

# MANIFESTO FOR PARTICIPATORY RESEARCH

1

Value and respect all forms of knowledge and expertise, whether gained through personal experiences, research or training.

2

Prioritise time to build and maintain relationships and to develop trust.

3

Acknowledge the social, economic and cultural experiences of all individuals and be prepared to embrace differences and address challenges.

4

Be aware of individual and group privileges to actively and continuously address power imbalances.

5

Show willingness to challenge and to be challenged, to learn and unlearn.

6

Embrace uncertainty as an integral part of participatory approaches that can take research in new directions.

7

Collectively create and hold a supportive space to ensure the safety and wellbeing of everyone involved.

8

Promote and support different ways of communicating to ensure that everyone can contribute in the way they feel most comfortable.

9

Support involvement through training, mentoring and accommodating individual needs.

10

Be open and responsive to feedback on the research process and prepared to make changes to ensure authentic involvement.

11

Recognise the contributions of experts by experience through financial reimbursement and acknowledge their involvement in research outputs.