

CHILDREN'S AGENDA

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

institut
infància i
adolescència

Ajuntament de
Barcelona



THE CHILDREN OF BARCELONA HAVE THEIR SAY

WHAT IS THE CHILDREN'S AGENDA, WHERE DOES IT COME FROM AND WHAT IS IT FOR?

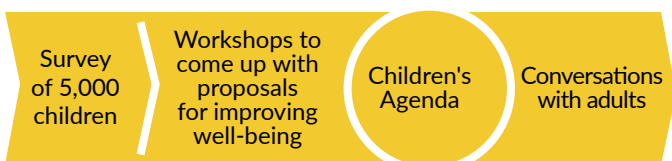
The Children's Agenda is a list of demands, proposals and ideas from the children of Barcelona to improve their well-being.

- It is the result of having asked 5,000 children between the ages of 8 and 11 the following question: "How are you and what could we do to make things better for you?"
- It is the document that the city's children will use to explain their demands and proposals to different adults in the city.

WHY IS IT IMPORTANT FOR US TO LISTEN TO CHILDREN?

Children have the right to be heard and to have their views taken into account. This is stated in Article 12 of the Convention on the Rights of the Child, which has been signed by the most of the countries in the world.

For this reason, Barcelona City Council is calling on the Barcelona Institute of Childhood and Adolescence to carry out the programme "The Children Have Their Say", which consists of a broad and representative survey on children's well-being, participatory workshops for the Children's Agenda and the Spokeskids groups to start a conversation to improve children's well-being.



HOW ARE BARCELONA'S CHILDREN?

To do this, the following will be created:

- Various **Spokeskids Groups in schools**: a minimum of 10 schools (one group in each district).
- The **City Spokeskids Group**: a group of children from Barcelona (made up of representatives from the school Spokeskids Groups).

Only 6 out of 10 children are completely satisfied with their lives



NOT AT ALL **FAIRLY** **VERY**
/A LITTLE

Not all children in Barcelona are completely satisfied with their lives. 1 in 10 children say they are only a little or not at all satisfied with their lives, and 3 in 10 are fairly happy, but not completely. The rest, 6 out of 10, say they are completely satisfied with their lives. However, before the pandemic (in 2017), 7 out of 10 children said they were completely satisfied. So we could say that, generally speaking, **the pandemic has made children less satisfied with their lives.**



ARE ALL CHILDREN EQUALLY HAPPY WITH THEIR LIVES?

No. Not all children in the city of Barcelona feel equally happy with their lives.

- Girls are less satisfied than boys.
- Children become less satisfied as they get older (children aged 8 and 9 are more satisfied than those aged 10 and 11).
- Children who live in impoverished neighbourhoods are less satisfied.
- Children of foreign origin feel less satisfied than other children.
- Children who have some sort of disability are less satisfied.
- Children who have two homes (possibly because their parents are separated) feel less satisfied.

WHICH ASPECTS OF LIFE ARE RATED LOWEST AND HIGHEST BY CHILDREN?

The 6 aspects with the LOWEST ratings:

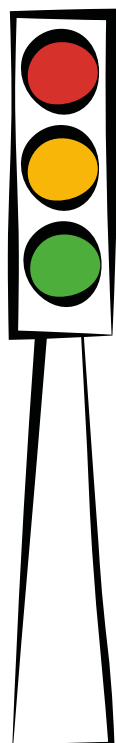
- The amount of free time they have to do what they want.
- Their classmates.
- Neighbourhood life.
- The way they use their time.
- The freedom they have.
- How adults listen to them.

The 6 aspects with ROOM FOR IMPROVEMENT:

- School life.
- How safe they feel.
- Their own bodies.
- The things they learn at school.
- The houses they live in.
- Their friends.

The 3 aspects with the HIGHEST ratings:

- The things they have.
- Their family lives.
- Their health.



WHAT MAKES CHILDREN FEEL GOOD?

Beyond each child's personal circumstances, there are a series of aspects and daily experiences that make children feel better about their lives. The most important of these are:

- Feeling safe (at home, at school, in their neighbourhoods).
- Feeling happy with their family lives (particularly spending quality time together).
- Being happy with their own bodies.
- Spending quality time with their friends.
- Doing things outdoors and being in contact with nature.

WHAT DO CHILDREN WANT AND WHAT DO THEY PROPOSE TO IMPROVE THEIR WELL-BEING?

Children in Barcelona are clear about what they need or want to feel better about their lives, and they let us know in the Children's Agenda through:

11
demands

30
proposals

Over
100
ideas

These demands and proposals are addressed to the City Council and public institutions in general, to schools and education communities in the broadest sense, to families and other social agents such as their neighbours or the media, because we can all do things to make children feel better. **Children's well-being is a shared responsibility.** They also have ideas about what they themselves can do to improve the lives of other children.

CHILDREN'S 11 DEMANDS TO IMPROVE THEIR WELL-BEING

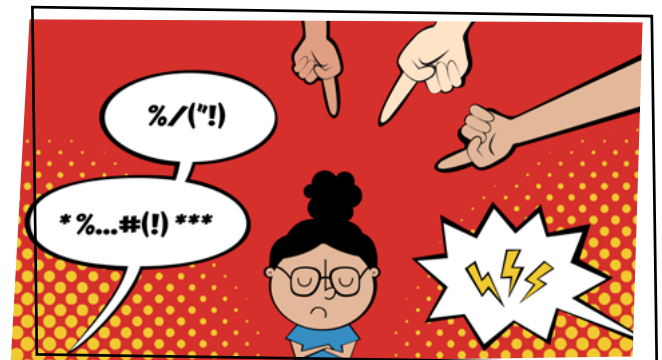
Children have provided us with **11 demands** and **30 proposals** to improve their well-being. They have also given us **more than 100 ideas** on who could do it and how to achieve it.

To improve children's well-being, **each and every one of the 11 demands need to be addressed**, as they are all equally important and are all connected.

When we asked them, the children told us that there are **4 priority demands**: improve their family lives, end bullying, feel safe in the different environments where they live their lives (including public spaces) and have more emotional support.



1. TAKE CARE OF OUR FAMILY LIFE



2. WORK TOGETHER TO END BULLYING



3. TAKE CARE OF OUR SAFETY, AND DON'T ALLOW ANY KIND OF VIOLENCE AGAINST CHILDREN



4. MORE EMOTIONAL SUPPORT AND LESS PRESSURE TO BE A CERTAIN WAY



5. MORE HELP USING SCREENS SAFELY WITHOUT GETTING ADDICTED



6. MORE FREE TIME TO PLAY AND DO THINGS WE LIKE



7. A CHILD-FRIENDLY CITY WHERE WE CAN LIVE AND PLAY OUTDOORS



8. LISTEN TO OUR OPINIONS AND LET US TAKE PART IN DECISIONS THAT AFFECT US



9. MAKE SURE EVERYONE HAS WHAT THEY NEED, BUY FEWER UNNECESSARY THINGS AND SHARE MORE

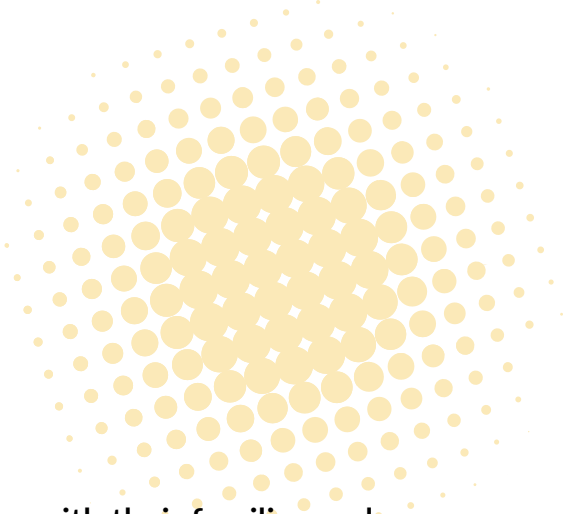


10. TAKE CARE OF OUR SCHOOL LIFE, BEYOND JUST LEARNING



11. TAKE CARE OF THE PLANET AND ENSURE EQUALITY FOR EVERYONE

1. TAKE CARE OF OUR FAMILY LIFE



Spending time with their families and ensuring this is quality time is children's top demand and their highest priority. Growing up in a caring, loving and understanding environment and being able to enjoy family life are very important factors in terms of children to feeling satisfied with their lives. That's why children ask for everyone in society to work to preserve their family lives.

1. TAKE CARE OF OUR FAMILIES SO THEY CAN PROVIDE A SPACE FOR US TO LOVE AND RESPECT EACH OTHER

Children value their families being able to care for them and provide them with love. When this happens, they feel well and happy. But this is not always the case: 2 in 10 children (21%) say that they do not feel totally safe at home and almost half (47%) feel that their family doesn't always help them to deal with their worries.

A few ideas:

- C** Help children who don't have a family or whose families are not able to take good care of them.
- F** Take care of all the people in our families and love them all equally, without favouritism or leaving us out.
- K** Trust our families and listen to them.



Me and my sister always support each other at difficult times. (Paula, aged 11, Sant Andreu)

For me, the most important thing is love and friendship, because without family and friends, you don't have love. (Valentina, aged 9, Horta-Guinardó)



Families take care of us and try to make us happy. (Adrià, aged 9, Nou Barris)

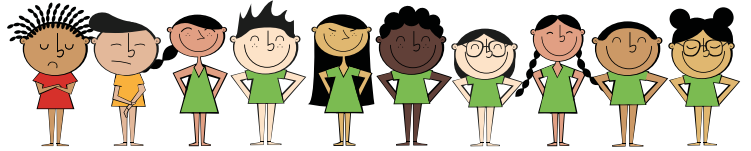
C
Barcelona
City Council

S
Schools

F
Families

K
Kids

ALMOST 2 IN 10 CHILDREN (16%) ARE NOT COMPLETELY SATISFIED WITH THEIR FAMILY LIVES.



2. HELP OUR FAMILIES SPEND MORE TIME WITH US

Family time is strongly linked to a greater sense of well-being in childhood, but 2 in 10 children (23%) only spend time relaxing, talking and having fun with their families two days a week or less. Children think that their parents work too much and ask that they not work weekends or during holidays.

A few ideas:

- C** Regulate working hours so that the grown-ups in our families can leave work earlier, don't have to work weekends and have more holidays.
- C** Help families earn more money so they don't have to work so many hours.
- F** Recognise the importance of sharing moments and being able to devote more time to each other.



My parents work all day and we hardly have any time to spend together. (Isabella, aged 10, Nou Barris)

You can feel lonely; your parents work a lot and they think your siblings keep you company but you feel lonely anyway. (Izan, aged 11, Nou Barris)



3. MORE SPACES AND MORE OPPORTUNITIES TO HAVE FUN WITH OUR FAMILIES

Children not only want to spend more time with their families, they want it to be quality time in which they can have fun together. That's why they'd like more cultural activities, festivals and gatherings with friends and other family members, but also time in their daily lives to play and eat together as a family.

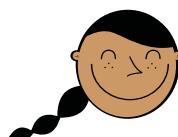
A few ideas:

- C** Organise more festivals, concerts and workshops for all the families in the city.
- S** Set aside spaces so that, from time to time, families can come into school to see what we do and spend time with us.
- F** Play with us more and do more fun things together.
- K** Do more fun things together, if necessary helping our families have more free time so they can be with us.



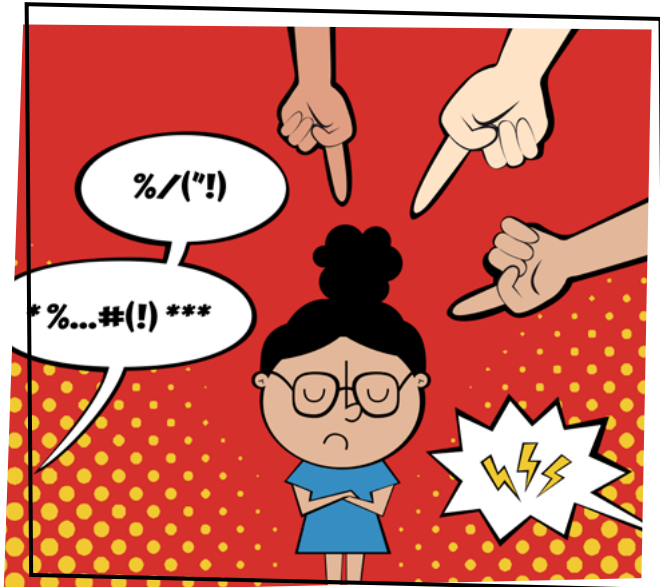
I have a good time with my family when we're together, when we have lunch together. (Gal·la, aged 10, Eixample)

When we play board games. (Iker, aged 11, Nou Barris)



When we went to see my cousins and aunts and uncles in Morocco. (Amira, aged 9, Nou Barris)

2. WORK TOGETHER TO END BULLYING



Bullying at school is one of children's main concerns. It is a type of violence that they are very much aware of and which makes them sad and scared. That's why they're calling for more communication and asking for everyone, especially families and schools, get involved to put an end to it. Furthermore, children recognise that they also have an important role to play in treating each other kindly and self-organising when necessary.

4. MORE INVOLVEMENT FROM EVERYONE AND TALKING ABOUT BULLYING TO PREVENT IT BEFORE IT HAPPENS

Feeling safe at school is very important for ensuring children are happy with their lives. However, half of all children (50%) do not feel completely safe and just over half (53%) feel that their classmates wouldn't support them if they had a problem.

A few ideas:

- C** Organise anti-bullying campaigns (for example, adverts, documentaries and cartoons) and offer information to children who experience bullying so they know how to defend themselves and ask for help.
- S** Talk more often with all families, both the families of the victims and the families of the bullies.
- F** Talk to the teachers so they know how we're getting on with our classmates, particularly when a problem is detected.
- K** Interact with everyone and treat other people well, don't discriminate against anyone and don't tease people or insult them, don't tell lies and don't annoy your classmates.

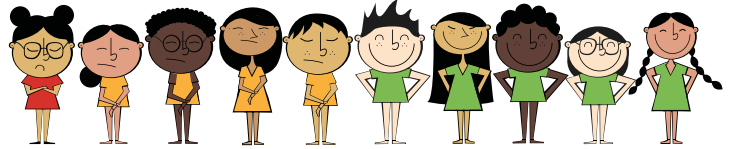


We are not interested in bullying but it does concern us. (Roc, aged 11, Eixample)

You have a bad time when you're at school and they're saying bad things about you and then they leave you out. (Ayaan, aged 10, Eixample)



ALMOST HALF OF CHILDREN (45%) ARE NOT COMPLETELY HAPPY WITH THEIR CLASSMATES.

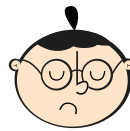


5. DON'T ALLOW BULLYING: MORE CONTROL, CLEAR RULES, AND MAKE SURE THAT EVERYONE FOLLOWS THEM

More than half of all children experience violence at school, mainly hearing people tell lies about them or saying unpleasant things about them (56%), but also being insulted or physically hurt on occasions (54%). They think that the rules are often not clear enough and they ask that the teaching staff do more to make sure the rules are followed.

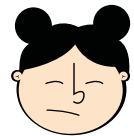
A few ideas:

- C** Control bullying in schools by improving education on the subject, getting more teachers and setting clear rules to tackle it.
- S** Have more workshops or activities on bullying to prevent it from happening.
- S** Do more to prevent conflicts, particularly during break times. If despite all efforts, bullying still happens, take it very seriously and punish the bullies.
- K** Let the teachers know and ask them for help if we find ourselves in a conflict or are being bullied.



I remember a teacher who said that if we had a problem we should sort it out between ourselves.
(Gerard, aged 9, Les Corts)

If you do it again, the teacher won't defend you (Ariadna, aged 10, Horta-Guinardó)



It's not that easy and the problem has to be resolved somehow.
(Marcel, aged 11, Eixample)

6. HELP BOTH VICTIMS AND BULLIES

2 in 10 children (20%) who experience violence at school don't ask anyone for help. 4 in 10 (44%) have tried to help out when they've witnessed a conflict, but 1 in 10 (12%) have wanted to help at one point and haven't known how. Children believe it is very important to team up to help those who experience bullying and they think that bullies also need to be helped because they might have a problem that they don't know how to resolve.

A few ideas:

- F** Regularly ask us how we are and offer us support if we get into a conflict, including talking to other families from the class so that everyone can get involved in stamping out bullying.
- F** Teach us that it's not good to fight and help us to control our emotions so we don't get into fights.
- K** Organise ourselves as a group to protect any classmates who are being bullied and to stop the bullies.

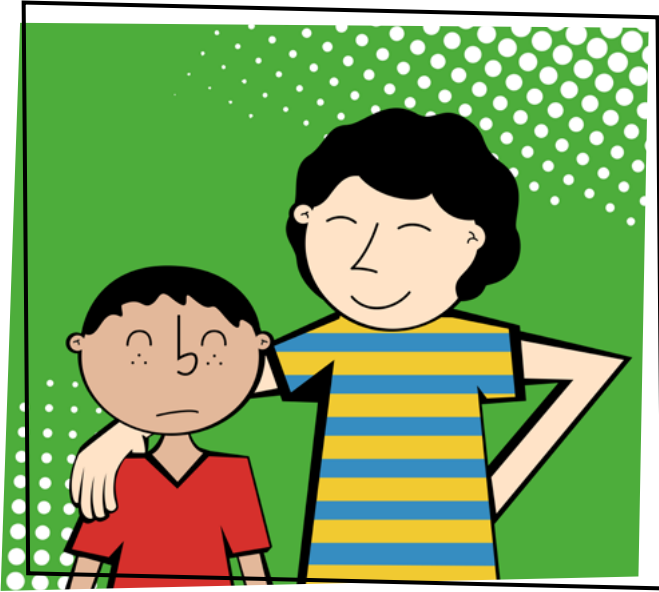


It is also important to talk to the bully because otherwise they will just do it again and they'll never change. (Alba, aged 9, Les Corts)

One friend threatened me so I wouldn't tell the teacher, and a group of friends helped me.
(Martina, aged 10, Sant Andreu)



3. TAKE CARE OF OUR SAFETY, AND DON'T ALLOW ANY KIND OF VIOLENCE AGAINST CHILDREN



Feeling safe is a very important factor when it comes to children feeling happy and satisfied with their lives. They have a very broad understanding of safety and it has to do with being treated well by adults (at home, at school and in their neighbourhood) and also with safe public spaces that enable them to live their lives in the city with peace of mind and increasing levels of autonomy.

7. ADULTS SHOULD TREAT US WELL WITHOUT ANY FORM OF VIOLENCE

Although bullying is one of the main problems making children feel unsafe, children also recognise other forms of violence and think that, sometimes, adults don't treat them well enough. What's more, 8 out of 10 children (82%) feel completely sure that their family would help them if they had a problem, while only 6 out of 10 (55%) think that their teachers would help them.

A few ideas:

- C** End violence and the mistreatment of children.
- E** Be respectful and friendly towards students and don't punish the whole class or take away our break times when we don't deserve it.
- F** Treat us well and respect us, no shouting, insults or fighting at home.
- N** Be more friendly and respectful towards everyone, including children.



I think that people who don't feel safe with their family have families that don't treat them well or don't listen to them. They don't feel safe and they prefer to be at school. (Lena, aged 11, Sant Andreu)

As you get older, you become more aware of the bad things that happen and you feel less safe. (Wen, aged 11, Nou Barris)



3 OUT OF 10 CHILDREN (32%) DON'T FEEL COMPLETELY SAFE.



8. PUBLIC SPACE WHERE WE CAN FEEL SAFE

More than half of children (64%) do not feel completely safe when they walk around the neighbourhood where they live.

For children, a safe neighbourhood is a neighbourhood that has car-free streets, where everyone behaves civilly and where there are no fights between grown-ups. Only 3 out of 10 children (31%) think that, if they had a problem, their neighbours would help them.

A few ideas:

- C** Create more car-free spaces, improve signage on streets and control traffic (including bicycles and scooters) with more stop signs, speed limits and more traffic lights.
- C** Improve road safety with more police and more surveillance, particularly when it is dark.
- C** Make public transport safer, with more surveillance and barriers on metro platforms.
- K** Take care when walking in the street: ignore people you don't know, be vigilant and if necessary, ask a grown-up for help.
- E** Behave more civilly, ensure there is no fighting on the street and that adults drink less alcohol.

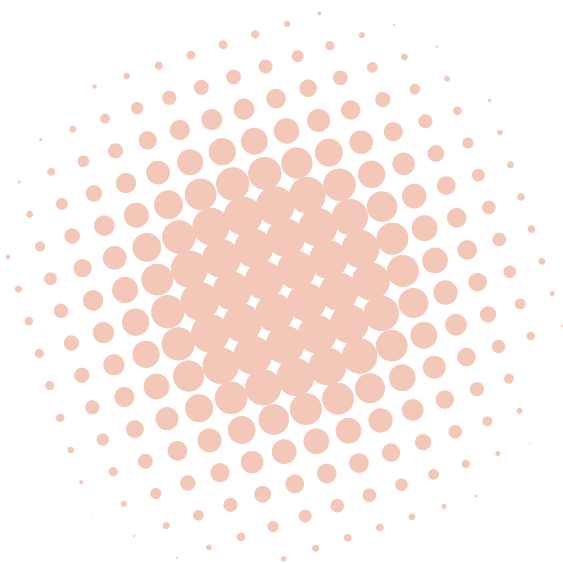


I feel scared because I know there are more chances of something happening to us girls, because that's what I see on the streets. (Laura, aged 11, Sant Andreu)

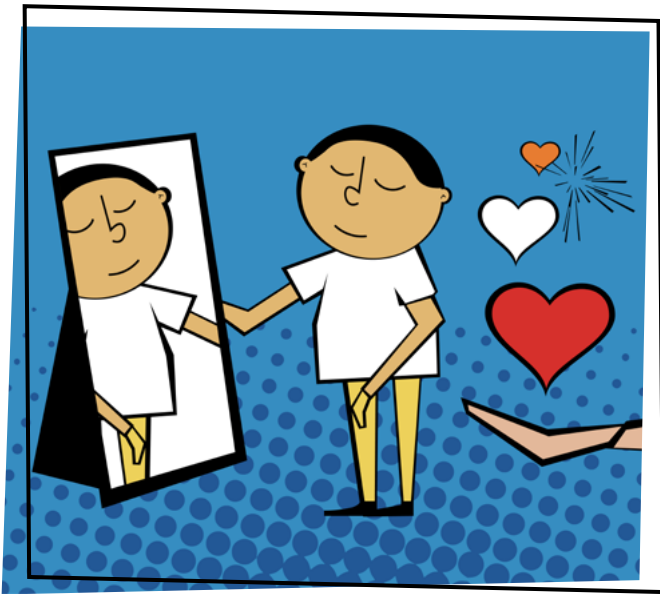
One time I was with my friends at a park. We saw a fight and we went over. We ended up leaving because we got a bit scared. (Blai, aged 11, Sant Andreu)



If I think I'm in danger, I go into a shop. (Arlet, aged 11, Sant Andreu)



4. MORE EMOTIONAL SUPPORT AND LESS PRESSURE TO BE A CERTAIN WAY



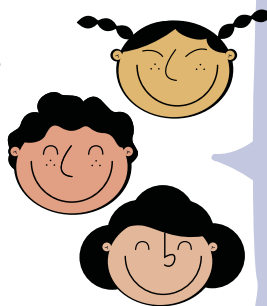
With regard to health, in the first edition of the Children's Agenda, children asked for adults to help them develop healthy habits. In contrast, in the second edition, they focus on the emotional help and support they need to not feel lonely and to improve their self-esteem. They want all children to be able to feel well and to dress however they like, without worrying about their bodies or whether they are boys or girls.

9. SHOW CONCERN FOR OUR HEALTH AND OFFER US PSYCHOLOGICAL HELP WHEN WE NEED IT

1 in 10 children (15%) are not completely happy with their health. They are aware of the importance of healthy habits such as playing sport and eating well. One new issue that came up in the second edition of the Agenda is concern for mental and emotional health. Children want for all children who need it to have access to psychological support that will help them to share and resolve their problems.

A few ideas:

- C** Look after our health, with more health food shops, more spaces where we can play sport such as swimming pools or restricting smoking and drinking in the street.
- C** Have more hospitals for everyone and make sure that all children have access to psychological support if we need it, if necessary through school, so we can get things off our chest and resolve our problems.
- F** Play sport and activities outdoors together and give us healthy food.
- K** Play more sport, eat better and have healthy habits.



To have good health you need to ...

- Have food and water ...
- Have everything your body needs to live.
- Be able to go to a doctor or primary care centre.
- Have a good diet.
- Play sport.
- Sleep for 8 hours.
- Being able to talk to people to get things off your chest.
- Feeling secure in yourself is also important.

(Children aged 10 and 11 from Gràcia, Ciutat Vella and Sant Andreu)

C
Barcelona
City Council

S
Schools

F
Families

K
Kids

M
Mass media
and social
media

ALMOST 3 OUT OF 10 CHILDREN (26%) DO NOT LIKE THEMSELVES AS THEY ARE.



10. TALK MORE OFTEN ABOUT HOW WE ARE FEELING TO HELP US FEEL BETTER AND KNOW WE'RE NOT ALONE

1 in 10 children (13%) often feel lonely. They feel their families are the ones who can do the most to help them feel better, and so they ask to talk more about their feelings, to be listened to attentively and to not be judged or compared to others, bearing in mind that, as they get older, they face new challenges for which they also need support.

A few ideas:

- S** Have more tutoring or personalised time to talk about how we're feeling and to get help if we have problems.
- F** Be more aware of what's going on us, don't compare us to other people and give us support so we don't feel bad or lonely.



If you've had a bad day, you get home and have your family there and this makes you happy, it's also a part of good health. (Emma, aged 11, Gràcia)

Grown-ups should talk more about how we're feeling instead of worrying so much about grades and these sorts of things. (Berta, aged 10, Sarrià-Sant Gervasi)



11. BETTER SELF-ESTEEM AND LESS PRESSURE OVER WHAT OUR BODIES OR IMAGE SHOULD BE LIKE

1 in 10 children (11%) are not happy with their bodies, and this is one of the most aspects most strongly linked to being satisfied with their lives. Children tell us that they feel pressure about how their body or image should be, not only because of comments they hear about people's physical appearance, but also due to the images they see on social media and in the mass media about what the "ideal" boy and girl should be like.

A few ideas:

- K** Accept our bodies as they are and dress however we want, without obsessing about our physical appearance and without complexes or letting what other people say about us affect us.
- K** Help each other to feel good about ourselves and don't make comments about our classmates' physical appearance.
- M** Control the images that we see. Make sure they are real photos, not photoshopped images, and that they represent all body types (slim, fat, with disabilities, etc.).
- M** Show diversity in adverts so we don't always see images of slim young women and strong young men, and make sure that clothes shops and toy shops don't have separate sections for boys and girls.

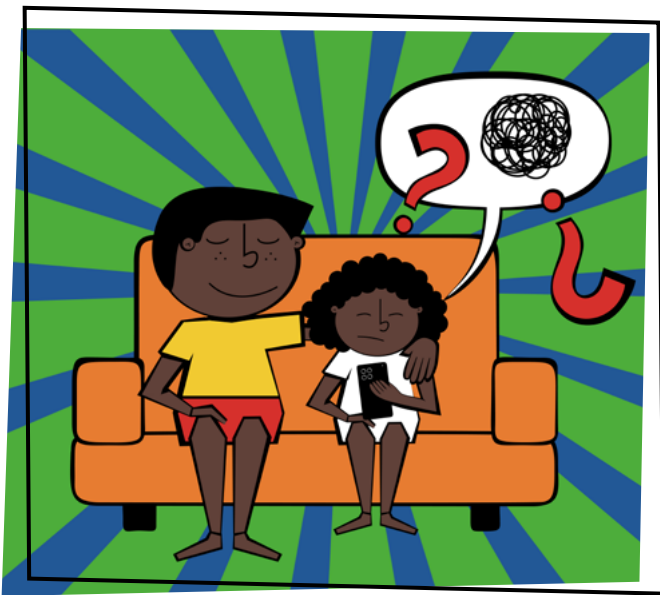


Girls need to be slim and perfect and boys need to be strong and tall. (Mireia, aged 11, Gràcia)

One time I went to a shop and I couldn't find any clothes I liked in the girls' section and I chose some clothes from the boys' section and the shop assistant said: "Oh, you've made a mistake, those are for boys". (Sara, aged 11, Gràcia)



5. MORE HELP USING SCREENS SAFELY WITHOUT GETTING ADDICTED



Children are using digital devices more and more from a young age, to play, talk to their friends and do their homework. Children like using these devices, but they are aware of the risks. That's why they're asking for adults to offer them fun screen-free alternatives and for help using digital devices safely. This is a new issue that was not raised in the first edition of the Agenda.

12. HELP US TO MAKE USE DIGITAL DEVICES WELL AND TO CONTROL THE AMOUNT OF TIME WE SPEND USING THEM

4 out of 10 children (42%) have no limits at home on how long they can spend on their mobile, and many of them acknowledge that once they start they find it hard to stop using their device (35%). That's why they're asking adults to help them and think there need to be limits on the amount of time they spend on their devices and on when they can have screen time.

A few ideas:

- S** Have activities or talks to reflect on how we use digital devices.
- F** Offer us guidance on how to use digital devices, with controls on when and how long we can be online and on the type of content we look at or post.
- K** Use our mobiles or computers for shorter periods of time and avoid getting hooked on games, for example at bedtime.



At the end of the day, it's the same type of drug as the TV. When you reach one level, you just want to get to the next. And you can't stop. You do everything really fast so you can go and play with your PlayStation. (Aina, aged 9, Gràcia)

I play video games at weekends. But I am allowed to watch TV a little bit every day before I go to bed. (Khalil, aged 10, Ciutat Vella)



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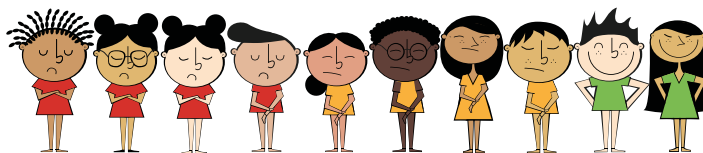
S
Schools

F
Families

K
Kids

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Mass media
and social
media

ALMOST 4 OUT OF 10 CHILDREN (35%) REGULARLY FIND IT DIFFICULT TO TEAR THEMSELVES AWAY FROM THE INTERNET.



13. MAKE SURE THAT THE CONTENT AND MESSAGES WE SEE ARE AGE-APPROPRIATE

In addition to knowing how hard it is to get away from screens, children know that not everything that happens online is positive. Almost 2 out of 10 children (16%) have received unpleasant messages via the internet or their mobile phone, or someone else has shared unpleasant things about them or photographs without their permission.

A few ideas:

- C** Restrict access to certain internet content that is not appropriate for us and also limit the amount of time we spend on apps or video games.
- K** Use screens appropriately. For example, use them to get information or for learning, have a private account, don't talk to strangers and communicate with others without writing things that we know will make them feel bad.
- M** Offer appropriate, entertaining and educational television and radio channels, divided by age group.
- M** Control more what happens on social media: ensure that offensive comments can be blocked, block people who post insults and delete proposals for dangerous or deadly challenges.



I'm not allowed to play games involving violence or killing. They also make me turn the brightness down on the screen. (Dani, aged 11, Sant Andreu)

You can get mentally unwell if they you're being sent mean messages and told that you're ugly or fat, for example. (Oriol, aged 9, Gràcia)



14. HAVE FUN, SCREEN-FREE ALTERNATIVES

Children tell us that one of the reasons they go online is boredom, and they think that if they had fun and interesting screen-free alternatives they wouldn't spend so much time in front of a screen. In fact, being able to spend time outdoors in their neighbourhood where they can meet up with friends and do fun things is strongly linked to a sense of well-being among children, but half of them (48%) very rarely play in the street and 7 out of 10 children (68%) spend very little time with their friends.

A few ideas:

- C** Offer more screen-free activities, shows and workshops for all ages, in neighbourhoods and squares.
- S** Combine screen time with programmes that aid school work, and also with books and other types of activities where you don't need a computer or tablet to learn.
- F** Spend less time looking at your mobile so you can play more board games or video games together.



When we're bored, we have a lot of screen time and we get hooked on it. (Shuang, aged 9, Sant Martí)

They could build goal posts or basketball courts close by so we don't stay indoors. (Pol, aged 11, Sant Andreu)



6. MORE FREE TIME TO PLAY AND DO THINGS WE LIKE



Time is one aspect of their lives that children feel least happy about, taking into account the aspects of life rated in the first and second editions of the survey. They would like to have more free time and would like to have more freedom to decide how they spend their time. Some of their ideas are related to having a better time at school so they experience it less as an obligation and more as a place where they have a good time.

15. MORE FREE TIME

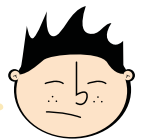
Only half of all children (49%) are completely happy with the amount of free time they have. Generally, children become less happy about how they spend their time as they get older (those aged 10 and 11 are less happy than those aged 8 and 9).

They recognise that everyday responsibilities and tasks take up time that they could spend doing things that they enjoy and they would like to do less homework, have more free periods in school and also more flexible school hours.

A few ideas:

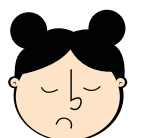
- C** Have more time for resting and leisure activities, trying to strike a balance between these activities and time dedicated to school with more flexible school hours and more holidays or weekends.
- S** Extend break times so we have more time to ourselves and more time to talk to our friends.
- S** Give us less homework and fewer exams and, when we do have them, give us more days to do the work or to study, so that we don't have to spend so much time on them.
- K** Organise our time better so we have more time to do the things we enjoy.

I think we still need to go to school but it should be more fun and that way we wouldn't feel like we have no free time.
(Pere, aged 11, Les Corts)



I'm not happy with the amount of free time I have, because I always have to do homework or after-school activities and I don't have time to be with my family. (Sergi, aged 10, Nou Barris)

Just below my house is the Ronda de Sant Antoni and there's a place to play there. But I hardly ever go there because I don't have time. (Ruth, aged 11, Ciutat Vella)



**HALF OF ALL CHILDREN (51%)
THINK THEY DON'T HAVE ENOUGH
FREE TIME.**



16. BE ABLE TO DECIDE WHAT ACTIVITIES WE DO IN OUR FREE TIME

Only 3 out of 10 children (27%) are able to decide which after-school activities they do. Some children tell us that they feel obliged by their families to do after-school activities and that they can choose some of them but others are non-negotiable.

They would like to spend more time with their families and also more time with friends: almost half of all children (46%) spend very little time with their friends outside of school (at the most, one or two days a month).

A few ideas:

- C** Offer more after-school activities for everyone and let us choose what we do ourselves with facilitators that we like.
- F** Help us to better organise our time so we have the freedom to do what we like most in our free time.
- K** Have the chance to spend more time doing the things we enjoy: playing with our friends or with our family, and doing more activities outdoors in contact with nature and animals.
- K** Be able to do things that we like without fear, without letting ourselves be influenced by other people and without being so hard on ourselves.



I'm allowed to do the after-school activities I want under the condition that I take English classes. (Maria, aged 11, Les Corts)

Sometimes we do after-school activities that we don't like. (Joana, aged 9, Sant Martí)



We should spend more time with our friends, and not spend so much time at home. (Petra, aged 9, Sant Martí)

When you get older there are hardly any playgrounds where you can go and play. (Jordi, aged 11, Ciutat Vella)



1. A CHILD-FRIENDLY CITY WHERE WE CAN LIVE AND PLAY OUTDOORS



Playing and having fun outdoors is an experience strongly linked to a sense of well-being in children. But in order to do this, the city and the neighbourhood need to have suitable spaces, including for older children and not just the littlest ones. They want a playable, green, clean, well-kept city that is full of life and which enables them to get around on their own.

17. MORE NATURE, BETTER SPACES FOR HAVING FUN AND STREETS THAT MAKE IT POSSIBLE TO WALK AROUND THE NEIGHBOURHOOD ON OUR OWN

6 out of 10 children (57%) do not regularly visit natural spaces in the city such as the beaches, riversides or the Serra de Collserola mountain range. Also, 6 out of 10 children (58%) think that their neighbourhood does not have enough outdoor spaces to play in and have fun with other children. As children get older, they become less happy with the play spaces available because they don't find anything suitable for children their age.

A few ideas:

- C** Make sure that the city's streets are designed to enable children to get about on their own: with more traffic lights, fewer cars and lower speed limits.
- C** Plant more trees and plants so the city has more green spaces.
- C** Create more parks and improve existing ones to ensure they are greener and have play spaces that are more fun, including for older children and children with disabilities.
- S** Open school playgrounds outside school hours to create more play spaces in the neighbourhood, with slides, swings and ping-pong tables.
- F** Let us go to school or other places in the city without an adult.

I wish there were more parks for older children. Most of them are for little kids. (Vera, aged 11, Ciutat Vella)



I like Sant Antoni, for example, because there are quite a lot of streets that cars don't go down. (Tom, aged 10, Sants-Montjuïc)



I would like it if the city was greener. (Lila, aged 11, Eixample)



HALF OF ALL CHILDREN (54%) ARE NOT COMPLETELY HAPPY WITH THE OUTDOOR SPACES IN THEIR NEIGHBOURHOOD AND CITY.



18. SPACES AND IDEAS FOR DOING THINGS WITH OTHER CHILDREN AND PEOPLE FROM THE NEIGHBOURHOOD

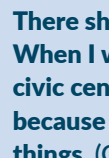
7 out of 10 children (67%) do not regularly go to city facilities such as civic centres or libraries, and 8 out of 10 (78%) don't participate in cultural or arts activities that take place in their neighbourhood or the city. However, one of their proposals is for the neighbourhoods to have more public facilities, spaces and opportunities for meeting up with other children and with other local residents.

A few ideas:

- C** Provide more community spaces where children feel happy (libraries, fairs or other, new ones) and offer more cultural activities, such as concerts, shows, theatre and films, that are more affordable.
- S** Organise outings to get to know places in the neighbourhood, such as the library or cultural spaces, and go on outings to natural spaces in the city using public transport.
- F** Do more activities in the neighbourhood or city with our families, such as going for a walk, going shopping, organising get-togethers with neighbours or going to the park to play.
- N** Spend more time doing things with people from the neighbourhood, organising more community festivals and making sure adults take us into consideration more when we go to restaurants or shops.



Most of the activities I do take place in other neighbourhoods because they hardly do anything in my neighbourhood. (Bru, aged 10, Sants-Montjuïc)



There should be more civic centres. When I was little, I used to go to the civic centre and I had a good time because they were always doing things. (Carla, aged 11, Sarrià-Sant Gervasi)

19. BE FRIENDLY TOWARDS US AND LOOK AFTER THE NEIGHBOURHOOD

Almost half of children (45%) are not completely happy with the neighbourhood where they live and more than half (54%) think that their neighbours are not friendly enough towards children. Older children and those that live in more impoverished neighbourhoods are the ones that would like their neighbours to be more friendly.

A few ideas:

- K** Interact with more people and children from the neighbourhood to make new friends and be friendly and respectful towards everyone.
- E** Keep the city cleaner: don't throw litter on the street, make sure dog owners clean up after their dogs, and get people to make less noise so they don't bother other people.

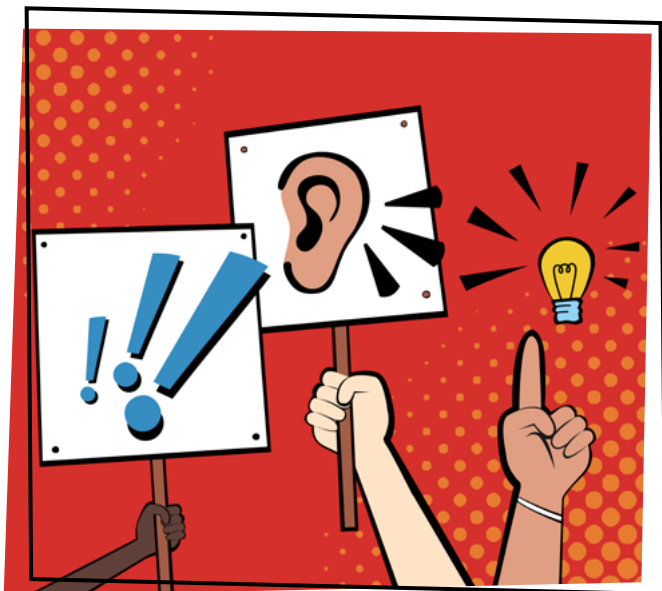
My best neighbour is a 70-year-old lady who lives across from us. When I was little she used to look after me and she also gets on really well with my parents. (Dani, aged 9, Sants-Montjuïc)



There are people who throw litter on the ground, and if we all did that, it would affect the whole city. Also, my street is covered in dog poop. (Rita, aged 11, Sant Andreu)

C Barcelona City Council
 S Schools
 F Families
 K Kids
 E Everyone
 N Neighbours

8. LISTEN TO OUR OPINIONS AND LET US TAKE PART IN DECISIONS THAT AFFECT US



Children want adults to listen to them more and take their opinions into account when it comes to making decisions. And they want this within their families, at school and also in their neighbourhoods or the city. They also feel that they have to show they are responsible in order to do more things on their own without an adult.

20. TRUST US MORE AND DON'T OVER-PROTECT US, SO THAT WE CAN DO THINGS BY OURSELVES

4 out of 10 children (40%) are not completely happy with the level of autonomy that their families give them or the level of freedom they have to do what they want. They tell us that, as they get older, they want to do more things independently and without an adult, but often they are not allowed. In fact, 7 out of 10 children (70%) do not regularly go to school alone or to the local shops.

A few ideas:

- F** Don't over-protect us, trust us more and meet our needs: let us go to school on our own and also let us do activities that are appropriate for our age.
- K** Show our families that we are responsible and that we can do things on our own so they give us more freedom and trust us.

We're getting older and we want to do things on our own, but the adults don't let us. (Ainhoa, aged 10, Sant Martí)



We have to show them that we deserve it, that we are able to go out walking on our own. For example, if I'm with my mum and I cross the street without looking, she won't trust me. (Eva, aged 10, Sant Martí)



4 OUT OF 10 CHILDREN (40%) FEEL THAT ADULTS DON'T LISTEN TO THEM PROPERLY.



21. ADULTS SHOULD LISTEN TO US MORE AND BETTER

Children want adults to listen to them more and to take their opinions more seriously. Around half of all children don't feel they are fully listened to by their families (55%) or at school (54%). And almost 8 out of 10 (76%) don't feel fully listened to in the neighbourhood where they live.

A few ideas:

- C** Explain to everyone that it is important to listen to children (on TV and on posters or graphics) and ask us our opinion more often through surveys in schools or spaces where we can make suggestions.
- F** Talk to us more and listen more when we tell you what we want or need, take what we say into account and don't tell other people if it is not necessary.
- K** Have more self-confidence to explain that we don't feel listened to or heard, to ask for more freedom and give our opinions respectfully.

To improve school life, we need more freedom of expression, so we can say what we don't like and be listened to more. (Jan, aged 11, Sants-Montjuïc)



A square where there's a building with someone who pays attention and takes note, so you can tell them how things are in your neighbourhood, and they'll really listen. (Mamadou, aged 10, Sant Martí)



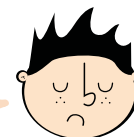
22. ASK US OUR OPINION BEFORE MAKING IMPORTANT DECISIONS FOR US

Children feel that they are able to make decisions about fewer things than they would like, especially about their neighbourhood, but also in their families and at school. Only 2 out of 10 (18%) feel they are able to participate in decision-making processes in their neighbourhood, 4 out of 10 (42%) feel they can participate in family decisions and almost 5 out of 10 (45%) feel they can participate in decision-making at school.

A few ideas:

- C** Ask us how we would like our city, our neighbourhoods and our parks to be (with opinion boxes or special spaces in the neighbourhoods, among others).
- S** Ask us for our opinion, hold more assemblies and also more votes to decide things at school (for example, aspects related to learning, but also whether or not we need to wear a smock or when we can go to the bathroom).
- F** Ask us for our opinion before making important decisions.

It's okay, but there are things that I can't decide myself. The clothes that I wear, for example, I can't decide for myself. (Teo, aged 10, l'Eixample)



Often they put things in the neighbourhood without asking us for our opinion. (Ranjit, aged 9, Sants-Montjuïc)



9. MAKE SURE EVERYONE HAS WHAT THEY NEED, BUY FEWER THINGS AND SHARE MORE



Being able to eat healthily, live in a well-kept house with basic utilities and having the materials you need for school or hobbies are the material aspects that children think all kids should have. But they are aware that this is not always the case. That's why they're asking the City Council to help families that need it and are suggesting that, as a society, beyond showing solidarity towards others, we should buy fewer things and find new uses for things that we no longer use.

23. EVERYONE SHOULD HAVE WHAT THEY NEED TO LIVE

Most children are very happy with the house they live in (78%), but they are aware that not everyone has a decent home or the basic services they need. Children feel it is important for their houses to be comfortable, with space for everyone who lives there and also space to play, outdoors if possible, with balconies, terraces or rooftop spaces.

A few ideas:

- Ⓒ Make food cheaper so everyone can eat healthy food.
- Ⓒ Make housing cheaper so that all children can have a home, and help people who don't have one.
- Ⓒ Make basic services such as water, lighting, electricity and transport cheaper so all families can afford to pay for them.
- Ⓒ Help families that don't have money, for example by finding them a job or helping them with money.

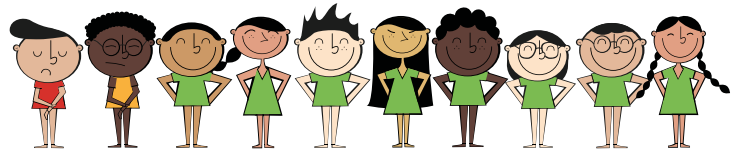
There are children who are not happy with the home they live in because they might have to share their home with lots of people, not just their own family, but with other people too. (Shen, aged 11, Sants-Montjuïc)



The walls might be damp, they might not have hot water, the house might be dirty ... (Tariq, aged 11, Gràcia)



2 OUT OF 10 CHILDREN (18%) ARE NOT COMPLETELY HAPPY WITH THE THINGS THEY HAVE.



24. ALL CHILDREN SHOULD HAVE WHAT WE NEED FOR SCHOOL AND TO HAVE FUN

Children are aware of the economic differences between families which is why they're asking for aid for families and children in need. 1 in 10 children (14%) don't have a desk where they can do their homework or study, and 2 out of 10 (19%) don't have a suitable computer for doing their school work.

A few ideas:

- C** Make sure that all children have what we need to play and have fun, such as toys, materials for doing activities that we enjoy and Wi-Fi at home.
- S** Make sure that no one goes without school materials or is unable to go on school trips and outings.

There are children who don't have enough money and they compare themselves to other children who do have money. (Lucía, aged 11, Gràcia)



There are children who don't have all the school materials they need and who can't pay for after-school activities. (Roger, aged 11, Sant Andreu)

25. THINK ABOUT WHETHER WE REALLY NEED SOMETHING BEFORE WE BUY IT AND FIND NEW USES FOR THINGS THAT WE NO LONGER USE

Almost 2 out of 10 children (18%) are not completely happy with the things they have. Children suggest promoting and participating in alternative forms of consumption, such as exchange markets or donating clothes and toys. They believe that by reducing consumerism, their satisfaction with the material things they have will grow, and at the same time, they will be helping to ensure everyone has what they need, even if they don't have money to buy it.

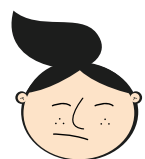
A few ideas:

- F** Don't spend money on unnecessary things, and go to barter markets.
- K** Appreciate what we have, have fun without spending money and learn to share our things.
- E** Organise or take part in solidarity campaigns to help families that don't have money (for example, by collecting money for charities or donating toys that we no longer use).



Donate toys that we no longer play with. I've heard that you can donate them somewhere for children who don't have toys. (Aziza, aged 11, Gràcia)

There might be children who are quite spoiled, but then their parents lose their jobs and they become sad because they can no longer have as many things as they used to. (Noa, aged 11, Les Corts)



C
Barcelona
City Council

S
Schools

F
Families

K
Kids

E
Everyone

10. TAKE CARE OF OUR SCHOOL LIFE, BEYOND JUST LEARNING



School is one of the places where children spend most of their time. For children, school is not just a place they go to learn things; it's also a space where they lead their lives and interact with other children, a space for making friends and having fun. That's why they're asking for more resources for schools, improved learning methods and to ensure all children feel comfortable at school.

26. TAKE GOOD CARE OF SCHOOLS, BECAUSE THEY ARE LIKE A HOME FOR ALL CHILDREN

Children spend a lot of time at school and they think schools should be much better looked after in terms of the facilities. They also think there should be more teachers. They are greatly concerned about the state of the playgrounds: they would like them to be bigger and with more nature. They also think that lunch time and the midday break should be better.

A few ideas:

- C** Devote more resources to education: there should be more public schools with more teachers in each class and the facilities should be improved, with larger classrooms and more resources.
- C** Make school playgrounds bigger and greener (with trees, plants and allotments) and improve both the spaces where you can play sport and the spaces where you can talk and hang out.
- S** Improve the school dinner service and ask us for our opinion to improve it.

The playground should be a bit more organised, because there are only two games. I think there should be more different games so that everyone can play there. (Biel, aged 11, Sants-Montjuïc)



The meals should be better. (Bruno, aged 11, Sarrià-Sant Gervasi)

3 OUT OF 10 CHILDREN (35%) ARE NOT COMPLETELY HAPPY WITH THEIR SCHOOL LIFE.



27. IMPROVE TEACHING METHODS SO THAT ALL CHILDREN ENJOY LEARNING

2 out of 10 children (24%) are not completely happy with what they learn at school. They think that as they get older, the subjects become more boring and they would like to have more subjects related to art, more physical education and more group work, projects or experiments to make learning fun. They also want children who have greater difficulties learning to have the help they need.

A few ideas:

- C** Help schools to change their teaching methods, with more outings and outdoor activities, and less homework and exams.
- E** Improve teaching in schools and do more arts projects and physical education as well as experiments, group work, and robotics to learn new things in a fun way.
- E** Help children who find it harder to learn, with more teachers and more help to follow the lessons, adapting the difficulty of the exercises where necessary.
- F** Don't make us feel bad about our grades, motivate us to study and help us to do our homework if we need help.
- I** Pay attention in class, make an effort to learn and help the children in our class who struggle more.

The subjects change with the years and get more and more boring. (Ayize, aged 11, Sarrià-Sant Gervasi)



If you're good at a subject and you see someone laughing at you, you end up believing that you're not good at it and you feel bad. (Salvador, aged 11, Ciutat Vella)



28. ALL CHILDREN SHOULD FEEL COMFORTABLE AT SCHOOL AND SCHOOL SHOULD BE A PLACE WHERE YOU CAN MAKE FRIENDS

Children believe that school should be a place where you learn and also make friends. That's why they're asking for more school trips, camps and car-free spaces at the entrance and exits of their schools so they can hang out and play with their friends. They would like greater equality and respect for everyone, so that no-one feels lonely or left out.

A few ideas:

- C** Make school a meeting space, with fewer cars outside the school, more options for staying around and playing at home time, and also let families come into school from time to time.
- S** Have more activities for getting to know other children better and for making friends, either in the playground or with special activities, camps or even projects and cooperative sports, making sure that no-one is left out.
- K** Respect equality between boys and girls: we should all be treated the same and everyone should be able to dress how they want and play what they want in the playground.
- K** Respect each other and help each other, don't make comments that might make other people feel bad and don't exclude anyone when we're playing, so that no child feels left out.

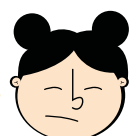
When I was in year three I felt a bit lonely because I didn't like either football or tag. We need to choose games that everyone can play. (Marc, aged 11, Sants-Montjuïc)



In this class, everyone plays with everyone, we always play games together. (Àlex, aged 11, Ciutat Vella)



I get called "butch" because I like waterpolo and football. (Nerea, aged 11, Sants-Montjuïc)



11. TAKE CARE OF THE PLANET AND ENSURE EQUALITY FOR EVERYONE



Children are aware of social and environmental problems. They want a better future for everyone and the call on everyone to get involved. We need to look after the planet, both the climate and the animals, and not pollute. They also call for no discrimination or violence. And they want greater equality among people and for all children to be able to have the future they want. This demand is new to the second edition of the Children's Agenda.

29. A GREENER, HEALTHIER WORLD, CARING FOR THE CLIMATE AND ANIMALS

More than half of children (53%) are very concerned about pollution and climate change and almost half (49%), as also concerned about water, food and energy shortages. That's why they're calling on everyone to make a commitment to caring for plants and animals, not polluting, saving water, reducing the use of plastic and recycling.

A few ideas:

- Ⓔ Respect the environment: take greater care of trees and plants, don't pollute water or leave rubbish on the beaches.
- Ⓔ Don't mistreat animals, make sure there are spaces in the city where you can spend time with them and that there are protected areas for endangered animals.
- Ⓔ Use less plastic, reuse, share things we no longer use and recycle better.
- Ⓔ Promote electric public transport and make electric cars cheaper.



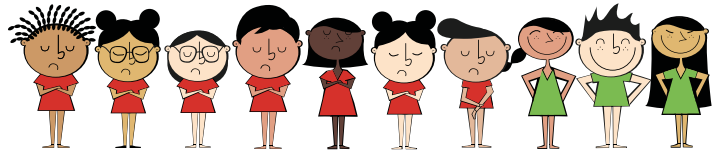
The problem that concerns me the most is climate change. (Joel, aged 10, Horta-Guinardó)

We shouldn't buy so many things made of plastic.
(Mariona, aged 11, Eixample)



We shouldn't waste water or electricity. (Lola, aged 9, Horta Guinardó)

ALMOST 7 OUT OF 10 CHILDREN (66%) ARE WORRIED ABOUT CLIMATE CHANGE AND SOCIAL INJUSTICE.



30. NO DISCRIMINATION AND ENSURE GREATER EQUALITY AMONG PEOPLE

Children are very much aware of inequalities and social discrimination. Almost half (48%) are very concerned about crime, including violence against women. They would like a world without racism, sexism and violence. And they call for greater equality among all people (including people with disabilities), for an end to poverty and for all children to be able to imagine and have the future they want.

A few ideas:

- Put an end to violence and discrimination: particularly, put an end to gender violence and racism.
- Share resources more equally among people all over the world, end poverty and make sure everyone has food, water and a place to sleep.
- Help to ensure that people with disabilities have the same opportunities as everyone else.
- Guide us in our education and help make sure that we can all be what we want to be in the future.

When you're little, you're not aware of things that are happening, and as you get older you become more aware of the problems and things you don't like (Martí, aged 11, Sarrià-Sant Gervasi)



In the future, I would like there to be water, food and energy for everyone. Share and make sure rich people don't keep almost everything for themselves. (Jana, aged 9, Horta-Guinardó)



I would like Barcelona to be a city with no sexism or racism. (Ming, aged 11, Sants-Montjuïc)



It is important to study so you can get a job that you like and enjoy. If not, you might end up doing a job that you don't like and you feel like you're forced to be there. (Alisha, aged 9, Horta-Guinardó)



I'm concerned about violence against women. (Sira, aged 11, Eixample)



E

Everyone

Find the 11 words included in the 11 demands of the Children's Agenda.

Here's a clue: look on pages 4 and 5!

S E L A T I G I D E I
O T A K E P A R T A R
P L C O C U A S E C G
L A P I U C B U T E N
A N T S U P P O R T I
N Y T E F A S A T S Y
E T U T S C H O O L L
T A T U I C A S D R L
I N R E T O R U M I U
S D A M P L E H L U B
A Y L I M A F E R T O
E R I T S C R E E N S

The Children's Agenda is part of the programme "The Children of Barcelona Have Their Say"

MORE INFO, VIDEO AND EASY READ VERSION AT:

barcelona.cat/parlen-nens-nenes



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