Empower

An empowering environment is one where children and young people have a voice, actively participate and have routine opportunities for leadership. Empowerment helps foster resilience and positive social and emotional learning.

Your role in supporting empowerment

As an educator, you have the opportunity to, and responsibility for, promoting an empowering environment where children and young people are trusted to exercise autonomy and agency.

What does empowerment look like in learning communities?

Empowerment starts with your understanding of, belief in and commitment to children and young people taking an active role in their education.

True empowerment actively engages children and young people as full partners in initiatives. Empowered education settings recognise children and young people's rights and actively plan the learning environment to foster their developing capabilities and autonomy.

Participation in decisions that affect us is a fundamental human right.

When you support empowerment for children and young people, you acknowledge that they have rights and can actively contribute to the learning community and their learning. Empowerment teaches children and young people about equality, equity and democracy. It contributes to a fairer, more inclusive society.

Empowerment means giving children and young people the opportunity to actively participate in activities and decisions that shape their lives, where they have a voice and routine opportunities for leadership. Being empowered is a protective factor for children and young people's mental health.

Promote empowerment in the learning community

Learning occurs everywhere – when you provide information to families, they can use consistent strategies to support empowerment at home. You can:

- promote children and young people as competent, capable and active participants in learning
- help families understand how empowerment supports learning, motivation, engagement and mental health
- acknowledge that learning occurs through all experiences
- reinforce that families are the first educators of their children
- enlist support from adults in a child or young person's community to support empowerment for those from diverse backgrounds.

By completing the Empower module, you will be able to:

- appreciate the interplay between empowerment, mental health and wellbeing in education settings
- describe what is meant by empowerment in an education setting and how this supports a child or young person's mental health and wellbeing
- create opportunities for agency, autonomy, voice and participation in decision-making and leadership in your learning community
- identify further opportunities to support children and young people's empowerment in your learning community.