**Foundation module 4**  
Participation and inclusion  

**Section 7** Monitoring and evaluating children’s participation

**Exercise 5**

**H assessment**

**Purpose**
By the end of this exercise, participants will be able to:

- understand how the H assessment tool can be used with and by children to explore the strengths 😊, weaknesses 😞, and suggestions (!) to improve their participatory initiatives or organisations.

**Timeframe**
30 to 40 minutes

**Resources**
- flipchart paper and pens

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**Method**

1. Draw the table below on a sheet of flipchart paper.

<table>
<thead>
<tr>
<th>Strengths</th>
<th>Name of participatory initiative or organisation</th>
<th>Weaknesses</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Suggestions to improve</td>
<td></td>
</tr>
</tbody>
</table>

![Image of table](attachment:image.png)
2 Ask the participants (in the role of children or young people) to fill in the name of their participatory organisation or initiative in the top middle panel and to think about the work they have undertaken so far.

3 Ask the participants to list the strengths of their participatory organisation or initiative (eg. what has worked well, what has achieved positive change for children) in the left-hand panel.

4 Ask the participants to think about and list the weaknesses of their participatory organisation or initiative (eg. what has not worked so well, any negative impact on children) in the right-hand panel.

5 Ask the participants to list their suggestions of what they can do and what support they need to receive to improve their participatory organisation or initiative in the bottom middle panel.

6 In plenary, facilitate a discussion on the results.