

# ME IN THE MIDDLE

Me in the Middle, is a digital learning module, paired with a downloadable toolkit, equips practitioners to understand how children and young people feel about their relationships with the people around them.

Designed and co-produced with frontline practitioners, to place the child's voice and lived experiences at the heart of practice. This resource is essential for anyone working with children and young people, packed with tools that prioritise what matters most: the child's perspective.



## WHY THIS RESOURCE MATTERS

The people around them profoundly influence children and young people. By understanding their daily lived experiences, we can ensure their voices are truly heard and their relationships contribute positively to their well-being and outcomes

## What you'll gain from Me in the Middle:



**A child-centered approach:** Learn how to actively involve children and young people in conversations about their relationships and daily lived experiences.



**Practical and engaging tools:** Discover tips and activities to make discussions with children and young people easier and more meaningful.



**Insight into relationships:** Explore how relationships can add value to a child's life create challenges for the children you work with.



**Impact awareness:** Help parents, carers, and other professionals understand how conflict and poor quality relationships affect a child's emotional world.

This resource empowers you to place the child's voice at the heart of your practice, ensuring they feel safe, nurtured, and heard in all aspects of their life.

Let's work together to create a world where every child has the relationships they deserve.

# THEORY OF CHANGE:

## Me in the Middle Toolkit

### GOAL:

To empower practitioners to prioritise children's voices and lived experiences, fostering environments where children feel safe, secure, and nurtured in their relationships.

### INPUT:

- Evidence-based tools and guidance for exploring relationships with children.
- Digital learning module for practitioner training.
- Collaboration with professionals working with children and families.

### ACTIVITIES:

- Distribute the toolkit to practitioners.
- Train practitioners through e-learning.
- Gather feedback from children and practitioners to refine resources.
- Raise awareness among families about positive relationships and conflict impacts.

### OUTPUTS

- Practitioners equipped to have child-centred conversations about relationships.
- Increased understanding of the impact of relationships on children's well-being.
- Greater awareness among families of the importance of nurturing relationships and minimising conflict.

### LONG TERM IMPACT

- Healthier relationships within families and communities, leading to increased well-being for children and young people.
- Strengthened communities with reduced cycles of intergenerational conflict.

### OUTCOMES

- Increased practitioner confidence in engaging children on their relationships and lived experiences.
- Improved family dynamics with reduced stress and conflict.
- Children feeling more supported, safe, and understood.