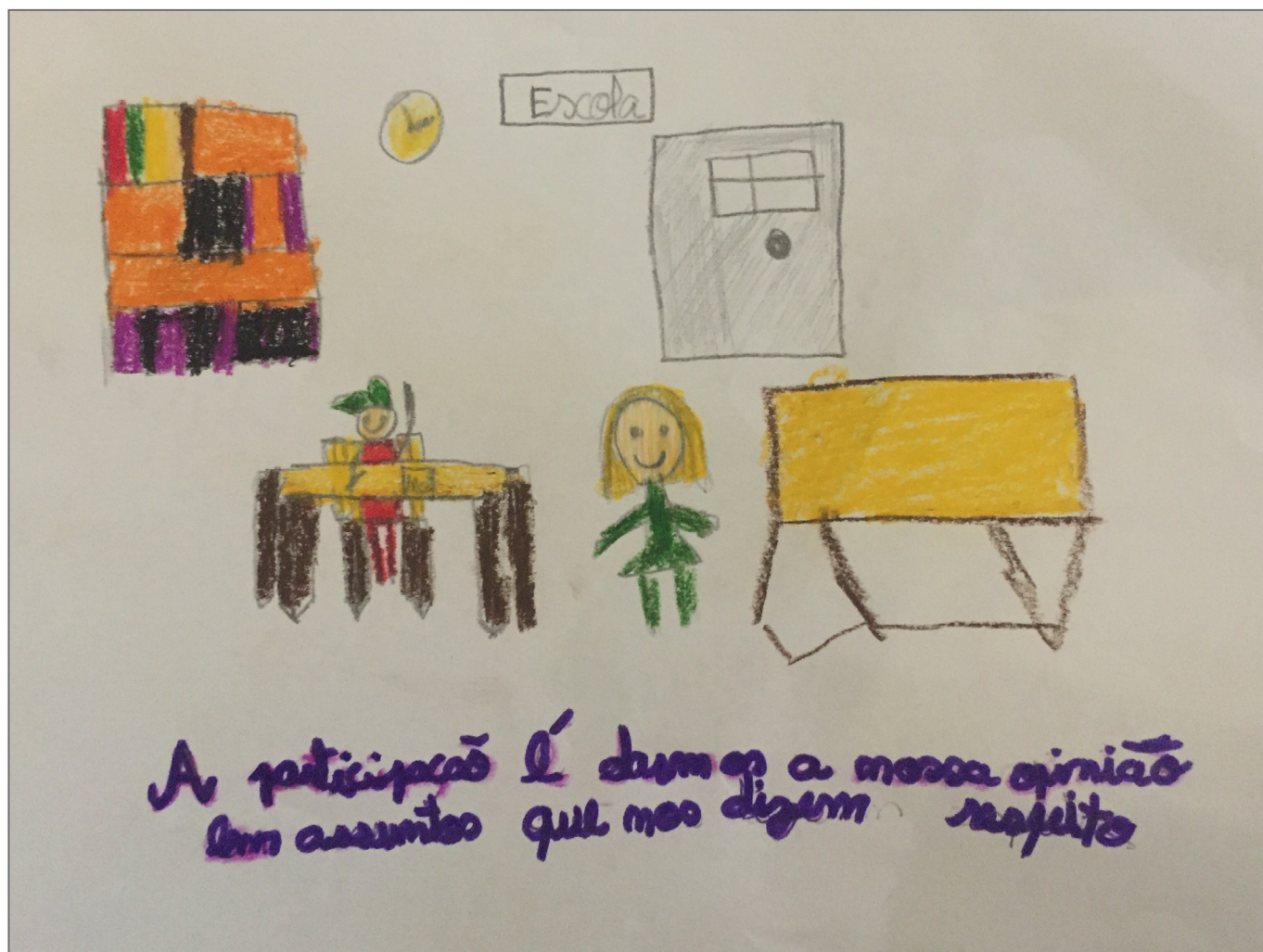
Moreover, relevant Conventions and Protocols of the United Nations and of the Council of Europe on human rights in general and on children's rights in particular were also taken into account, alongside with recent documents published and events organized by international organizations, the European Union, non-governmental organizations around the topic of child participation, as well as with the interventions of children and young people as speakers in panels at European and international level.

This Referential of Good Practices is a first step in a work in progress – a never ending work, as this is a dynamic reality that keeps bringing new possibilities and challenges. It is expected to inspire good practices on child participation, also bearing in mind that those who are in a more vulnerable situation require special attention, as to have equal opportunities in accessing this right, which is a right of all children, irrespectively of their characteristics, belonging, conditions or context.

Children have the right to participate, to be heard and to have their opinions taken into account. Governments and societies have the obligation to ensure them the full enjoyment of that right on an equal opportunities basis and in the child's best interests. Additionally to being a right, child participation is true richness for sustainable, balanced, healthy and ecological societies, where all live better lives, feel at home wherever they are, at any moment of their life. Child participation is a key-factor in the creation of child-friendly societies that are also humanity-friendly societies, since it contributes to overcoming hurdles emerging from vulnerabilities and to creating equal opportunities for all to be heard on a regular basis, a challenge to governments, societies and the children themselves.

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<sup>8</sup> <https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/53-youth-representation-bodies-norway>  
<https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/5-participation-norway>  
<https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/overview-portugal>  
<https://eacea.ec.europa.eu/national-policies/en/content/youthwiki/5-participation-portugal>



## PART II – Referential of Good Practices

### Introductory note

This Referential of Good Practices presents entries in alphabetical order of the designation of each practice – in Portuguese and in English, accordingly with the language of each version – shared by Portuguese and Norwegian entities within the scope of this bilateral initiative. As described in Part I, these practices aim to ensure or facilitate activities that promote the participation of children, including vulnerable children - regardless of personal characteristics, conditions or contexts –, keeping in mind the potential need to meet special requirements to ensure the full enjoyment of the right of all children to participate, to be heard and to have their opinion respectfully taken in consideration, on an equal opportunities basis.

As previously mentioned, the fact that Norway has long been regularly implementing the practice of consulting children in all matters that concern them - including when preparing legislative initiatives or of other nature - may have contributed to a lower representation of Norwegian entities and practices in this Referential. As a matter of fact, Norwegian entities may have tended to be highly selective of the good practices shared, since participation of children is already a common action, and thus might have focused mainly on certain initiatives, projects or activities that are possibly new to each institution.

The fact that the participation of children is not yet a regular cross-cutting practice in Portugal may have weighted in the deci-

sion of the Portuguese entities to share good practices or initiatives involving the participation of children that are already in place and that were recognised as such by both parties to this bilateral initiative, based on the standard criteria of including practices that are in line with the United Nations Convention on the Rights of the Child and in full respect for the principles enshrined therein.

The Referential of Good Practices is not an academic study, but rather aims at standing as a useful resource for professionals and non-professionals acting within the scope of child protection and childcare and in the promotion of their rights, while inspiring the implementation of child participation practices all along the several stages of preparation of any kind of initiatives, actions or documents related to childhood and youth, knowing that these practices: fully respect children's rights; are based on the principle of the child's best interests and on the principle of equal opportunities; encompass the need for creating child-friendly environments, using child-friendly language and meeting the special needs of some children, including children in vulnerable conditions, in order to guarantee inclusive participation.

This Referential may also serve as an encouraging tool for entities to start threading the path of creating, launching or reinforcing the implementation of child participation practices in the development of initiatives, projects and activities in full respect for the United Nations Convention on the Rights of the Child.

Likewise, the Referential at stake can also be used by entities that would like to access further information on any of the reported good practices, thus opening channels to present requests for supplementary technical details concerning methodologies, hurdles and how to overcome them, results, (un)expected potential and how the latter has been integrated.

Last but not least, this Referential of Good Practices may act as a tool to stimulate future knowledge and information exchange, hence continuing to foster bilateral cooperation between national entities of Portugal and Norway or even to become the base upon which to forge new partnerships around areas of common concern, in European and international contexts.

## “Adélia” Project – Support to Positive Parenting



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### Coordinating entity

National Commission for the Promotion of Rights and the Protection of Children and Young People (PT)

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### Other participant entities

Co-funded by the PO ISE - Operational Program Employment and Social Inclusion

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### Beneficiaries

Children and young people, families, Local Commissions for the Protection of Children and Young People (CPCJ); professionals of entities with competences in matters of childhood and youth, who carry out intervention with families and civil society, in the geographical territories corresponding to North, Centre and NUTS II Alentejo

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### Short description

The Adélia Project – Support to Positive Parenting (*Projeto Adélia de Apoio à Parentalidade Positiva*) reflects the increasing investment in public policies that support positive parenting and the reinforced acknowledgement of parental responsibilities. As a policy measure aiming at building violence-free parenting and the promotion of parental behaviors that respect the best interests and the rights of the child, the Adélia Project contributes to the qualification of the national system for the protection of children and young people – to which the CPCJ are central -, as well as to the development of strategies and actions that support positive parenting, based on a communitarian and systemic logic, aiming at:

- Developing local plans for the promotion and protection of the rights of children and young people that involve the participation of children and young people themselves, in order to ensure the existence of supporting strategies to an evidence-based responsible and positive parenthood;
  - Enhancing the involvement and the active participation of children and young people in the development, monitoring and execution of the aforementioned local plans;
  - Enhancing the intervention of the entities with competences in matters of childhood and youth and of the local commissions for the protection of children and young people through the training and specialization of their professionals for the promotion of a more protective parenthood, while qualifying their intervention with the families towards the effective prevention of situations of risk and/or danger; and
  - Promoting the training of the families regarding the exercise of a responsible parenthood in the different dimensions of family life, improving parental performance while effectively fulfilling the rights and the protection of children and young people.
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### Implementation period

Ongoing since June 14, 2018 until December 31, 2021

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### **Results achieved**

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Since its launching, and during the course of the second semester of 2018, public campaigns were developed.

In 2019: 15 workshops targeted at the CPCJ were carried out, aiming at presenting and discussing the local diagnostic tools proposed for the elaboration of the local plans for the promotion and protection of the rights of children and young people; two editions of a three-day technical training action took place within the scope of the “Incredible Years” Programme; a three-day technical capacity building action, in the context of the “Mais Família, Mais Jovem” Programme; 204 meetings were held with the CPCJ and 34 with external entities.

By the end of 2019, 212 CPCJ had been raised awareness towards this project, of which 168 joined it. The CPCJ that decide to participate in the project will elaborate the respective local plan, which will involve the participation of children and young people, in order to also ensure strategies to support a responsible and positive parenting based on evidence.

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### **Hyperlink for online contents**

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<https://www.cnpdpcj.gov.pt/adelia-apoio-a-parentalidade-positiva>

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## Annual evaluation meeting of the activities of the Local Commissions for the Protection of Children and Young People



### Coordinating entity

National Commission for the Promotion of Rights and the Protection of Children and Young People (PT)

### Other participant entities

The 310 Local Commissions for the Protection of Children and Young People (CPCJ) scattered nationwide and other entities with competences on matters of childhood and youth

### Beneficiaries

Elements of the CPCJ and other professionals involved in the protection of children and young people; children and young people

### Short description

Annually, within the scope of the prosecution of its mission and of its competences, namely that of providing support and monitoring the CPCJ, the National Commission holds a national meeting focused on the evaluation of the activities carried out by the latter during the previous year.

In 2020, for the first time, the meeting involved the participation of representatives of the National Council of Children and Young People, who were invited by the National Commission to join a panel for the purpose of their consultation on issues being debated in this year's edition of the event, focused on the topic "Prevent to protect".

### Implementation period

October 28, 2020

### Results achieved

The participation of children and young people in the meeting and the hearing of their opinions and suggestions during this occasion.

### Hyperlink for online contents

[https://www.youtube.com/watch?v=Rac5\\_mSKnzo](https://www.youtube.com/watch?v=Rac5_mSKnzo)

## Audition of children



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### Coordinating entity

Center for Judicial Studies (PT)

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### Other participant entities

Not applicable

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### Beneficiaries

Justice Auditors who are preparing to enter the Judiciary and the Public Prosecution Service, within the scope of the Initial Training Course; Judicial Magistrates and Prosecutors, in the context of ongoing training courses; and professionals of other areas, including forensic professionals.

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### Short description

Psychologists present concrete situations in which children must be heard and best practices to adopt therein.

Simulations of trials and of other situations in which the child is heard are carried out, encompassing subsequent assessment of the trainee's performance.

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### Implementation period

These methodologies are applied in all initial training courses and in ongoing training courses that take place periodically, every two or three years.

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### Results achieved

Greater awareness among magistrates of the specificities involved in hearing children and, consequently, better performance of magistrates in future situations.

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### Hyperlink for online contents

[www.cej.mj.pt](http://www.cej.mj.pt)

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## Avoiding direct interviews with children allegedly victims of crimes, particularly of a sexual nature



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### Coordinating entity

National Institute of Legal Medicine and Forensic Sciences (PT)

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### Other participant entities

Not applicable

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### Beneficiaries

Public Prosecution Service and the criminal courts

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### Short description

This practice aims at seeking information on the alleged abuse by contacting those who accompany the child or extracting it from any other information collected by judicial authorities or criminal police bodies, in order to limit the collection of information directly from the child to the minimum.

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### Implementation period

It has been applied as a procedural norm since 2013, but it used to be already observed prior to this point.

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### Results achieved

It is applied on a case-by-case basis, according to previous analysis and to the need to collect information, primarily with the aim to reduce the possibility of child revictimization and the potential contamination of the information reported.

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### Hyperlink for online contents

<https://www.inmlcf.mj.pt/wdinmlWebsite/Data/file/OutrasInformacoes/PareceresOrientacoesServico/Normas/NP-INMLCF-007-Rev01.pdf>

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## Awareness-raising actions towards children's rights



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### Coordinating entity

Public Security Police (PT)

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### Other participant entities

Schools

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### Beneficiaries

Children of the first and second cycles of basic education

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### Short description

Awareness-raising actions targeting students, teachers and auxiliary staff are carried out in schools of the first and second cycles of basic education, in a classroom context, in order to highlight and disseminate the rights of children and prevent child-maltreatment and sexual crimes committed against children.

In 2019, the book "The Adventures of Búzio and Coral" (first cycle of basic education) and materials such as "All Rights Are Important - An Educational Resource on the Convention on the Rights of the Child", by Amnesty International (second cycle of basic education), were used as resources.

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### Implementation period

Annually, since 2019, for the five days of the week in which the anniversary of the United Nations Convention on the Rights of the Child is celebrated (November 20).

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### Results achieved

In 2019, 417 actions were carried out in 326 schools, involving a total of 11.969 participants, of which 11.844 students and 125 teachers and auxiliary staff.

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### Hyperlink for online contents

<https://www.psp.pt/Pages/atividades/MIPP.aspx>

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## Awareness-raising actions towards the child's right to health



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### Coordinating entity

Directorate-General for Health (PT)

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### Other participant entities

National Health Service, Regional Coordinations for Health and Healthcare Centres

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### Beneficiaries

Children and young people, society at large

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### Short description

National and regional bodies of the Portuguese health system organized initiatives to celebrate the anniversary of the United Nations Convention on the Rights of the Child, namely awareness-raising actions on children's right to health, to being cared and protected, as well as on preventing illness.

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### Implementation period

During the week in which the anniversary of the Convention on the Rights of the Child is celebrated (November 20).

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### Results achieved

A video was produced and initiatives of different nature were carried out by the Units of Support to Children and Young People at Risk, including on the commemoration of the 30<sup>th</sup> anniversary of the United Nations Convention on the Rights of the Child. Drawings on these topics were created by children and displayed in various Healthcare Centres nationwide.

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### Hyperlink for online contents

<https://www.dgs.pt/em-destaque/20-novembro-2019-dia-internacional-dos-direitos-das-criancas.aspx>

<https://www.youtube.com/watch?v=XIxpGdPkL4>

<http://www.arsalgarve.min-saude.pt/noticias/30-anos-da-convencao-dos-direitos-da-crianca/>

<https://www.sns.gov.pt/noticias/2019/11/19/convencao-dos-direitos-da-crianca-2/>

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## Blue Ribbon Campaign on Preventing Child Ill-Treatment



### Coordinating entity

National Commission for the Promotion of Rights and the Protection of Children and Young People (PT)

### Other participant entities

Local Commissions for the Protection of Children and Young People

### Beneficiaries

Children and young people

### Short description

Based on the American initiative organized in 1989, the Blue Ribbon Campaign is bound to prevent child ill-treatment and is implemented in Portugal at national, regional and local level through the organization of a wide variety of initiatives and activities with the participation of children, parents and professionals working in several areas related to children and youth protection.

### Implementation period

Annually, throughout the month of April.

### Results achieved

Multiple activities involving children and young people are carried out nationwide, raising the awareness towards the need to prevent and eradicate child ill-treatment.

### Hyperlink for online contents

<https://www.cnpdpcj.gov.pt/mes-da-prevencao-dos-maus-tratos-na-infancia>

## Book “Who’s in? – Sports with Values”



### Coordinating entity

Portuguese Institute of Sports and Youth (PT)

### Other participant entities

Not applicable

### Beneficiaries

Children

### Short description

Integrated in the National Plan of Ethics in Sport, the book is a pedagogical resource that emphasizes the importance of children's right to practice sports with ethics, promoting personal and social skills and contributing to increase the literacy on ethics in sport.

### Implementation period

Ongoing since 2019

### Results achieved

Publication of a book available; the Plan is currently being implemented.

### Hyperlink for online contents

<https://ipdj.gov.pt/outros-recursos>

## Brochure “An age assessment procedure that respects the rights of the child”



### Coordinating entity

National Commission for the Promotion of Rights and the Protection of Children and Young People (PT)

### Other participant entities

Casa Pia de Lisboa, Directorate-General for Health, Directorate-General for Reintegration and Prison Services, Immigration and Borders Service, Prosecutor General's Office, Family and Children's Court of Lisbon and the National Institute of Legal Medicine and Forensic Science

### Beneficiaries

Refugee and migrant children and children involved in situations in which age assessment procedures are legally required, including victims of trafficking in human beings, children under international protection, non-accompanied and undocumented children or holders of invalid documents.

### Short description

Funded by the Council of Europe, the brochure in child-friendly language was produced by the National Commission, based on: the experience gathered in the workshops with the participation of children on age assessment procedures; information collected in consultations with the relevant national entities involved in the procedures at stake; discussions with a representative and two expert consultants of the Council of Europe; and consultations with children on an illustrated draft previously to the edition of the final products.

### Implementation period

The process kicked-off in March 2019. The brochure was published in November 2019.

### Results achieved

Two versions of an illustrated brochure in child-friendly language were produced – in Portuguese and bilingual English-French –, both available in printed copies and in digital format.

### Hyperlink for online contents

<https://www.cnpdpcj.gov.pt/cnpdpcj2>

## Celebration of the anniversary of the United Nations Convention on the Rights of the Child (November 20)



### Coordinating entity

National Commission for the Promotion of Rights and the Protection of Children and Young People (PT)

### Other participant entities

Local Commissions for the Protection of Children and Young People

### Beneficiaries

Children, parents, professionals and the civil society

### Short description

The National Commission invites the 310 Local Commissions to celebrate the anniversary of the United Nations Convention on the Rights of the Child. To this purpose, the National Commission disseminates information on this ephemeris and encourages the Local Commissions to carry out activities at the local level, involving the participation of children.

The National Commission also celebrates this ephemeris by implementing initiatives of its own, including actions with the participation of children, aimed at publicizing the Convention at stake and its relevance as one of the standards on the rights of the child.

### Implementation period

Annually, on November 20

### Results achieved

In celebration of this day, workshops, debates, exhibitions and many other awareness-raising activities are carried out.

Since 2019, information videos have been produced and a TV Spot has been broadcasted on national television.

In 2019, on the occasion of the 30<sup>th</sup> anniversary of the Convention, the National Commission organized an event in which children, the President of the Republic, politicians, decision-makers and professionals participated.

### Hyperlink for online contents

*Information video:*

<https://www.youtube.com/watch?v=l1YXh3UfSQk&feature=youtu.be>

*TV spot:*

[https://www.youtube.com/watch?v=xW82\\_L-3f9Q](https://www.youtube.com/watch?v=xW82_L-3f9Q)

## Celebration of the European Day on the protection of Children against Sexual Exploitation and Sexual Abuse (November 18)



### Coordinating entity

National Commission for the Promotion of Rights and the Protection of Children and Young People (PT)

### Other participant entities

Local Commissions for the Protection of Children and Young People, governmental and non-governmental entities

### Beneficiaries

Children, parents, professionals and civil society

### Short description

The National Commission invites the 310 Local Commissions to mark this European Day, namely focusing on the theme selected by the Council of Europe for each edition. To this purpose, the National Commission translates and adapts materials and tools produced by the Council of Europe as to support the Local Commissions develop activities involving the participation of children.

The National Commission also celebrates this European Day with awareness-raising activities on the protection of children against sexual exploitation and sexual abuse that may involve the participation of children.

### Implementation period

Annually, on November 18

### Results achieved

In celebration of this European Day, workshops, debates, exhibitions, comic strips and video-making and many other awareness-raising activities are carried out.

### Hyperlink for online contents

<https://www.cnpdpj.gov.pt/76>



## Child Brain Protection Project (Barnehjernevernet)



### Coordinating entity

Kompetansesenter rus Oslo - Korus Oslo (NO)

### Other participant entities

Not applicable

### Beneficiaries

The purpose of the child brain protection project is to increase the competence of all services that work with children and young people in Oslo municipality, with a focus on the fact that children and young people are important and equal partners

### Short description

All children have the right to a safe upbringing.

However, unfortunately, there are many children and young people in Norway who do not experience this. Experiencing neglect, abuse or violence while growing up can bring very serious consequences for health and development. In line with the children's views and values of the Child Mind Protection, all work with children and young people in Oslo municipality shall build on a positive and loving view of children and include a recognition of children's ownership of their own history. All services shall meet children and young people as important and equal partners. The child brain protection system shall ensure that children and young people in Oslo municipality know their rights and that someone loves them understands and finds it safe to talk to an adult.

### Implementation period

Ongoing

### Results achieved

Not yet available

### Hyperlink for online contents

<https://barnehjernevernet.korusoslo.no/>

## Child consultation for specific purposes



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### Coordinating entity

*Barneombudet* - The Ombudsperson for Children in Norway (NO)

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### Other participant entities

Not applicable

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### Beneficiaries

Children and young people

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### Short description

Children and young people are consulted on their own experiences at the services and their opinion is highly considered in the production of recommendations.

The institution applies methods described in its own expert handbook, which is currently being revised after it has gone through a similar process in 2018. Topics range from violence among children, children in child welfare institutions and children in mental health care, among others.

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### Implementation period

Ongoing since 2009

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### Results achieved

The institution has ensured that the recommendations produced match the problems children think services must tackle.

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### Hyperlink for online contents

[https://issuu.com/barneombudet/docs/the\\_experts\\_handbook](https://issuu.com/barneombudet/docs/the_experts_handbook)

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## Children and young people's voices in Ombudsperson's reports



### Coordinating entity

*Barneombudet* - The Ombudsperson for Children in Norway (NO)

### Other participant entities

Not applicable

## Beneficiaries

The institution itself, which gets to produce recommendations that are based on children and young people's experience regarding the services.

### Short description

The institution elaborates annual reports focused on one or several areas which still present challenges to children and young people. In all reports, the voice of children is highly considered, often being dedicated its own chapter, as well as in the production of recommendations.

The institution applies methods described in its own expert handbook. Topics range from violence among children, children in child welfare institutions and children in mental health care, among others.

### Implementation period

Ongoing since 2009

## Results achieved

The institution has ensured that the recommendations in the reports produced match the problems children think services must tackle.

**Hyperlink for online contents**

[https://issuu.com/barneombudet/docs/the\\_experts\\_handbook](https://issuu.com/barneombudet/docs/the_experts_handbook)

## Colloquium and book on “Children’s Rights in Sports”



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### Coordinating entity

Portuguese Institute of Sports and Youth (PT)

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### Other participant entities

National Commission for the Promotion and Protection of Children and Young People Portuguese, Portuguese Association for Sports Law and the Portuguese Parliament

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### Beneficiaries

Sports community, lawyers and other people interested in promoting children’s rights

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### Short description

Integrated in the National Plan for Ethics in Sport, the Colloquium “Children’s Rights in Sports” was held at the Portuguese Parliament in the context of the celebrations of the 70<sup>th</sup> anniversary of the Universal Declaration of Human Rights and the 40<sup>th</sup> anniversary of Portugal’s accession to the European Convention on Human Rights. The event comprised four panels: Legal Guarantees in Sport - Problems and Challenges; Abuses and Dependencies in relation to Electronic Gambling (Internet); Early Specialization and Bullying; and Sports as a factor of social inclusion.

Also part of the National Plan of Ethics in Sport, the book compiles the communications presented at the aforementioned colloquium.

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### Implementation period

April 17, 2018

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### Results achieved

The event was attended by 200 participants and the communications were compiled in the book “Children’s Rights in Sports”, which was published afterwards.

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### Hyperlink for online contents

<http://www.pned.pt/publicacoes/colecao-etica-no-desporto.aspx>

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## Comic Strips “The Adventures of Spitz!”



### Coordinating entity

Portuguese Institute of Sports and Youth (PT)

### Other participant entities

Human Potential Operational Programme (POPH) and the Luso-Illirian Institute for Human Development (ILIDH)

### Beneficiaries

Children

### Short description

Integrated in the National Plan for Ethics in Sports, this set of five comic strip stories addresses topics such as bullying, discrimination, conciliation between sports and academic life, individualism and doping in sport. The publication uses a youthful language and original designs and aims at enabling children and young people to reflect on the values and challenges in sport.

### Implementation period

Ongoing

### Results achieved

Not yet available

### Hyperlink for online contents

[http://www.pned.pt/media/35953/SPLITZ\\_Web.pdf](http://www.pned.pt/media/35953/SPLITZ_Web.pdf)

## Community meetings/Dessert chats



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### Coordinating entity

Casa Pia de Lisboa, I.P. (PT)

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### Other participant entities

Not applicable

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### Beneficiaries

Children and young people in residential care at Casa Pia de Lisboa

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### Short description

Community meetings are a strategy for promoting dialogue and building a close relationship between adult caregivers, children and young people in residential care at the institution, as well as between peers.

These meetings are held at the end of dinner time, in an informal and relaxed environment, in good mood, and aim at reviewing and assessing the outcomes of the day, discussing current issues, clarifying doubts, reinforcing individual and/or group behavior and sharing information with the group on important issues.

These moments are steered by an adult caregiver, sometimes in partnership with a child, young person and/or another adult person.

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### Implementation period

These are daily meetings and an important part of the way of living in residential care at the institution.

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### Results achieved

This methodology favours the creation of a child-friendly environment that allows children and young people to structure their thoughts and emotions regarding the day that is about to end and to plan the following day, together with adult caregivers.

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### Hyperlink for online contents

[http://www.casapia.pt/wa\\_files/Acolhimento\\_20Terapeutico\\_202015.pdf](http://www.casapia.pt/wa_files/Acolhimento_20Terapeutico_202015.pdf)

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## Early intervention (Tidlig inn)



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### Coordinating entity

Directorate of Children, Youth and Family Affairs and the Directorate of Health (NO)

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### Other participant entities

Not applicable

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### Beneficiaries

Midwives, nurses and doctors

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### Short description

The early intervention training program is initiated by the Directorate of Health and the Directorate of Children, Youth and Family Affairs (Bufdir).

There are some central aspects to this training, namely: dialogue on sensitive topics; use of motivational interviews and support conversations; mapping and conversations about alcohol and pregnancy; mapping and conversations about mental health problems during pregnancy and in toddlers; mapping and conversations about violence in close relationships; and cooperation on serious and complex issues.

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### Implementation period

Ongoing

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### Results achieved

Not yet available

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### Hyperlink for online contents

<https://www.helsedirektoratet.no/>

<https://bufdir.no/>

<http://tidliginnsats.forebygging.no/Aktuelle-innsater/Oppklaringsprogrammet-Tidlig-Inn>

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## Euroschool Program



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### Coordinating entity

Portuguese Institute of Sports and Youth, in partnership with the Cabinet of the European Parliament in Portugal (PT)

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### Other participant entities

Portuguese Parliament, Legislative Assemblies and Regional Directorates for Youth of Azores and Madeira

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### Beneficiaries

Participating schools in the Parliament of Young People

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### Short description

Each school that applies to participate in the Euroscola Program may enroll two students who attend either the 10<sup>th</sup> or 11<sup>th</sup> grade. A district or regional session is held, in order to select which school will participate in the national session of the Program. The winners of the national session will travel to Strasbourg and to experience spending one day as members of the European Parliament.

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### Implementation period

Annually, from January to May

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### Results achieved

Currently the program involves *circa* 1700 youngsters

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### Hyperlink for online contents

<https://programas.juventude.gov.pt/euroscola>

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## Evaluation questionnaire on the level of satisfaction of children and young people in residential care



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### Coordinating entity

Casa Pia de Lisboa, I.P. (PT)

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### Other participant entities

Not applicable

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### Beneficiaries

Children and young people in residential care at Casa Pia de Lisboa

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### Short description

Application of an online questionnaire aimed at increasing the level of satisfaction of children and young people in residential care.

The questionnaire is composed of several categories: conditions of the foster home, integration in the foster home, privacy, daily living at the foster home, school attendance, welfare and security and general satisfaction. Confidentiality and anonymity of the replies are guaranteed.

Collected data are analysed by category and measures are annually implemented to improve the areas where a lower satisfaction levels emerge.

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### Implementation period

Annually, usually in January

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### Results achieved

Continuous improvement of the services provided, based on the annual assessment of the level of satisfaction of children and young people in residential care at the institution.

Data regarding 2018, which resulted of the application of the questionnaire in 2019, revealed a general satisfaction rate of 70,05%.

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### Hyperlink for online contents

<http://www.casapia.pt/>

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## Flyer “Educating for Sports Ethics - Tips for Parents”



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### Coordinating entity

Portuguese Institute of Sports and Youth (PT)

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### Other participant entities

Not applicable

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### Beneficiaries

Parents and other adults responsible for children and their education

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### Short description

Integrated in the National Plan for Ethics in Sports, it is a pedagogical resource that aims to contribute to the reduction of violence in sports by targeting parents and other adults in charge of the education of children and young people, given their fundamental role in the promotion of a positive environment and as reference models in behavioural terms.

This leaflet includes suggestions on how to convey to children the importance of fair play and how to help them enjoy the pleasure of sports, among other aspects.

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### Implementation period

Ongoing

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### Results achieved

Not yet available

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### Hyperlink for online contents

<http://www.pned.pt/media/10464/flyer-pais.jpg>

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## Flyer “Red Card to Bullying”



### Coordinating entity

Portuguese Institute of Sports and Youth (PT)

### Other participant entities

Faculty of Human Kinetics of Universidade Técnica de Lisboa

### Beneficiaries

Children

### Short description

Integrated in the National Plan for Ethics in Sport, it is a guideline document that aims to reduce violence in sports by providing useful information on how to let all children enjoy the right to play sports safely, addressing the definition of bullying, types of bullying, signs and indicators of the phenomenon and reasons to intervene, among other aspects.

### Implementation period

Ongoing

### Results achieved

Not yet available

### Hyperlink for online contents

<http://www.pned.pt/media/34710/flyerbullying.pdf>

## Flyer “Sports Ethics for Children and Young People”



### Coordinating entity

Portuguese Institute of Sports and Youth (PT)

### Other participant entities

Not applicable

### Beneficiaries

Children and young people

### Short description

Integrated in the National Plan for Ethics in Sport, the leaflet addresses the importance of preventing violence and corruption in sport, doping, xenophobia, racism, discrimination and exclusion, aiming to help children and young people exercise their right to practise sports ethically while conveying the relevance of values in sports, including responsibility, honesty, cooperation and friendship.

### Implementation period

Ongoing

### Results achieved

Flyer available for children and young people; the Plan is currently being implemented.

### Hyperlink for online contents

<http://www.pned.pt/media/63252/eticaparajovens.pdf>

## Forensic psychological examination of children allegedly victims of sexual crimes



### Coordinating entity

National Institute of Legal Medicine and Forensic Sciences (PT)

### Other participant entities

Not applicable

### Beneficiaries

Criminal courts

### Short description

Complementary expert evaluation of children aged up to 18, carried out by psychologists, in order to ascertain, in particular, the capacity to bear witness to an alleged crime and possible psychological impact of the situations at stake.

### Implementation period

It has been applied as a procedural norm since 2013, but it was already observed prior to this

### Results achieved

Evaluation of the psychological dimension of inflicted harm and of the capacities of children to bear witness to alleged crimes, carried out by qualified professionals.

### Hyperlink for online contents

<https://www.inmlcf.mj.pt/wdinmlWebsite/Data/file/OutrasInformacoes/PareceresOrientacoesServico/Normas/NP-INMLCF-007-Rev01.pdf>

## Guide for young people fulfilling measures in Educational Centres



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**Coordinating entity**

Directorate-General for Reintegration and Prison Services (PT)

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**Other participant entities**

Not applicable

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**Beneficiaries**

Young people living in Educational Centres and their families

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**Short description**

A booklet containing a summary of rights and duties is delivered to young people upon their entry into the Educational Centre. This regular practice is implemented pursuant to article 16 of the Rules of Procedure of the Educational Centre.

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**Implementation period**

Ongoing

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**Results achieved**

The young person learns the basic rules of the functioning of the Educational Centre and the outlines of the behaviour expected in this context, as well as information on the measure being applied and on its purpose.

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**Hyperlink for online contents**

[https://dgrsp.justica.gov.pt/Portals/16/Justica%20Jovens/Legisla%C3%A7%C3%A3o/dl\\_323-d-2000.pdf?ver=2018-11-27-125900](https://dgrsp.justica.gov.pt/Portals/16/Justica%20Jovens/Legisla%C3%A7%C3%A3o/dl_323-d-2000.pdf?ver=2018-11-27-125900)

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## Home Assemblies



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### Coordinating entity

Casa Pia de Lisboa, I.P. (PT)

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### Other participant entities

Not applicable

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### Beneficiaries

Children and young people in residential care at Casa Pia de Lisboa

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### Short description

Home Assemblies represent a privileged space for communication between children and young people and their adult caregivers, allowing free expression of ideas, emotions and opinions while respecting individual well-being, freedom and privacy. The schedule of these assemblies is accessible to everyone, since it is displayed in a visible place. A specific field exists that shall be filled in with proposals of topics to be addressed. This methodology allows all participants to previously suggest themes to be debated in the assemblies, which can be selected by the organizers of the event.

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### Implementation period

Home Assemblies are held every one or two weeks.

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### Results achieved

There is no formal impact assessment of this methodology. However, the records of the assemblies show that the participation of children and young people has been increasing concomitantly with their finding that their proposals are effectively taken into account and implemented.

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### Hyperlink for online contents

<http://www.casapia.pt/>

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## Individual Intervention Plan



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### Coordinating entity

Casa Pia de Lisboa, I.P. (PT)

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### Other participant entities

Not applicable

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### Beneficiaries

Children and young people in residential care at Casa Pia de Lisboa

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### Short description

The Individual Intervention Plan (IIP) is an instrument for planning the intervention with each child or youngster, elaborated according to their needs and fragilities and with their participation and that of their family, aiming at the concretion of their life project.

The main objectives of the plan are to promote the acquisition and development of new personal and social skills of the child or youngster, to consolidate the skills already acquired, as well as to identify and promote the skills of the family or person with parental responsibilities, through the involvement of agents and resources appropriate to each situation.

The plan is based on the principle of participation and accountability of all those involved. It identifies the partners and the levels of participation and accountability of the institution in which they are living, the child or young person, the family or person with parental responsibilities.

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### Implementation period

The plan is elaborated two months after the child or youngster is welcomed at the residential care institution and is followed during the time in which the child is hosted.

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### Results achieved

A revision and/or evaluation of the plan is carried out every six months at the latest, with the participation of the child/young person and his/her/their family or the person with parental responsibilities. Depending on the results achieved, new objectives to be contracted and actions and strategies to reach them may be defined.

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### Hyperlink for online contents

<http://www.casapia.pt/>

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## Integrated Social Skills Program



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### Coordinating entity

Casa Pia de Lisboa, I.P. (PT)

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### Other participant entities

Not applicable

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### Beneficiaries

Children and young people in residential care at Casa Pia de Lisboa

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### Short description

The Integrated Social Skills Program (CSI) is transversal to the institution. It is structured in sessions, tailored to the needs of each group and uses participatory methodologies of action and reflection, in order to promote socio-emotional skills.

The sessions are annually planned according to the identified socio-emotional needs of the group and to the themes in which the children and young people are interested. It covers, necessarily, the fields of sexual education, vocational development and citizenship, including participation. All professionals are trained to implement the program.

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### Implementation period

The implementation of the program integrates the residential home routines and sessions are held according to the annual plan.

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### Results achieved

In the beginning and in the end of each year, an evaluation protocol is applied to children, young people and adults in order to assess the needs and potential at the level of the groups' socio-emotional skills, as well as the impact of the sessions both on the group as a whole and on each individual who is part of it.

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### Hyperlink for online contents

[http://www.casapia.pt/wa\\_files/Encontro\\_20CSI\\_20Temporada\\_202.pdf](http://www.casapia.pt/wa_files/Encontro_20CSI_20Temporada_202.pdf)

<http://revistas.lis.ulusiada.pt/index.php/rpca/article/view/1131>

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## International Seminar “Reflecting upon child participation in public decision-making”



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### Coordinating entity

National Commission for the Promotion of Rights and the Protection of Children and Young People (PT)

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### Other participant entities

Agency for Child and Family Welfare of the City of Oslo and the Portuguese Parliament

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### Beneficiaries

Children, decision-makers and professionals working in the promotion of rights and the protection of children and young people in several areas.

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### Short description

The international seminar “Reflecting upon child participation in public decision making” corresponds to the launching event of the Initiative “Enhancing the protection of the rights of the child in priority areas”, funded by the Fund for Bilateral Relations of the EEA Grants.

Symbolically, this event took place in the Senate Room of the Portuguese Parliament where children and decision-makers presented and debated their communications focused on child participation in decision-making processes.

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### Implementation period

July 2, 2019

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### Results achieved

The International Seminar “Reflecting upon children participation in public decision-making” provided an additional opportunity for debating and raising awareness towards the need to implement and reinforce children's right to participate in all matters that concern them, including in public decision-making.

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### Hyperlink for online contents

<https://www.eeagrants.gov.pt/en/programmes/bilateral-relations/news/launch-event-of-the-initiative-enhancing-the-protection-of-the-rights-of-the-child-in-priority-areas/>

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## Jewish Pathfinders



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### Coordinating entity

Ministry of Local Government and Modernization (NO)

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### Other participant entities

The Jewish Community

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### Beneficiaries

The society at large

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### Short description

In the period 2015–2020, the Norwegian Government has allocated approximately 3.5 million Norwegian kroner to the Jewish Community for the latter to develop measures aimed at mainstreaming knowledge about anti-Semitism and Jews amidst the Norwegian society.

One of the measures comprises the annual designation of two Jewish pathfinders, who visit schools to talk about what it is like to grow up as a young Jew in today's Norwegian society.

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### Implementation period

Ongoing since 2015

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### Results achieved

Positive feedback to the Jewish Community regarding the contributions of the pathfinders.

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### Hyperlink for online contents

<https://www.regjeringen.no/en/dokumenter/action-plan-against/id2516367/>

<https://www.regjeringen.no/contentassets/dd258c081e6048e2ad0cac9617abf778/action-plan-against-antisemitism.pdf>

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## Measures to contribute to the participation of youths of national minorities in issues that are relevant for them



### Coordinating entity

Ministry of Local Government and Modernization (NO)

### Other participant entities

Young people belonging to the recognized national minorities of Norway

### Beneficiaries

Ministries and young people belonging to the recognized national minorities

### Short description

The Ministry stimulates young people belonging to the recognized national minorities in Norway to participate in discussions that are relevant for them.

Organizations of the national minorities participate in the annual Contact Forum, which involves the national minorities and the central authorities. These organizations are entitled extra seats in the Contact Forum, should young people aged below 30 be included in their delegation.

Additionally, youths representing the organizations of national minorities met with the minister of Local Government and Modernization in August 2020 to provide inputs in preparation of the upcoming white paper on government policies towards national minorities.

### Implementation period

Ongoing since 2019

### Results achieved

Relevant contributions to the policies in general and specifically to the white paper on government policies regarding national minorities.

### Hyperlink for online contents

<https://www.regjeringen.no/no/aktuelt/hellaland-fekk-rad-om-minoritetspolitikk/id2736939/>

## Meetings with ministries and non-governmental organizations



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### Coordinating entity

Norwegian Ministries (NO)

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### Other participant entities

Ministries and non-governmental organizations

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### Beneficiaries

Children and young people

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### Short description

Annually, the ministries conduct meetings with the civil society and non-governmental organizations, such as the Forum for the Convention on the Rights of the Child, the Norwegian Children and Youth Council, Norwegian Young People with Disabilities, the Norwegian Association for Child Welfare and other parties, aiming at sharing experiences and views in relation to the rights of children and young people.

The ministries in Norway also use youth panels in their work, as to ensure that young people participate in decision-making processes.

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### Implementation period

Ongoing

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### Results achieved

Hearing children and young people to get their feedback on children's rights implementation of the United Nations Convention on the Rights of the Child.

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### Hyperlink for online contents

[https://bufdir.no/en/English\\_start\\_page/The\\_Norwegian\\_Child\\_Welfare\\_Services/](https://bufdir.no/en/English_start_page/The_Norwegian_Child_Welfare_Services/)

<https://www.lnu.no/english/>

<https://www.regjeringen.no/en/id4/>

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## Meetings with young people fulfilling measures in Educational Centers



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### Coordinating entity

Directorate-General for Reintegration and Prison Services (PT)

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### Other participant entities

Not applicable

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### Beneficiaries

Young people living in Educational Centres

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### Short description

The Technical Team of the Educational Centre holds meetings with young people in the framework of mentoring actions and individual and group counselling, namely by holding:

- Mentoring actions guided by a technical tutor through a formal semi-structured interview, carried out in an individual context, every two weeks;
  - Monthly meeting with the Director;
  - Daily residential unit meetings after lunch and dinner, *i.e.*, twice a day.
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### Implementation period

Ongoing

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### Results achieved

Young people are enabled to participate in the routines of the Educational Centre, to give their opinions and provide inputs, as well as to get clarifications in case doubts arise.

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### Hyperlink for online contents

<https://dgrsp.justica.gov.pt/Justi%C3%A7a-juvenil/Medidas-institucionais/Medida-de-internamento-em-Centro-Educativo>

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## National Council of Children and Young People



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### Coordinating entity

National Commission for the Promotion of Rights and the Protection of Children and Young People (PT)

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### Other participant entities

Co-funded by the PO ISE - Operational Program Employment and Social Inclusion, through the Project of Support to Positive Parenting – Adélia Project

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### Beneficiaries

Children and young people aged between 8 and 17

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### Short description

The National Council of Children and Young People consists of a forum where children and young people are given voice and empowered to express their experiences, concerns, needs and expectations. The National Council also acts as a tool to establish bridges between its members and their local communities and is, thus, expected to produce impact on public policies and on social transformation.

Its main objectives are to:

- Promote the access of children and young people to new social and political participation spaces;
  - Develop the communicational, interpersonal relationships and critical reflection competences of children and young people;
  - Provide opportunities for dialogue between children, young people and policy-makers;
  - Train and raise the awareness of the participants towards the matters dealt with by the CNPDPCJ, namely the rights of the child; and
  - Promote the exchange of experiences between children and young people from all over Portugal.
- 

### Implementation period

The first edition of the National Council of Children and Young People was publicly presented on November 20, 2019, alongside the launching of a call for applications. The first session of the National Council was held on July 20, 2020, in online format. The activities of this first edition shall wrap up by the end of 2021, due to adjustments made to the initial chronogram deriving from the current pandemic crisis.

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### Results achieved

In the 2020 edition, 103 children and young people - 51 girls and 52 boys - aged between 8 and 17 were selected nationwide: North (31), Center (20), Lisbon and Tagus Valley (33), Alentejo (6), Algarve (6), Autonomous Region of the Azores (5) and Autonomous Region of Madeira (2).

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### Hyperlink for online contents

<https://www.cnpdpcj.gov.pt/conselho-nacional-criancas-e-jovens>

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## Operation “Growing Up Safely”



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### Coordinating entity

National Republican Guard (PT)

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### Other participant entities

Not applicable

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### Beneficiaries

Children and young people

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### Short description

In celebration of the anniversary of the United Nations Convention on the Rights of the Child and of the European Day for the Protection of Children against Sexual Exploitation and Sexual Abuse, established by the Committee of Ministers of the Council of Europe, the National Republican Guard promotes actions at the national level, particularly directed at the school community, with the aim of raising the awareness towards children's rights and the prevention of sexual exploitation and sexual abuse of children.

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### Implementation period

Annually, since 2015, from November 18 to November 23

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### Results achieved

Since 2015, the awareness-raising actions involved the following number of students:

- 2015 – 15.568
  - 2016 – 12.593
  - 2017 – 12.504
  - 2018 – 16.982
  - 2019 – 17.495
- 

### Hyperlink for online contents

[https://www.gnr.pt/ProgEsp\\_main.aspx](https://www.gnr.pt/ProgEsp_main.aspx)

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## Orquestra Geração of Santa Casa da Misericórdia de Lisboa



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### Coordinating entity

Santa Casa da Misericórdia de Lisboa (PT)

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### Other participant entities

Orquestra Geração – Portugal System

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### Beneficiaries

Children in residential care, children subject to intervention at Santa Casa da Misericórdia de Lisboa, children of the employees of Santa Casa and family support teams

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### Short description

Deriving from an original project based in Venezuela and one of its Portuguese units, Orquestra Geração is anchored in the global project Orquestra Geração - Portugal System. Composed of 35 young musicians from various contexts of intervention of Santa Casa da Misericórdia de Lisboa, it features an adapted methodology to teach music to children from disadvantaged backgrounds, in order to promote their integration into communities and access to music and cultural events. Currently, the project includes string and wind instruments.

The project is managed through a protocol signed between Santa Casa da Misericórdia de Lisboa and the Orquestra Geração - Portugal System.

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### Implementation period

Ongoing since 2017, it is organized in two periods of three years each

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### Results achieved

An orchestra of youths has been created, leading to the integration and participation of 35 children in a different cultural environment. Moreover, the families of the orchestra's musicians are actively engaged in the logistics of rehearsals and performances.

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### Hyperlink for online contents

<https://orquestra.geracao.aml.pt/videos/reportagem-especial-orquestra-geracao-santa-casa-da-misericordia-de-lisboa>

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## Parliament of Young People



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### Coordinating entity

Joint initiative [cf "other participant entities"] (PT)

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### Other participant entities

Directorate-General for Consular Affairs and Portuguese Communities, Ministry of Education, Portuguese Institute of Sports and Youth, Portuguese Parliament, Legislative Assemblies of the Autonomous Regions of the Azores and Madeira

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### Beneficiaries

Public and private primary, middle and high schools, as well as schools included in the cooperative education universe – at national level, from the Circles of Europe and beyond

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### Short description

The Program is developed throughout the school year, involving schools from all over the country that voluntarily apply to participate and culminates in a session held at the Portuguese Assembly of the Republic. It aims to:

- Foster the interest of young people in civic and political participation;
- Underline the importance of young people's contribution to the resolution of issues that affect their individual and collective present and future by presenting proposals that shall be heard by the organs of political power;
- Publicize the significance of the parliamentary mandate and the decision-making process of the Assembly of the Republic as the representative body of all Portuguese citizens; and
- Encourage the argumentation capacity of children and young people to defend their ideas abiding by the respect for the values of tolerance and of the formation of the will of the majority of the people.

The program encompasses three phases:

#### Phase 1 –At school level

Each school organizes an internal debate on a specific topic, which is – different every year. The debate may include guests from local bodies or specialists. Special debates with the participation of a Member of Parliament may also be organized.

Each school also develops an electoral process, including the creation of lists of candidates and the election of the members for the school's sessions for the approval of a Draft School Recommendation, as well as the election of their representatives to the district or regional sessions.

#### Phase 2 – At District or Autonomous Region level

The members elected by the schools of each district or Autonomous Region meet in District or regional sessions to approve the Recommendations to be submitted to the national session of the Parliament of Young People, as well as to elect those among them who will represent them at the national session.

#### Phase 3 – At the Portuguese Parliament

The national session of the Parliament of Young People takes place in the Portuguese Parliament. The deputies representing those elected in each district or Autonomous Region meet and the Recommendation on the issue is debated in Committees and at the Plenary and is finally approved.

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### Implementation period

Every school year

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**Results achieved**

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In 2019, 68.645 youngsters were involved in the program.

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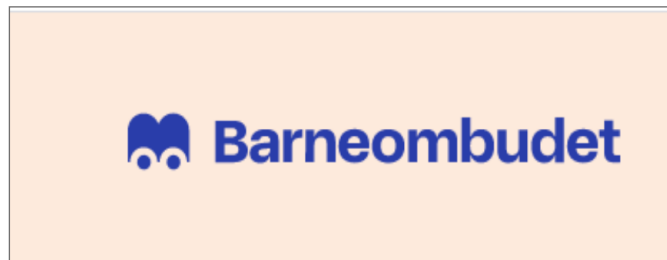
**Hyperlink for online contents**

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<http://juventude.gov.pt/Cidadania/ParlamentoJovens/Paginas/parlamento-dos-jovens.aspx>

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## Participation of youths in hiring processes



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### Coordinating entity

*Barneombudet* - The Ombudsperson for Children in Norway (NO)

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### Other participant entities

Not applicable

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### Beneficiaries

The institution itself, which gets to get staff who knows how to communicate with children.

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### Short description

Young people participate in the interviews conducted in the context of all staff hiring processes, except for those of the institution's administrative department. Young people do not have the power to make a decision, but advise on who is best fitted for the job.

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### Implementation period

Ongoing since 2012

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### Results achieved

The institution has ensured it gets staff that knows how to communicate with children.

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### Hyperlink for online contents

<https://www.barneombudet.no/english/>

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## “Protective Seal” Project



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### Coordinating entity

National Commission for the Promotion of Rights and the Protection of Children and Young People (PT)

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### Other participant entities

Entities with competences on matters of childhood and youth, namely in the area of education. Further on, other sectoral areas may become involved.

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### Beneficiaries

Children and young people, entities with competences in matters of childhood and youth

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### Short description

The Protective Seal Project helps entities with competences on matters of childhood and youth to pursue their attributions, as set forth in article 7 of Law for the Protection of Children and Young People in Danger (Law No. 147/99, of September 1 and subsequent amendments). It allows professionals of the aforementioned entities to improve their practice, since these institutions act at the most informal level of the system of promotion of the rights and protection of children and young people. The Protective Seal Project is inspired in tested national and international experiences, particularly in the Australian The Blue Card System, and is designed to provide information and guidance to institutions that work with children and young people, namely in the development and implementation of a risk management strategy.

The “Protective Organization” distinction is valid for two years and is awarded in result of a selection process of applications submitted by the entities. It reflects the latter’s commitment towards the implementation of public policies and practices that promote the rights of the child by fulfilling eight requirements related to the existence and implementation of: a Declaration of Commitment; a Code of Conduct; specific procedures for recruitment, selection and training of employees; a strategic plan for the promotion of the rights and the protection of children and young people; a plan to manage high-risk activities; policies and procedures for referral and management of maltreatment situations; a strategic plan for communication and collaboration; and a coordination team for the integrated system for the management of risk and danger.

Symbolically, a certificate, a digital seal and a flag are awarded, which can be used in the entity’s communication and dissemination platforms and media.

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### Implementation period

Annual editions are ongoing since 2018

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### Results achieved

In 2018, 34 out of 35 applicant entities were awarded the Protective Seal.

In 2019, 27 out of 45 applicant entities were awarded the Protective Seal.

In 2020, 23 out of 24 applicant entities were awarded the Protective Seal.

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### Hyperlink for online contents

<https://www.cnpdpcj.gov.pt/selo-protetor>

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## Public consultation with children and young people on the European Pillar of Social Rights



### Coordinating entity

Office for Strategy and Planning of the Ministry of Labor, Solidarity and Social Security (PT)

### Other participant entities

National Commission for the Promotion of Rights and the Protection of Children and Young People (PT)

### Beneficiaries

Children and young people, decision makers, rulers, governmental entities and the civil society of Portugal and of the European Union in general

### Short description

This consultation session with children and young people integrated the public consultation carried out by Portugal, as a Member State of the European Union, to public and private entities in order to gather contributions for the elaboration of an Action Plan for the implementation of the 20 principles established in the European Pillar of Social Rights (EPSR), seizing upon the opportunity of the establishment of the National Council for Children and Young People (CNCJ), in 2020, to obtain the perspective and contribution of its members on this matter of European and national decision.

The methodology included prior reflection and debate on the EPSR and the principles that sustain it, in the context of a meeting of the CNCJ that involved about half of its 103 Counselors, organized in different groups, each group dedicated to discussing issues associated with each principle of the EPSR and possible actions to develop for its future implementation.

The conclusions of this previous session were presented at the public consultation session with children and young people by 15 representatives of the CNCJ: eight girls and seven boys – one of which with disabilities – aged between 8 and 17, from all regions of Portugal, namely: North, Centre, Lisbon and Tagus Valley, Alentejo, Algarve, Autonomous Region of the Azores and Autonomous Region of Madeira.

In a first phase, the process of selecting the representatives was based on the voluntary manifestation of the Counselors' availability to participate; in a second phase, and due to the high number of volunteers, the selection process was based on the need to ensure a balance of geographical representation, age and gender balance of the final set of representatives.

### Implementation period

The public session was held on November 4, 2020; a previous preparation session for reflection and debate was organized.

### Results achieved

Consultation held with the National Council of Children and Young People, which resulted in the preparation of a document by the National Commission for the Promotion of the Rights and Protection of Children and Young People containing the views and proposals of children and youth for the Plan of Action aimed at implementing the European Pillar of Social Rights. This document was transmitted to the Office for Strategy and Planning of the Ministry of Labor, Solidarity and Social Security for consolidation in a document that integrated the results of the public consultation carried out with other sectors of society, for subsequent sharing within the European Union, in the context of this sectoral area.

### Hyperlink for online contents

<https://www.cnpdpj.gov.pt/conselho-nacional-criancas-e-jovens>

## Review of the European Strategy for a Better Internet for Children (2012) [COM/2012/0196 final]



### Coordinating entity

The Insafe Network, as the coordinator of the European Network of the Safer Internet Centers (PT)

### Other participant entities

*Better Internet for Kids*; European Safer Internet Centers, including the Safer Internet Center in Portugal (CIS Portugal); and other entities that participate in the discussion of the Strategy, namely industry stakeholders.

### Beneficiaries

European Commission, Member States of the European Union and industry partners.

### Short description

Children have specific needs and vulnerabilities in the digital environment and, accordingly, their difference should be recognized and their safety safeguarded, including through the implementation of actions based on common guidelines, such as patents in the European Strategy for a Better Internet for Children. This Strategy is built upon four pillars:

Pillar 1 - Ensuring high quality content for children and young people

Pillar 2 - Improving awareness and capacity building

Pillar 3 - Creating a safe digital environment for children

Pillar 4 - Combating sexual abuse and exploitation of children

The Insafe Network was invited to participate in the review of the current Strategy and to take responsibility for this process. Its contributions were presented through a continuity proposal based on a logic of improvement, at a consultative meeting with the European Commission held on November 2019.

The review of this European Strategy will enable CIS Portugal to continue to raise awareness and contribute to the empowerment of the Portuguese population for the safe and responsible use of the Internet in a number of areas, including the promotion of online safety and security and the improvement of the level of digital skills and media literacy, which are key to the safe use of the Internet by children and young people.

### Implementation period

The Strategy was published in 2012 and its revision is currently being carried out.

### Results achieved

Not available at the moment, since the Strategy is currently undergoing revision.

### Hyperlink for online contents

<https://eur-lex.europa.eu/legal-content/EN/ALL/?uri=CELEX:52012DC0196>

<https://eur-lex.europa.eu/legal-content/PT/TXT/PDF/?uri=CELEX:52012DC0196&from=PT>

[www.betterinternetforkids.eu](http://www.betterinternetforkids.eu)

*Insafe Network:*

<https://www.betterinternetforkids.eu/web/portal/policy/insafe-inhope>

## Rooms with an unidirectional mirror in the context of hearing the child for future memory



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### Coordinating entity

National Institute of Legal Medicine and Forensic Sciences (PT)

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### Other participant entities

Public Prosecutor's Office, criminal police bodies and the judiciary

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### Beneficiaries

Children, young people and criminal courts

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### Short description

Rooms with an unidirectional mirror are provided by the National Institute for use in the context of hearing children for the collection of information for future memory. This arrangement also allows all the relevant entities to come together, avoiding children's revictimization and the potential contamination of the information reported.

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### Implementation period

Available since 2012

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### Results achieved

The actual use of this resource depends on the decision of the judiciary.

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### Hyperlink for online contents

[https://www.inmlcf.mj.pt/index.php?option=com\\_content&view=article&id=419:english&catid=2&Itemid=101](https://www.inmlcf.mj.pt/index.php?option=com_content&view=article&id=419:english&catid=2&Itemid=101)

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## Sami Pathfinders



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### Coordinating entity

Ministry of Local Government and Modernization (NO)

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### Other participant entities

Sámi allaskuvla / Sámi University of Applied Sciences

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### Beneficiaries

The society at large

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### Short description

Annually, four young Sami are selected as pathfinders and, during the course of the academic year, visit schools, organizations and associations throughout Norway to inform about Sami culture and society.

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### Implementation period

Ongoing since 2004

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### Results achieved

Experience indicates that this is a good way of addressing prejudice and overcoming misconceptions about Sami people and the Sami culture.

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### Hyperlink for online contents

<https://samiskeveivisere.no/en/>

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## Second Monitoring Cycle of the Lanzarote Convention with the participation of children



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### Coordinating entity

Directorate-General for Justice Policy (PT)

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### Other participant entities

Directorate-General for Reintegration and Prison Services and the Foundation for Science and Technology – Safer Internet Centre

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### Beneficiaries

Young people living in Educational Centres fulfilling measures in social reinsertion teams

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### Short description

Hearing of 21 young people in two sessions held at the Educational Centre of Bela Vista and at the Lisbon Education Guardianship Team 1.

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### Implementation period

April 2019

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### Results achieved

Collection of information about children's knowledge of the Lanzarote Convention and of the phenomena it is focused on, namely regarding if they know how to defend themselves and on who they will contact when searching for help.

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### Hyperlink for online contents

<https://dgrsp.justica.gov.pt/Justi%C3%A7a-juvenil/Justi%C3%A7a-de-crian%C3%A7as-e-jovens/Processo-Tutelar-Educativo>

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## Seventh Cycle of Youth Dialogue – “Creating Opportunities for Young People”



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### Coordinating entity

National Council of Youth (PT)

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### Other participant entities

Directorate-General for Reintegration and Prison Services

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### Beneficiaries

Young people living in Educational Centres

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### Short description

Consultation process carried out through face-to-face interviews with young people in Education Centres.

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### Implementation period

September 2019

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### Results achieved

Face-to-face interviews to *circa* 90 young people were carried out in six sessions held in the five Education Centres. The results of this consultation process have been included in the documents produced by the National Council of Youth and in lobbying actions with decision-makers.

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### Hyperlink for online contents

<https://www.cnj.pt/resultados-do-7-o-ciclo-do-dialogo-jovem-da-u-e/>

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## 70 Now! Campaign – Rights of Youth



### Coordinating entity

Portuguese Institute of Sports and Youth (PT)

### Other participant entities

Members of the Committee 70 NOW! (annual campaign)  
Schools and non-profit associations (volunteer work)

### Beneficiaries

Regarding the annual campaign, young people aged up to 30 are the primary target, while the secondary target is composed of entities who work with young people, including municipalities, parishes and youth associations.  
As of the volunteer work, students (volunteers) aged between 18 and 30, attending middle schools, high schools and universities, as well as technical/vocational courses and training, holding, at least, the compulsory education or, preferably, attending university in the areas of human and social sciences or law.

### Short description

The 70 NOW! Campaign aims at fostering the empowerment of young people, providing them with the necessary information to fully exercise their rights and mobilizing the various public, private and of the so-called third sector agents to respond to the concerns of young people. The campaign is mainly carried out through social media, events and campaigns of a youthful nature and its designation refers to Article 70 of the Constitution of the Portuguese Republic, focused on the rights of young people in different contexts of life, such as culture, education, access to first employment, housing, sports, health or leisure.  
The volunteer work 70 NOW! – Rights of Youth was a long term action integrated in the Program “Now, Us”, that took place in 2018 and 2019, and aimed to raise the awareness of young people towards article 70 of the Constitution of the Portuguese Republic which regards, precisely, youth. Volunteers, in cooperation with students and a teacher who was in charge, carried out a set of initiatives at middle schools, high schools and universities, aimed at contributing to the implementation of actions to celebrate of the 70th anniversary of the Universal Declaration of Human Rights.

### Implementation period

The campaign takes place annually.  
The voluntary work took place from October 2018 to June 2019.

### Results achieved

The annual campaign, whose communication was carried out through online and offline channels – with supports above and below the line –, resulted in circa 7.200 followers; the offline campaigns and activations reached circa 120 thousand young people. The volunteer work involved 38 volunteers who worked directly with 3.264 students of 22 schools.

### Hyperlink for online contents

70 NOW! Campaign – Rights of Youth

HYPERLINK “<http://www.70ja.gov.pt>” [www.70ja.gov.pt](http://www.70ja.gov.pt)

<https://www.facebook.com/campanha70ja/>

<https://twitter.com/campanha70ja>

<https://www.instagram.com/campanha70ja/>

Volunteer work 70 NOW! – Rights of Youth

<http://juventude.gov.pt/Voluntariado/Voluntariado-Jovem-70-JA-Direitos-da-Juventude/Paginas/Voluntariado-Jovem-70-JADireitos-da-Juventude.aspx>

## Start to Talk Campaign



# start to talk.org

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### Coordinating entity

Portuguese Institute of Sports and Youth (PT)

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### Other participant entities

Organisations and stakeholders in the area of sports, media and child and youth protection

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### Beneficiaries

Directors and employees of sports clubs and associations, coaches and technical teams, parents, relatives and athletes

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### Short description

It consists of an appeal and awareness-raising campaign directed at national and local sports clubs and associations, athletes and coaches, aimed at getting their commitment towards the implementation of concrete measures to prevent and respond to sexual abuse of children and young people in sports.

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### Implementation period

From November 2018 to 2020

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### Results achieved

The campaign gained important media projection provided by national and local media, having reached *circa* 100 participants in the national event and, by mid-September 2020, about 350 participants in local road show actions.

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### Hyperlink for online contents

<https://www.coe.int/pt/web/human-rights-channel/stop-child-sexual-abuse-in-sport>

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## Story Tellers Project



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### Coordinating entity

Ginásio Clube Português, Santa Casa da Misericórdia de Lisboa (PT)

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### Other participant entities

Portuguese Institute of Sports and Youth (financing entity)

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### Beneficiaries

Young asylum seekers

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### Short description

The project aims to create conditions for young people subject to protection measures in their natural living environment, supported by Santa Casa da Misericórdia de Lisboa to access the practice of sports at the gymnasium - in this case Ginásio Clube Português –, thus allowing their deeper integration into the community.

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### Implementation period

Implemented in 2019/2020

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### Results achieved

Integration of young asylum seekers into a sports community to deepen their knowledge of the language and increase their level of social participation.

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### Hyperlink for online contents

<https://www.gcp.pt/media/noticias/storytellers>

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## Strengthening the participation of children and young people in the promotion and protection of their rights through Youth Assemblies



### Coordinating entity

High Commission for Migration (PT)

### Other participant entities

Projects funded by the High Commission for Migration through the Choices Program, functioning in consortium with a minimum of four entities

### Beneficiaries

Direct and indirect participants of the Choices Program, namely children and young people

### Short description

Audition of children and young people in Youth Assemblies held every two months in the framework of each project.

### Implementation period

The Choices Program is currently in its 7<sup>th</sup> edition, whose funding extends from March 2018 to December 2020.

### Results achieved

Youth Assemblies are already in place and operate according to the Regulation of the Youth Assemblies.

### Hyperlink for online contents

Regulation of the Youth Assemblies, available in Portuguese:  
[http://www.programaescolhas.pt/\\_cf/356685](http://www.programaescolhas.pt/_cf/356685)

## Survey “Experience from Children and Young People living in Residential Care”



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### Coordinating entity

Agency for Child and Family Welfare of the City of Oslo (NO)

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### Other participant entities

Children and young people

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### Beneficiaries

Institutionalized children and young people and residential care institutions.

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### Short description

This action aims to create services that meet the needs of all children and young people, as well as measures that take into account the needs of a single child while ensuring a professionally sound whole. As such, and since it is a prerequisite that the Agency actively acquires the knowledge and experience of children and young people in the development of service provision, the promotion of the Agency's initiatives will build precisely on knowledge provided by children and young people, experience from the services and research knowledge.

Children and young people's voices should be heard and emphasized before decisions are made. All processes must be reviewed and quality assured to ensure that children and young people are safe and able to speak in safe spaces. Based on this recognition of children and young people, the Agency has decided that the alignment of the work of the whole organization is paramount to implement basic assumptions. Thus, the Agency places cooperation with children and young people at the basis of all the work to be done ahead, while developing organizational anchored structures that do not depend on people's individual initiative for measures to be taken and changes to happen, here and now, and in relation to a defined target group.

Children and young people should experience a child welfare that is safe, useful and cooperative from their point of view. As such, in 2019, the Norwegian Child and Family Administration conducted two experience surveys, which were sent to children and young people from Oslo municipality who lived or were living in a child welfare institution, in order to gather valuable knowledge about areas of improvement to be developed in cooperation with children and young people, while learning more about their experience. This will simultaneously allow to have children and young people in institutions being met by safe, caring and competent adults and to have the former becoming real partners in the development of measures that will affect them.

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### Implementation period

2019

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## **Results achieved**

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The survey was sent out to 95 children and adolescents, 47 of which lived in municipal institutions and 48 under measures provided by the Norwegian Child and Family Administration during the period the survey was ongoing.

The survey received a response rate of 30,5%, which allows an insight and increased understanding of the children's subjective immediate experience, but not drawing general assumptions or conclusions about the condition and situation of children and young people in institutions.

The analysis and interpretation of the results turned into several recommendations drawn by the working group, including that the institutions:

- Maintain and continue focusing on the need of children and young people to meet safe and caring adults, who are available and listen to what they want to express, which involves a focus on how institutions should be able to accommodate and recognise the different feelings of children and young people, as well as safeguarding children and young people when they are not well;
  - Continue to work to facilitate and adapt to make it safe for children and young people to share their opinions and views, namely with adults in whom the children confide;
  - Work together and talk to all children and young people to highlight how to meet children's needs, being desirable that a common understanding exists among children and adults regarding what entails caring and how to show care in a way that is recognised as such by children and young people;
  - Along with the child welfare service, must have good systems that grasp the way information of children and young people is provided, guaranteeing that documents show how children and young people have understood and perceived the conveyed information; and
  - Keep a focus on safeguarding children and young people whose time of residence in the institution has not been clarified.
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## **Hyperlink for online contents**

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<https://www.oslo.kommune.no/etater-foretak-og-ombud/barne-og-familieetaten/>

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## **“Take More Care” Program (Programa Cuida-te +)**



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### **Coordinating entity**

Portuguese Institute of Sports and Youth (PT)

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### **Other participant entities**

Directorate-General for Health, Directorate-General for Intervention on Addictive Behaviours and Dependencies, Regional Health Administrations

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### **Beneficiaries**

As final targets, one can find young people aged between 12 and 25.

As strategic targets, one can find health professionals, educational agents, families and other stakeholders.

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### **Short description**

This Program (Programa Cuida-te +) is developed by the Portuguese Institute of Sports and Youth within the scope of the prosecution of its mission and of its competences, namely on supporting the integral well-being of young people, mostly through awareness and counselling actions.

Upon its renovation, and as set forth in Ordinance No. 258/2019, of August 19, the main objectives of the Program are to:

- Address the health determinants of the final target population, namely access to healthcare, health literacy and lifestyle, nutrition, physical activity and sport, addictive behaviors and sexuality. The topic of mental health is now included in the Program;
  - Promote protective factors and reduce risk factors of lifestyle-related diseases among the final target population; and
  - Adopt a comprehensive youth health perspective, targeting various areas of life of the final target population, involving multiple partners, namely families, peers, schools and communities.
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### **Implementation period**

Ongoing since 2019.

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### **Results achieved**

In 2019, the action involved 44.482 young people.

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### **Hyperlink for online contents**

<https://programas.juventude.gov.pt/cuidate>

<https://www.juventude.gov.pt/SaudeSexualidadeJuvenil/ProgramaCUIDATE/Paginas/programa-cuida-te.aspx>

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## The Voice of Students



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### Coordinating entity

Directorate-General for Education (PT)

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### Other participant entities

Schools and national and international partners of the Ministry of Education

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### Beneficiaries

Children and young people attending the school system, teaching staff, other education professionals

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### Short description

The Voice of Students is an initiative of the Ministry of Education, aiming at listening to children and young people on relevant issues to their lives, as well as fostering democratic, plural and responsible participation and involvement while searching for solutions to problems and challenges school and society cope with.

The Voice of Students encourages child and young people to speak out and considers them actors in the construction and decision processes in matters that affect them. As such, it encompasses concrete ways for children to exercise their right to freely express their opinion on matters that concern them and to have their opinion taken in due account, as enshrined in the United Nations Convention on the Rights of the Child.

On May 28 and 29, 2019, the International Conference “Education, Citizenship, the World. Which school for which society?”, organized by the Directorate-General for Education in collaboration with the Organization of Ibero-American States for Education, Science and Culture, the Community of Portuguese Speaking Countries and the Council of Europe.

As part of the Voice of Students initiative, during the aforementioned conference, a plenary session of dialogue moderated by the Secretary of State for Education involved students from various countries took place and an exhibition of several posters was installed on how invited schools develop the Strategy for Citizenship Education at School. The presentation of the exhibition was made by the students themselves, who explained each poster to the 100 participants at the conference.

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### Implementation period

Ongoing since 2016

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### Results achieved

Affirmation of the principles, values, vision and competence areas of the Student's Profile at the Exit of Compulsory Schooling, as well as experiencing the practice of citizenship, based on participation and co-responsibility, as recommended in the National Strategy of Education for Citizenship.

Elaboration of a Joint Declaration during the International Conference “Education, Citizenship, World. What school for what society?”, in which the organizing entities underline the role of the school in the construction of democratic societies, including through the participation of students in the definition of intervention and action priorities, in cooperation with the families and in partnership with other relevant stakeholders of the community.

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### Hyperlink for online contents

<https://www.dge.mec.pt/noticias/conferencia-internacional-educacao-cidadania-mundo-que-escola-para-que-sociedade>

<https://www.youtube.com/watch?v=DJYNn8dIvIU>

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## Together for Children, Young People and Families



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### Coordinating entity

Agency for Child and Family Welfare of the City of Oslo (NO)

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### Other participant entities

Children, young people, environmental therapists, and leaders

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### Beneficiaries

Institutionalized children and young people, residential care institutions

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### Short description

This action aims to create services that meet the needs of all children and young people, as well as measures that take into account the needs of a single child while ensuring a professionally sound whole. As such, and since it is a prerequisite that the Agency actively acquires the knowledge and experience of children and young people in the development of service provision, the promotion of the Agency's initiatives will build precisely on knowledge provided by children and young people, experience from the services and research knowledge.

Children and young people's voices should be heard and emphasized before decisions are made. All processes must be reviewed and quality assured to ensure that children and young people are safe and able to speak in safe spaces. Based on this recognition of children and young people, the Agency has decided that the alignment of the work of the whole organization is paramount to implement basic assumptions. Thus, the Agency puts cooperation with children and young people at the basis of all the work to be done ahead, while developing organizational anchored structures that do not depend on people's individual initiative for measures to be taken and changes to happen, here and now, and in relation to a defined target group.

In this regard, a set of guidelines for good practice examples of how to collaborate with children and young people at a structural level when living in an institution was prepared by children/young people, environmental therapists and leaders in various workshops.

In order to ensure that the right of children to participate and the right to receive adequate and customized information are facilitated and safeguarded, several focus areas have been addressed, namely regarding the adaptation of the environmental therapeutic work according to individual assessments of the child's best interests. Those areas included:

- Facilitating and adapting content information to be provided to children and young people and how it is delivered;
  - Collecting children and young people's views, opinions and experiences in a safe environment;
  - Highlighting the way children and young people's views are taken in due account in matters that concern them;
  - Facilitating children and young people's participation in the preparation of action plans;
  - Facilitating children and young people information and knowledge of what is written in log notes and period summaries;
  - Facilitating children and young people's participation in the preparation of reports; and
  - Documenting the input and knowledge of children and young people that contributes to the development and improvement of the services offered by the institution.
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### Implementation period

Ongoing since 2019

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**Results achieved**

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Currently, there is not enough evidence yet as to whether the implemented measures are being positively experienced by the children, since future research will be carried out to ascertain this particular aspect.

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**Hyperlink for online contents**

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<https://www.oslo.kommune.no/etater-foretak-og-ombud/barne-og-familieetaten/>

## Ung Arena – A Model Decryption of a Way of Working with Youth



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### Coordinating entity

Oslo Commune, Gamle Oslo District (NO)

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### Other participant entities

The County Governor of Oslo and Viken

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### Beneficiaries

Young people aged between 12 and 25, with outbreaks related to mental health, intoxication and violence

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### Short description

Ung Arena (Young Arena) is a municipal low-threshold service free of charge for youngsters who use the facilities. The target group are young children aged between 12 and 25 years who may have or might have had mental health and substance abuse issues.

The service has been developed in collaboration with young people and is provided based on the needs of the young people. Ung Arena's service is flexible and includes drop-in calls, follow-up on a daily basis, practical help and contact via social media, among others. For children and young people, Young Arena is described as "a place where you can come and talk about what you have on your mind".

The Ung Arena model is based on a solid knowledge support and is in line with research and political guidelines and strategies that emphasize the value of early intervention, a need for better coordination of existing services, as well as the importance of easily accessible services for young people to make use of them. The children and young people's own needs and desires are at the centre of the attention, which therefore strongly emphasizes the participation of young people in the development of the service.

Since poor services also result from little influence young people exert on how the services should be, Ung Arena has one governing principle: that users should have great influence on the service provided. In order to be an inclusive service for all youths who need someone to talk to, Ung Arena wants to help reduce the stigma that may be attached to mental health care.

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### Implementation period

Ongoing since 2015, when Gamle Oslo District and the County Governor of Oslo and Viken cooperated on the establishment of a low-threshold service for children and young people with a focus on mental health and substance abuse.

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### Results achieved

The County Governor contributed to the development of the service and with financial support. Gamle Oslo District collaborated with an organisation called *Mental Health* to get users' insights and wishes included in the new service. A study trip was carried out to Denmark to learn about an Australian model called Headspace. Several workshops were conducted with local youth focusing on youth-friendly service design and with the intention to develop one's own model adapted to Norwegian young people. Experiences from Ung Arena centres show that the themes that young people address therein includes issues related to: mental difficulties, loneliness, depression, conflict, difficult life situations, housing, anxiety, trauma, violence/abuse, drugs sub-problems, school dropouts, bullying, eating disorders and uncertainty about sexuality/sexual health.

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### Hyperlink for online contents

<https://www.ungarenaoslo.no/wp-content/uploads/2020/03/Ung-Arena-modellbeskrivelse-orginal.pdf>

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## Volunteer work – Dating with Fair Play



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### Coordinating entity

Portuguese Institute of Sports and Youth (PT)

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### Other participant entities

Schools and non-profit associations

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### Beneficiaries

Young people aged between 16 to 30, who are involved as volunteers

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### Short description

This voluntary action is a project aimed at preventing dating violence by providing training to local animators that will attend awareness-raising and other specific actions, in order to develop and stimulate projects involving young people in schools, higher education institutions, municipalities and/or other third sector entities. It is carried out in the five regions of mainland Portugal - North, Centre, Lisbon and Tagus Valley, Alentejo and Algarve.

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### Implementation period

From October 2018 to June 2019

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### Results achieved

The action involved 44 volunteers that worked directly with 6.653 students in 46 schools

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### Hyperlink for online contents

<http://juventude.gov.pt/Voluntariado/namorar-com-fairplay/Paginas/NamorarcomFairPlay.aspx>

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## Volunteer work – Do you surf the Internet safely?



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### Coordinating entity

Portuguese Institute of Sports and Youth (PT)

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### Other participant entities

Members of the Safer Internet Consortium

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### Beneficiaries

Children, young people, parents, teachers and the society at large

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### Short description

The Program aims to contribute to the development of responsible and safe use of the Internet, through awareness-raising sessions and short dissemination actions.

The awareness-raising sessions have an average duration of 60 minutes, in which concepts related to safety on the personal computer/mobile phone/tablet, intelligent/critical navigation of the Internet and online communication are addressed. The sessions can be thematic addressing specific issues such as cyberbullying, fake news, online addiction, data protection and hate speech. The dissemination actions are integrated in large events or programs - such as Futurália, Qualifica, music festivals -, among others. Some actions, which involve the public, are prepared based on a specific topic.

The animators of the sessions are young volunteers, accompanied by professionals of the Portuguese Institute of Sports and Youth.

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### Implementation period

Annually, from February until the end of November

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### Results achieved

In 2019, 450 awareness-raising sessions were held nationwide, involving a total of 12.288 participants.

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### Hyperlink for online contents

<https://www.juventude.gov.pt/eventos/voluntariadojovem/paginas/voluntariadojovem-navegasemseguranca2019.aspx>

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## Website UNG.NO



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### Coordinating entity

Directorate of Children, Youth and Family Affairs (NO)

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### Other participant entities

Not applicable

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### Beneficiaries

The target group is mainly composed of youngsters aged between 13 and 20

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### Short description

The Ung.no website is the State's public information channel for young people and is operated by the Directorate of Children, Youth and Family Affairs (Bufdir).

It offers information and guidance to youth and includes a survey service where young people can ask about issues they are wondering of.

The website counts with the collaboration of several youth journalists who answer questions about friendship and other matters that young people themselves answer best.

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### Implementation period

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### Results achieved

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### Hyperlink for online contents

<https://www.ung.no/>

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## Workshops with the participation of children regarding child participation in age assessment procedures



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### Coordinating entity

National Commission for the Promotion of Rights and the Protection of Children and Young People (PT)

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### Other participant entities

AKTO – Human Rights and Democracy, Casa Pia de Lisboa, COI Foundation, High Commission for Migrations, Portuguese Refugee Council and Santa Casa da Misericórdia de Lisboa,

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### Beneficiaries

Refugee and migrant children and children involved in situations in which age assessment procedures are legally required, including victims of trafficking in human beings, children under international protection, non-accompanied and undocumented children or holders of invalid documents.

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### Short description

Funded by the Council of Europe, the workshops were organized and documents were produced in full respect for the principles enshrined in the United Nations Convention on the Rights of the Child and according to specific orientations of the Council of Europe on the protection of children's rights.

The workshops were carried out in child-friendly environments. Child-friendly materials and language were used by the facilitators, including Portuguese sign language, in order to meet the special needs of children with disabilities and allow participation on an equal opportunities basis.

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### Implementation period

In 2018, the application was submitted and approved, materials were prepared and meetings with facilitators were held. The workshops took place during January 2019.

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### Results achieved

Four editions of the workshops were held – three in Lisbon and one in Coimbra –, in order to gather the views of children of different age groups, genders, ethnical origins and nationalities and children with disabilities. The results of the workshops were included in the Council of Europe's report "We are children, hear us out!".

It was ascertained that children were provided very scarce information on what is the process of age assessment and its objectives, as well as regarding their rights and what they mean. Therefore, the National Commission decided to submit to the Council of Europe a new application for the development of an informative brochure in child-friendly language.

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### Hyperlink for online contents

<https://www.cnpdpcj.gov.pt/within-the-framework-of-international-organizations>

Report "We are children, hear us out!"

<https://rm.coe.int/we-are-children-hear-us-out-children-speak-out-about-age-assessment-re/16809486f3>

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## PART III – Acknowledgements

The National Commission for the Promotion of Rights and the Protection of Children and Young People (Portugal) and the Agency for Child and Family Welfare of the City of Oslo (Norway) would like to thank the EEA Grants/Fund for Bilateral Relations for having financed this bilateral initiative, as well as to all the entities in Portugal and in Norway - and their respective representatives - that accepted our invitation to participate in this initiative's activities along its implementation period. They were our direct sources and their cooperation was very enriching, namely:

- Casa Pia de Lisboa, I.P. (Portugal)
- Center for Judicial Studies (Portugal)
- Center for Studies for Social Intervention (Portugal)
- Commission for Citizenship and Gender Equality (Portugal)
- Directorate for Children, Youth and Family Affairs (Norway)
- Directorate-General for Education (Portugal)
- Directorate-General for Health (Portugal)
- Directorate-General for Reintegration and Prison Services (Portugal)
- High Commission for Migration (Portugal)
- National Institute of Legal Medicine and Forensic Sciences (Portugal)
- National Republican Guard (Portugal)
- Ministry of Children and Families (Norway)
- Ministry of Local Government and Modernization (Norway)

- Portuguese Institute for Sports and Youth (Portugal)
- Public Security Police (Portugal)
- Safer Internet Center – Foundation for Science and Technology (Portugal)
- Santa Casa da Misericórdia de Lisboa, I.P. (Portugal)
- The Change Factory (Norway)
- The Ombudsperson for Children in Norway (Norway)
- Ung Arena (Norway)

The National Commission for the Promotion of Rights and the Protection of Children and Young People and the Agency for Child and Family Welfare of the City of Oslo would like to specially thank the children and young people in Portugal and in Norway, who enriched us and this initiative with their voices and views, through their involvement in the activities of this bilateral initiative. Better than any entity or adult, they know how they feel and live the promotion and protection of their rights in each context and moment. Their opinions and suggestions offer the most accurate views on the reality which is their own. They are the focus of our mission – the promotion of rights and the protection of children and young people – and, together with them, we learned not only how to protect them and promote their rights better, but also how to make them feel protected, take their opinions into account, ensure they are actually heard by adults and institutions and have an active contribution to policy and decision-making. Children are the ones who can teach us better how to do better in all areas, in all children's best interests.

# ANNEX I

## Children's Voices

### Introductory Note

The following content reflects written and spoken thoughts and opinions of children who expressed themselves on the occasion of their participation in thematic workshops and parallel events carried out in the course of the bilateral initiative “*Enhancing the protection of the rights of the child in priority areas*” and in reply to an anonymous questionnaire disseminated in this context.

It is a collection of expressions and sentences in children's own words, whose enriching content must be incorporated and highlighted in this Referential of Good Practices. Organized according to the main themes in which they are focused on, these contributions address important questions and provide clear hints that will certainly add to enhancing the protection of children's rights in priority areas, including child participation.

Our deep appreciation towards their generous contribution is, thus, hereby expressed.

\* \*

### PART A – WHAT...

#### ... WHAT IS HAPPINESS TO YOU?

- To help someone; to make other people happy; other people's happiness is my happiness; to see that those that I love are happy; my son's smile
- To play; to have fun; to enjoy; to smile; to laugh; music; culture; sports
- Family; when I feel comfortable talking to my parents; union
- To talk to someone; to have someone who listens to our problems; to have an adult to help (me); to be helped by someone
- Health, physical and mental health; to have energy
- It happens, it is not something we find; it is related to a certain moment or situation; it is related to feeling safe with a person or environment; when we receive good news or a present; when we wake up feeling good and that we will have a wonderful day
- Friendship; to talk to friends; to be with friends; to have fun with friends; union with family and friends
- To be able to accomplish goals; to be able to move on; to be in peace with achievements at school, with the family and as a person; school; to be succeed in school life; to be happy with my own goals
- To be psychologically prepared to accept life's difficulties; I believe happiness is mostly the ability to recognize that we are not always happy and to know how to deal with it; to smile even when we do not have all we need
- Something magic; it is everything; something incredible; the best thing in the world; a permanent state throughout life; it is a phase of fullness, satisfaction and physical and psychological balance in which anxiety and suffering are transformed in something good
- Joy; cool; well-being; good mood; smile
- Feel light; freedom; to do what I enjoy doing
- Emotion; feeling; a mix of emotions; feelings we can nourish towards other people or their actions or even places or many other things
- To feel loved by oneself; to feel good with oneself; to be self-confident
- To be loved; to feel loved; to feel loved by someone; to be with someone we love; to need someone and to love; to feel good with someone

### **... WHAT MAKES YOU THINK CHILDREN ARE VULNERABLE?**

- Children depend on adults
- Children are innocent and are still learning how to deal with their responsibilities
- Not all children know their rights
- Because children feel several feelings at the same time and don't know how to deal with those emotions
- Children are not mature and are too sensitive
- Intuition
- Children don't know how to solve their own problems
- Children are not as strong as adults and sometimes they don't know which are adults' intentions
- Children offend each other without thinking they are doing it
- Because, even if parents are responsible, parents are humans and do mistakes that in some way may affect children's life
- Children are always more fragile amidst the society
- Children don't talk much to each other and don't listen to each other
- Children may be going through difficult moments of their life and feel vulnerable
- Sometimes adults don't care about what children think
- Children are not heard enough and, sometimes, when they are, their opinions are not taken seriously by adults
- Children take things too seriously
- Things that happen to them are not their fault
- Some adults and other children make some children feel frightened, bullied or live violence situations at home or at school
- Not only adults suffer discrimination, violence, illness and social problems
- Some children live in war and poverty contexts
- All people are vulnerable because they all have weaknesses and difficulties

### **PART B – HOW...**

#### **... HOW CAN PROFESSIONALS ENSURE THAT THE DOCUMENTS THEY PRODUCE REFLECT CHILDREN'S VIEWS?**

- Let's read through and contribute to the document
- Explain why the document is important
- Make sure we understand, don't talk to us or talk about us
- Let children be alone when needed, children are good at hiding or holding *[their views/opinions]*
- *[Allow]* enough time, not in a rush
- Get to know the child, ask or understand what the child is comfortable with
- Watch the child, write down the opinion of the child, *[use]* body language, draw; make it easier for children to understand
- Interim reports, regular meetings face to face with the case manager. Require that public documents include children's inputs
- Review the documents with children. Children can contribute to writing them, *[it's]* not just having conversations about the child's views. Write down what the child's views are

#### **... HOW CAN ADULTS HELP CHILDREN EXPRESS THEIR NEEDS?**

- Not in an open office environment, *[but with]* non-transparent doors and windows. Listen and call on the phone
- Sickly flexible. Car, transport, food, needs *[are]* important, bus ticket, own room.
- An adult who has a relationship with the child and whom the child trusts, not necessarily the case manager. On the child's premises, does not have to be a meeting at the office, at a set time
- Talk to us first!!
- Have time for us, time to listen, organize and let us participate
- Be a confident adult who also gives something back. Show that you care
- If we need it, let us have a representative
- Dare to ask us and listen to what we have to say
- Do it in the child's premises. Not in a sterile office, not in the room next to the parents

### **...HOW CAN ADULTS MAKE IT SAFE FOR CHILDREN TO SHARE THEIR OPINIONS?**

- Institutional calls with primary contact at the institution, at least once a month
- Too much information is not good information. Information is not provided until it is understood
- Let's talk to someone we trust
- Show that it is useful to tell
- Register the child's view when it's expressed. Inquire further, get involved.
- [Have] Permanent employees, frameworks, show how it should be, don't just say it.

### **... HOW CAN ADULTS INCLUDE CHILDREN IN EVERYTHING THAT RELATES TO THEIR LIFE?**

- Look at the child as an equal party
- Information posters, brochures. Stay around, do not push, but stay accessible
- Tell a student/new employee with posters and words

### **... HOW CAN SERVICES/STAKEHOLDERS ARRANGE FOR THE OPINION OF CHILDREN TO COME FORWARD AND BE ADAPTED TO CHILDREN'S AGE?**

- "Use interest and use organizations"
- Listen to those who have experience before trying new things
- Care
- Cognitive function
- Networking

### **... HOW CAN THE WORLD BE CHANGED TO BECOME A BETTER PLACE FOR CHILDREN?**

- Only children can change the world, since adults are [*the ones who are*] responsible for the way it is now
- Not only children should change the world, but also - and mostly - adults should; politicians and legislators should correct the mistakes that lead the world to what it is now [*and left it in this condition*] for the coming generations
- Fight discrimination, prejudice, hypocrisy, respect people and their rights without leaving anyone behind or excluded
- Maturity, being conscious of one's own attitudes, internal changes, try to be happy, try to have a better life, request adults' help when necessary
- Increase children's participation, hear the children in all matters that respect them, have children's opinions taken in due account, give children more rights
- End wars, violence, conflicts, bullying and confusion
- Improve living conditions of the families, increase investments, improve health, better work conditions, debate and reflect on social evolution
- Promote dialogue, debates, information, raise awareness, have people listen to each other, not being afraid of expressing emotions, feelings and opinions
- Empathy, solidarity, love, friendship, union, fighting selfishness
- Innovation, creativity, change of attitudes and perspectives, open-minded mentalities, value the world more and reduce dependence on technologies
- Determination, take action and do not only say words, change through the example, fighting laziness
- Change the existing education and end the disrespect towards teachers





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