

Voice Up's Top Tips

Writing health research documents for children and young people

Hello from [Voice Up](#)!

Voice Up is a group of young people, aged 11-24, from across Greater Manchester. We have our say to improve health research that affects children and young people now and in the future. We are often asked to read documents for health research projects, like participant information sheets, questionnaires, and recruitment posters. We help to make sure that these documents are easy to understand and are relevant to children and young people. Our feedback can make the difference between a person being comfortable and informed about a project and throwing important information in the bin!

We have found that the quality of the documents that we are asked to read varies a lot. We often give the same basic feedback, for example about avoiding jargon or poor presentation. To help you, we have created five top tips for creating documents that are interesting and understandable for children and young people.

Thanks for taking a look,

Voice Up



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Writing health research documents for children and young people

1. We are not all the same.

- Remember **young people are individuals**, not statistics.
- **Tailor** your document to the age group you are trying to engage.
- Make your document as **inclusive** and **accessible** as possible. Take a look at [this guide](#) for more information.

2. Are you setting the right tone?

- **Do not talk down to young people or assume too little of us.**
- **Jargon!** Avoid overwhelming us with complicated and inconsistent words, numbers, and acronyms. If necessary, use glossaries and keys.
- Strike a **balance** between being relatable and being professional. An informal title or introductory sentence helps to engage us.
- Some information can make us feel **worried**. Please make sure to offer genuine reassurance and clear contact information where people can get support if they need it.

3. How do you grab our attention?

- **Colour and images** are a must. They are eye-catching and can overcome communication barriers. Remember to print in colour too!
- **Think outside the box.** We love videos, audio content, puzzles, real-life stories and quotes.
- Be respectful. We are always thankful when you take the time to create documents of a **professional quality**.

4. What keeps us engaged?

- We like things that are **simple and straight to the point**. What is the document for? Why is it important?
- The **flow should be easy and logical** to follow with things like sub-headings, bullet points and making key information stand out.
- **Where can we find out more?** Include basic search terms or QR codes to trusted places, like the NHS website, for extra information.

5. Need help? Talk to us.

- Always **be open to and invite feedback** at all stages of your project.
- We want to understand where you're coming from. Could you join a **Voice Up** activity to explore things in more detail with us?