



## **Involving Children and Young People in Health and Social Care Research**

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Lead by both children's rights perspectives and methodological arguments there is an increasing emphasis on children and young people's participation in health and social care research by researchers, policy makers and funding bodies – with many now considering the active involvement of children and young people a requirement. However, although increasingly important, there is little exploration of how to address and overcome the many challenges arising from their participation.

Divided into five parts, this practical book begins by considering what research with young people is and why we should do it, before leading the reader into how to undertake it. The book then provides practical examples of action and finishes with reflections about the whole process. Bringing together a variety of experienced researchers, from a wide range of backgrounds in health and social care and including young people, the chapters provide insight for practical action, as well as critical and theoretical reflection.

*Involving Children and Young People in Health and Social Care Research* includes issues on:

- Understanding the reasons and processes for involving children and young people in research
- Making sure that involvement is meaningful and not merely tokenistic
- Developing research methods that are commensurate with different ages and abilities
- Ensuring adequate training and preparation, for children, young people and adults to make involvement meaningful
- Power and relationships between young people researchers and adult researchers
- Sustaining young people's interest and motivation
- Addressing ethical issues that arise throughout the research journey

Committed to partnership and participation throughout the entire process of the active involvement of children and young people in health and social care research, this text provides invaluable insights and is a resource for all those conducting research in and with children and young people.

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