

Checklist: Designing an Inclusive Youth-led Community Activity for Young People with Visual Impairments

1. Understand the Needs and Interests of Young People

Before planning an activity:

- ☐ Have I involved young people in identifying their interests and needs?
- ☐ Have I asked what activities they would like to participate in?
- ☐ Have I considered their different experiences, abilities, and preferences?
- ☐ Have I avoided making assumptions about what young people with visual impairment can or cannot do?

Tip: Inclusive activities start by listening to young people.

2. Create Opportunities for Youth Leadership

A youth-led activity means young people are active creators, not only participants.

- ☐ Do young people have a role in planning the activity?
- ☐ Can they suggest ideas and make decisions?
- ☐ Are there opportunities for them to take responsibility?

Possible roles:

- ☐ Activity facilitator
- ☐ Peer mentor
- ☐ Event organiser
- ☐ Speaker or representative
- ☐ Project coordinator

Remember: The role of the facilitator is to support, guide, and encourage — not to make all decisions.

3. Make the Activity Accessible

Before the activity:

- ☐ Is the location accessible and easy to reach?
- ☐ Are transport needs considered?
- ☐ Is information available in accessible formats?
- ☐ Are digital materials compatible with assistive technologies?
- ☐ Are participants informed about what to expect?

During the activity:

- ☐ Are instructions clear and easy to follow?
 - ☐ Are different ways of participating available?
 - ☐ Can everyone contribute according to their abilities and interests?
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4. Build a Safe and Inclusive Environment

Create a space where everyone feels valued.

- ☐ Encourage respect and equal participation.
- ☐ Challenge stereotypes about disability.
- ☐ Encourage participants to share their experiences and ideas.
- ☐ Make sure young people feel comfortable expressing their opinions.
- ☐ Promote cooperation between participants.

Key idea: Inclusion means belonging, not only being present.

5. Support Personal Development and Empowerment

Design activities that help young people develop:

- ☐ Confidence
- ☐ Communication skills
- ☐ Decision-making skills
- ☐ Problem-solving skills
- ☐ Creativity
- ☐ Independence

Ask yourself:

- ☐ Does this activity allow young people to discover and use their strengths?
 - ☐ Does it provide opportunities for growth and learning?
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6. Encourage Social Participation and Community Connection

Consider how the activity can strengthen relationships.

- ☐ Does it create opportunities to meet and collaborate with others?
- ☐ Does it encourage interaction between people with and without disabilities?
- ☐ Does it promote visibility and inclusion in the wider community?

Examples of activities:

- ☐ Cultural events
 - ☐ Awareness campaigns
 - ☐ Creative workshops
 - ☐ Peer-learning activities
 - ☐ Community projects
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7. Use Creative Approaches for Engagement

Creative activities can support:

- ☐ Self-expression
- ☐ Identity development
- ☐ Emotional wellbeing
- ☐ Communication
- ☐ Teamwork

Possible approaches:

- ☐ Theatre and storytelling
- ☐ Dance and movement
- ☐ Music
- ☐ Tactile arts
- ☐ Digital creativity

Tip: Creativity is not only about the final product — it is about participation and personal growth.

8. Support Self-Advocacy

Help young people develop their voice.

- ☐ Encourage them to express their opinions.
- ☐ Create opportunities to make choices.
- ☐ Support them in communicating their needs.
- ☐ Include discussions about rights and accessibility.

Useful activities:

- ☐ Role-play
 - ☐ Group discussions
 - ☐ Storytelling
 - ☐ Public speaking
 - ☐ Peer mentoring
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9. Use Technology as a Tool for Inclusion

Consider:

- ☐ Are online activities accessible?
- ☐ Are digital materials compatible with screen readers?
- ☐ Are participants aware of useful assistive technologies?

Technology can support:

- ☐ Independence
 - ☐ Access to information
 - ☐ Communication
 - ☐ Participation
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10. Evaluate the Activity with Young People

After the activity:

- ☐ Ask young people for feedback.
- ☐ Encourage them to suggest improvements.
- ☐ Evaluate what worked well and what could change.
- ☐ Recognise their contribution and achievements.

Reflection questions:

- What did you enjoy most?
 - Did you feel included and involved?
 - What would you change?
 - What would you like to create next?
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Final Reminder for Youth Workers

A successful youth-led initiative is not created **for** young people with visual impairments.

It is created **with** them.

The goal is to support young people to become active participants, decision-makers, and leaders within their communities.