

Talking to stakeholders and policy makers

Five top tips



At the forum, Peer Researchers asked for advice on talking to stakeholders. These tips have been useful in previous research with and by young people.

1. Know how you are feeling and have techniques that get you in the right mental space

Know what works for you, and your team, to get into the right head space. This could include the right music, the right shoes, a little personal or team ritual which help you remember who you are, what you are there for and what matters to you.



2. Feeling confident in your message and know your own research

Know the research you are there to talk about and what matters in it to you. Practice answers to these questions:

- How many people were involved?
- Who were these participants (maybe location, gender, ethnicity)?
- what was your research about (try to keep this short))
- how you did your research? (what methods)

Try to remember at least one story from your research, something that you know will help people to make a human connection with it.



3. Do your homework on the person or people you are going to meet

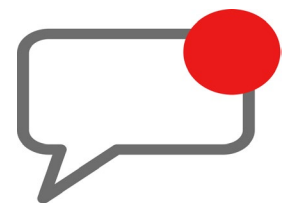
Know who you are going to meet. Go online to find out who they are, where they are from, what issues they are interested in and what they are responsible for in their role. This helps you to understand them as a person and to tell stories which will interest them. This can also help you know what change(s) they may be able to help you achieve or people they may



4. Be clear about your main message and your one main ask for each person

Know your one top ask, and one sentence which describes what you want to achieve above all else. For each person you are meeting with, try to relate your ask to their responsibilities. For each ask, try to have evidence which supports this. For example:

- a story from your research about people's experiences
- an example of what you are asking for working somewhere
- a reason why what you are asking for is the obvious solution to problems identified in your research



5. Be prepared to state defend your boundaries

Stakeholders sometimes ask young people about things which are personal and none of their business. If you want to tell a story about your own life, this is OK, but to defend your privacy, have a sentence you can use. For example something like "Oh, actually I'm really here to talk about the research and in the research we found this..." This can help you maintain your role of representing your research.

