

Young people have a right to be engaged, and a right to be heard.

Meaningful engagement with young people in research results in richer, more culturally-inclusive, and more usable research evidence.

Young people ranging in age from 8- to 24-years-old are participating in the IN•GAUGE research program and sharing their voices on how to engage youth in research.

Use the Youth Engagement in Research Framework as your guide.

The Framework illustrates how youth say to create a culturally-inclusive research environment, how to meaningfully engage them in your research, which conditions should be met throughout the research process, and what they hope to get out of their experience.

For an interactive version of the Youth Engagement in Research Framework and a full list of references, visit [Ingaug.ca](http://Ingaug.ca).

Thank you to the young people whose insights, ideas, and recommendations have guided the development of the Framework.



# Youth Engagement in Research Framework

A tool for engaging young people in research.

**Understand motivations to engage.** Youth say helping others, being heard, sharing experiences, pursuing social action and social justice, and studying the issues that matter most are their top motivators to engage in research.

**Discuss goals for the research process and implementation intentions.** Youth say planning to do something with the research evidence is an important part of their decision to engage in the research process.

**Support diverse expressions of youth identity.** Youth describe their identities in relation to their social groupings, including youth culture, race and ethnicity, gender identity and sexual orientation, life experiences, living circumstances, and socioeconomic status. They say respecting their identity helps to create a safe, culturally-inclusive space to share their opinions, ideas, and experiences.



**Address facilitators and barriers to engagement.** Youth say starting an early conversation about facilitators and barriers helps make engaging in research more accessible. They say to allocate resources that make their engagement easier and more comfortable, such as covering lost wages, meals, and transportation costs.

**Reinforce the choice to engage in research.** Youth say demonstrating value for their time, opinions, ideas, and shared experiences with cash and valued incentives is necessary. They expect to receive mentorship and empowerment opportunities that develop their knowledge, skills, and confidence.

**Build trusting relationships.** Use shared leadership as a way of distributing power; establishing roles, boundaries, and confidences; and role-modelling behaviours and personal qualities in the research setting. Youth say to take time explaining the research process, practice authentic listening, and provide options for acknowledging their contributions to research. They say to avoid tokenism or other practices that restrict their ideas and abilities.

**Respect different forms of knowledge.** Allow for multiple forms of data-gathering, and provide flexible, dynamic, and evolving options for youth engagement in research. Youth say to embrace their imagination, creativity, and communication style in the co-creation, acquisition, and dissemination of knowledge.