



Top Tips For Defending Rights in Research and Evaluation

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START WITH THE CHARTER AS YOUR BENCHMARK

- Treat the Charter as the 'standard' of what good looks like for children from armed forces families.
- Each provision in the Charter can act as a domain or indicator for evaluation (e.g. access to health, stable housing, voice in decisions, protection from disadvantage).
- Make the Charter visible in evaluation tools (logic models, impact frameworks, data dashboards).
- Prompt: "Which Charter provisions does this project aim to uphold or improve?"

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MAP INTENDED OUTCOMES TO CHARTER RIGHTS

- Before or at the start of an activity, map your intended outcomes (service outputs, policy changes, research insights) against specific Charter provisions.
- Highlight gaps where activity is not addressing key rights – this can shape future priorities

Charter Right	Relevant Project Outcomes	Indicators
Voice & Participation	Children involved in study design	% of children in advisory roles
Health & Wellbeing	Improved access to mental health services	Waiting times, service uptake
Non-Discrimination	Reduced barriers in service family accommodation	Reported experiences of fairness/equity

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DESIGN EVALUATION QUESTIONS THROUGH A RIGHTS LENS

- Include questions that ask not just "what changed" but "whose rights were realised or overlooked":
- Did the activity reduce inequities for forces children compared to their civilian peers?
- Did it increase their say in decisions that affect them?
- Were any unintended negative consequences for children's rights identified?



GATHER MIXED EVIDENCE

Use both **qualitative** and **quantitative** evidence:

- Children's voices: focus groups, drawings, surveys, storytelling, creative feedback.
- Service data: uptake, retention, complaint resolution.
- Policy/structural shifts: changes in guidance, funding, staff training.
- Use participatory methods so children can contribute to defining what good looks like.

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ANALYSE THROUGH AN EQUITY LENS

- Compare outcomes for different sub-groups (e.g. neurodiverse children, mobile families, those in separated families).
- Identify where barriers remain, using Charter provisions as the reference point for fairness and inclusion.

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REPORT AGAINST THE CHARTER

- Frame your findings around the Charter headings or cluster them by related rights (e.g. Voice, Access, Inclusion, Stability).

Use traffic-light ratings or short narrative summaries to show:

- Where rights are upheld
- Where there is partial progress
- Where there are clear gaps

This makes reports useful for both service managers and policy audiences.

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CLOSE THE LOOP

- Feed findings back to children and young people first, in accessible formats.
- Share with decision-makers to show what's working and what still needs attention.
- Use results to inform continuous improvement cycles: plan → deliver → review → adapt.

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SCAN FOR THE RIGHTS CHARTER



EMBED IN ORGANISATIONAL PRACTICE

Include the Charter in:

- Evaluation frameworks (e.g. Theory of Change, outcomes matrices)
- Funding bids and impact reports
- Partnership agreements and commissioning specs

This makes the Charter part of the evidence standard, not just an advocacy tool.

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