

Call for Participation

Are you under 18? Make your voice heard!

The Ombudsman fir Kanner a Jugendlecher (OKAJU), defender of children's rights, is preparing its **2026 annual report**, which will be called ***In the shoes of children and young people***, based on a survey that 1172 children and young people answered.

These children and young people have already shared many experiences with us. Now we would like to learn even more about these topics (for example, what worries children and young people or what makes them happy), thanks to your contribution, which you can create on your own or together with other children or young people.

You can participate by sending a contribution by 9th October 2026.

Who can participate?

All children and young people up to 18 years old can participate. You can participate alone or with other children or young people, with your class, kindergarten, maison relais (daycare), youth centre, residential care group (foyer), music school, dance school, sports club, theatre group or scouts group, etc.

What can you send us?

You can send us a contribution about one or more of these topics:

- ▶ What worries children and young people: what is happening in the world (for example war), school (behaviour of teachers, fear of marks and exams, not enough free time), violence (such as bullying at school), health, family, teachers, the internet.
- ▶ What makes children and young people happy: family, friends, animals, hobbies, health, sport, playing.
- ▶ What children and young people find unfair: school pressure, social inequalities (when some children or young people have fewer things than others or do not have the same chances), adultism (when adults think children matter less or do not listen to them), bullying (when a person or a group bothers, insults or hurts someone several times).
- ▶ Respect or violation of children's rights in Luxembourg in general. You can read this if you don't know what children's rights are: <https://men.public.lu/en/systeme-educatif/droits-enfant/actions-sensibilisation.html>
- ▶ Ideas or solutions: what could change so that children and young people are less worried and so that fewer unfair things happen to them.

What can your contribution be?

- ▶ a text (for example a testimony, a letter, a poem or the story of a situation of worry, unfairness or happiness)
- ▶ a drawing
- ▶ a painting
- ▶ a collage or photo montage
- ▶ a photo
- ▶ an audio file, a song or a video (maximum 5 minutes).

How can you take part?

- ▶ Fill out the participation form on paper and send it with your contribution by email to **contact@okaju.lu**, or by post to: **OKAJU, 65 route d'Arlon, L-1140 Luxembourg**, or hand them in directly at this address.
<https://shorturl.at/8qVFx>



OR

- ▶ Fill out and send the participation form online together with your contribution (please note: you need a Google account):
<https://forms.gle/oFbMr4QTD7B6zmWy5>



Please note: digital or paper contributions are allowed, but not those made by or with the help of artificial intelligence.

If you want, a parent or a trusted adult can help you to prepare or send your contribution.

What will happen with the contributions

All contributions will be taken into account, and some will be selected and included in the OKAJU 2026 Annual Report. The report will be officially presented to Luxembourg's policymakers on 16th November 2026. A special event for children and young people will also be organised in November 2026, and all participants will be warmly invited.

Your stories, your ideas, the problems you see and the solutions you suggest will help to better understand what children and young people experience, and to write recommendations for decision-makers (the adults who make decisions and can change things).

These recommendations will help to make children and young people feel less worried and have fewer unfair things happen to them.

Your voice matters. Thank you for participating!

If the rights of a child or young person have not been respected, OKAJU is always there for you:

By phone: 28 37 36 35 (Monday to Friday, 8:30 a.m. – 5:00 p.m.)

In person: 65, route d'Arlon, L-1140 Luxembourg (Monday to Friday, 8:30 a.m. – 5:00 p.m.)

By email: contact@okaju.lu

We are always there for children and young people and are happy to help!