**Ways You Can Participate:**

**Event Participant**

* Participating with no obligation to contribute.
* Events may include training, forums, celebration events or annual general meetings, where you are present as members.

**Survey or Questionnaire**

* Quick engagement of around 5-30 minutes in your own time.
* You opt in with no obligation.
* Sharing lived experience through answering questions, providing data.
* Often anonymous or de-identified.

**Interview**

* Answering specific questions based on individual experience.
* Individual or group interviews.
* Can also be online through a form, over the phone, video call, or face to face.

**Consultation/Focus Group**

* Actively sharing lived experience, providing feedback or advice
* Likely to be a group environment
* Some preparation may be needed

**Advisory Group/Committee/Co-design project**

* Preparation expected
* Collaborating on a project
* Multiple sessions involving sharing lived experience, generating ideas, providing recommendations.

**Speaker/Panel**

* This may require preparation, involve sharing lived experience and expertise, or acting as a public role model.
* Attendance is required for event/project which could be things such as: presenting at a network meeting, webinar, conference, forum etc.

**Interviewer/Young Representative**

* This could include decision making on recruitment or acting as a spokesperson.
* These would generally be ad hoc opportunities with expected attendance.

**Peer Worker/Educator/ Facilitator**

* Active leadership
* Working in a defined role.
* Usually this would involve sharing lived experience and creating safe, peer-led spaces.