### YOUTH MENTAL HEALTH AND ADDICTION CHAMPIONS (YMHAC) INITIATIVE Hart's Ladder of Youth Participation



# 8) Young people-initiated, shared decisions with adults.

This happens when projects or programs are initiated by young people and decision-making is shared between young people and adults. These projects empower young people while simultaneously enabling them to access and learn from the life experience and expertise of adults. This rung of the ladder can be embodied by youth/adult partnerships.

## 7) Young people-initiated and directed.

This step is when young people initiate and direct a project or program. Adults are involved only in a supportive role. This rung of the ladder can be embodied by youth-led activism.





## 6) Adult-initiated, shared decisions with young people.

This step occurs when projects or programs are initiated by adults but the decision-making is shared with young people. This rung of the ladder can be embodied by participatory action research.

#### 5) Consulted and informed.

This step happens when young people give advice on projects or programs designed and run by adults. The young people are informed about how their input will be used and the out comes of the decisions made by adults. This rung of the ladder can be embodied by youth advisory councils.

### 4) Assigned but informed.

This step is where young people are assigned a specific role and informed about how and why they are being involved. This rung of the ladder can be embodied by community youth boards.

#### 3) Tokenism.

This step occurs when young people appear to be given a voice, but in fact have little or no choice about what they do or how they participate. This rung of the ladder reflects adultism.

### 2) Decoration.

This step happens when young people are used to help or "bolster" a cause in a relatively indirect way, although adults do not pretend that the cause is inspired by young people. This rung of the ladder reflects adultism.

#### 1) Manipulation.

This step happens when adults use young people to support causes and pretend that the causes are inspired by young people. This rung of the ladder reflects adultism.



