

CHILDREN'S AGENDA

**11 DEMANDS AND 30 PROPOSALS
TO IMPROVE OUR WELL-BEING**



This document sets out the proposals made by Barcelona's children to improve their wellbeing.



This document
has been adapted
to the
Easy-to-Read
format

**#AgendaInfants
#ParlenNensiNenes**



The Children's Agenda

is part of the programme [The Children Have Their Say: The Wellbeing of Children in Barcelona](#), carried out by Barcelona City Council to find out what children think.

This programme also features the collaboration of the Barcelona Education Consortium and a University of Girona research team called ERIDIQV.



The Children's Agenda in Easy-to-Read format

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What is the Children's Agenda? And what is it for?

The Children's Agenda sets out the proposals made by Barcelona's children to improve their wellbeing.

To make this document,
5,000 children aged 8 to 11 were asked:
“How are you, and what can we do to make you feel better?”

The Children's Agenda is for children to explain their proposals to some of the city's adults, such as families, teachers and politicians.

Why is it important for us to listen to children?

Children have **the right for adults to listen and pay attention to them.**

This is why Barcelona City Council has asked the Barcelona Institute of Childhood and Adolescence to carry out the **programme “The Children Have Their Say”**.

Thanks to this programme, many children have been asked what makes them feel good and what makes them feel bad. Their proposals will be used to improve their wellbeing.

How are Barcelona's children?

All the children in Barcelona should be satisfied with their lives,
but that's not the case.

Only a little over half of these children
are satisfied with their lives



Very few report being unsatisfied or only slightly satisfied.

Some report being fairly – but not completely – satisfied.

Only a little over half are completely satisfied.

More children were completely satisfied in **2017** (before the pandemic).

However, in **2021** the figures have got worse, and more children are not completely satisfied.

Are all children equally satisfied with their lives?

- Boys are more satisfied than girls.
- Younger children are more satisfied than older children.
- In the case of those who are least satisfied, it is for one of these reasons:
 - living in poorer neighbourhoods
 - being of foreign origin
 - having some kind of disability
 - having two homes,
usually because their parents are separated.

What makes children feel good?

The three most important aspects in general

Feeling safe at home, at school and in their neighbourhood

Being satisfied with their family

Being satisfied with their body

The three most important aspects in their daily lives

Having fun with their family

Having fun with their friends

Doing things outdoors

What are the things that boys and girls value worst and best?

The 3 things they value the worst are:

- Having little free time
- Their classmates
- Not being listened to by adults

The 3 things they value the best are:

- The things they have
- Health
- Their family life

What do children propose to improve their wellbeing?

The children's proposals are addressed to:

Barcelona
City Council

Schools

Families

Children

The media

Their
neighbours

Society
in general

The
wellbeing
of children
is
everyone's
business!

What are children asking for to improve their wellbeing?

1. Take care of our family life.
2. Stop bullying.
3. Don't allow any kind of violence against children.
4. More emotional help, and less pressure to be a certain way.
5. More help to use digital devices safely.
6. More free time to play and do what we enjoy.
7. A city where we can play and do things outdoors.
8. Listen to our opinions and involve us in decisions that affect us.
9. Make sure everyone has what they need. We should buy less and share more.
10. Do things at school in addition to learning.
11. Look after the planet and make sure there's equality for everyone.

1. Take care of our family life

Spending time with their family
while having fun
is the most important thing for children.
This means growing up feeling that they are
cared for,
loved and understood.



Almost 2 out of 10 children are not completely satisfied with their family life



What do we want?

1. A good family life

What are we proposing?

1. Take care of our families so they can provide a space for us to love and respect each other
2. Make it possible for our families to spend more time with us
3. More spaces and opportunities to have fun with our families

Adrià is a 9-year-old boy who lives in Nou Barris.

He thinks that families look after their children and try to make them happy.

2. Stop bullying

Bullying

is one of the main concerns for children.

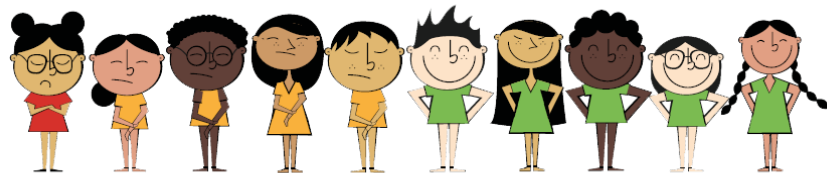
This violence

makes them unhappy and afraid.

This is why they are asking everyone,
particularly families and schools,
end this violence.



Almost half of children are not completely happy with their classmates



What do we want?

2. An end to bullying

What are we proposing?

4. Greater involvement by everyone, and talking about bullying in order to prevent it
5. Don't allow bullying: greater control, clear rules and enforcement
6. Help both bullied children and their bullies

Ayaan is a 10-year-old girl who lives in the Eixample.

She says it is hard for her when people insult her and leave her out at school.

3. Don't allow any kind of violence against children

In order to be well, children need to feel safe.

To achieve this, they need adults

to treat them well at home, at school and in their neighbourhood,

and to be able to do things in the city

feeling safe and with increasing independence.



3 out of 10 children do not feel completely safe



What do we want?

3. For there to be no violence against children

What are we proposing?

7. Adults that treat us well, without violence
8. A city where we can feel safe

Arlet is an 11-year-old girl who lives in Nou Barris.

She says that, if she feels she's in danger, she goes into a shop for safety.

Wen is an 11-year-old girl who lives in Nou Barris.

She says that, as we get older, we become more aware of bad things.

4. More emotional help, and less pressure to be a certain way

Children want emotional help to feel less alone and improve their self-esteem. They also want freedom to dress however they want regardless of their body or whether they are male or female.



Almost 3 out of 10 children don't fully like themselves



What do we want?

4. More emotional help, and less pressure to be a certain way

What are we proposing?

9. Look after our health and offer us psychological help when we need it
10. Talk more often about how we're feeling, to help us feel better and know we're not alone
11. More self-esteem and less pressure about what our body or image should be like

Berta is a 10-year-old girl who lives in Sarrià-Sant Gervasi.

She wants adults to talk more about how children are doing instead of worrying so much about school grades.

5. More help to use digital devices safely

Children enjoy using digital devices,
but they also know they come with risks.
So they're asking adults
to help them use them safely
and provide fun alternatives to screens.



Almost 4 out of 10 children struggle to tear themselves away from the internet



What do we want?

5. More help to use digital devices safely

What are we proposing?

12. Help us use digital devices properly
13. Keep an eye on what we're watching to make sure it is age-appropriate
12. Provide fun alternatives to screens

Shuang is a 9-year-old girl who lives in Sant Martí.

She says that, when children are bored, they play a lot with digital devices and get addicted.

6. More free time to play and do what we enjoy

Children want more free time and freedom to decide how they spend their time.

They also want to have a better time at school, for school to be a place for fun.



Half of children feel that they don't have enough free time



What do we want?

6. More free time to play and do what we enjoy

Marc is 11 years old and lives in Les Corts.

He says that school should be more fun so that children feel they have enough free time.

What are we proposing?

15. More free time
16. The ability to decide what we do with our free time

Joana is 9 years old and lives in Sant Martí.

She says that children sometimes do extracurricular activities they don't enjoy.

7. A city where we can play and do things outdoors

Children like to play and have fun outdoors.

This is why the city and its neighbourhoods must have spaces that are suitable for children of all ages, not just for very young ones.

They want a green and clean city where they can play and get around on their own.



Half of children are not completely satisfied with the outdoor spaces in their city and neighbourhood



What do we want?

7. A city where we can play and do things outdoors

What are we proposing?

17. More nature, better spaces to have fun,
and a neighbourhood with streets where it's
safe to be on our own
17. Spaces and ideas to do things
with other children and other people in the neighbourhood
18. Treat us with kindness and look after the neighbourhood

Lila is an 11-year-old girl who lives in the Eixample.

She would like the city to be greener.

Vera is an 11-year-old girl who lives in Ciutat Vella.

She wants more parks for older children, because most of them are for very young children.

8. Listen to our opinions and involve us in decisions that affect us

Children want adults
to listen to their opinions
before making decisions
within their family, at school, in their neighbourhood and in
the city.



4 out of 10 children think that adults don't listen to them properly



What do we want?

8. For adults to listen to our opinions and involve us in decisions that affect us

What are we proposing?

20. Trust us more and don't overprotect us to let us do things on our own

21. To be better understood by adults.

22. Ask for our opinion

before making a decision on something that is important to us

Ranjit is 9 years old and lives in Sants-Montjuic.

He says that adults often put things in neighbourhoods without asking children what they think.

9. Make sure everyone has what they need. We should buy less and share more

Children think that all children should be able to eat healthy, live in a home that is well kept and have everything they need for school. This is why they are asking the City Council to help families in need and are proposing that we buy fewer things and share what we have.



2 out of 10 children are not completely satisfied with the things they have



What do we want?

9. To make sure everyone has what they need.
We should buy less and share more

What are we proposing?

23. Everyone should have what they need to live

24. All children should have what we need

for school and to enjoy ourselves

23. Think about whether we really need something before buying it,
and find a new use for things that we're no longer using

Lucía is 11 years old and lives in Gràcia.

She says there some children don't have enough money and they compare themselves to those who do.

10. Make sure we can have fun at school, in addition to learning

For children, school is not just a place for learning.
It is also a place to make friends and have fun.
This is why they are asking for more resources at schools
to improve how they learn
and make sure that all children
feel comfortable at school.



3 out of 10 children are not completely happy with their school life



What do we want?

10. To have fun at school,
in addition to learning

What are we proposing?

26. Take good care of schools, because they are
like a home for all children

27. Improve teaching methods
so that all children can enjoy learning

26. All children should be able to feel comfortable at school
and school should be a place for making friends

Ayize is an 11-year-old boy who lives
in Sarrià-Sant Gervasi.

He says that, as school subjects
change, they get more boring every
year.

11. Look after the planet and make sure there's equality for everyone

Children want a better future for everyone.

We must therefore look after the planet and not pollute.

They also want no violence,

and for there to be equality between all people.



Almost 7 out of 10 children are worried about climate change and social injustice



What do we want?

11. To look after the planet and make sure there's equality for everyone

What are we proposing?

29. A greener and healthier world.
Look after the climate and animals
30. No discrimination
and for there to be greater equality
between people

Joel is a 10-year-old boy who lives in Horta-Guinardó.

For him, the most concerning problem is climate change.

Ming is an 11-year-old boy who lives in Sants-Montjuic.

He wants there to be no racism or sexism in Barcelona.

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More information about the programme "The Children Have Their Say":

- barcelona.cat/parlen-nens-nenes
- <https://institutinfancia.cat/en/projectes/parlen-2ed/>

More information about the Children's Agenda:

- <https://institutinfancia.cat/en/media/video-agenda-2ed/>

