



Self-reflection journal

This self-reflection journal prompts questions for researchers to carefully consider their positionality, power, privilege and biases, as well as ways of working and communicating, before, during and after the research process. Set aside time throughout the process to critically reflect on your practice.

At the beginning...

- How might my role, experiences and skills shape the co-research process?
- What beliefs, views, assumptions, expectations and judgements do I hold that could influence the co-research process?
- What relationships do I have with my team?
- What do I want to achieve?
- What am I feeling confident / not so confident about?
- Where do I want to upskill?



Throughout...

- What am I assuming? (I.e. a young person's skills, abilities, expertise, understanding?)
- How have I exercised my power over the course of the research?
- Have power dynamics shifted? How?
- How comfortable is the youth researcher to contribute? Are there opportunities?
- What do I know to be able to build the confidence of youth researchers? What don't I know?
- When is the right time for me to step back? Or to step forward? How will I know?
- Have my assumptions, expectations or judgements shifted or changed?



At the end...

- What did I learn or discover through this process? What difference might this make to my practice?
- What challenges did I encounter?
- How did this experience change me?
- How do others see me now?
- Who has been involved in influencing my thinking and practice? How?
- Moving forward, what will I do differently?
- How can I improve the experiences of youth researchers?

A large, empty rectangular box with a dotted border, intended for writing reflections on the listed questions.