

# FUG's 10 suggestions for cooperation and inclusion

- 1** Smile and say «Hello!» to children, young people and parents. We all need to be seen and taken for who we are!
- 2** Be curious about what is going on among children and young people, both physically and digitally. Try to understand rather than judge. Allow mistakes to be made.
- 3** Dare to be the 'strict' adult who makes demands and sets boundaries. Ally yourself with other parents. Children and young people need clearly defined frameworks and approachable, secure and clear adults who follow through.
- 4** Find the 'star quality' in children and young people - including those who are not your own. Everyone has a talent or quality we can value.
- 5** Adopt the attitude of 'everyone join in' when anything is happening. Ask about those who don't join in.
- 6** Observe and catch your and others' children and young people 'in the act' when they do something good! Whatever we focus on, we get more of.
- 7** Be ambitious, not just on behalf of your own and other young people's behalf, but also on behalf of the community. Pupils thrive and learn best when the class environment is secure and healthy.
- 8** No one can do everything - but everyone can do something. You and the parents' group you are part of contribute a great deal, in many areas!
- 9** What we don't know about, we can't do anything about. Speak out to the school, both when things are going well and when challenging situations arise. Work to ensure that the same is possible within the parents' group.
- 10** Anything can be said; however, it is more about how you say it. Be friendly and polite, show interest and listen. Have respect for the viewpoints of others and allow yourself to change your mind.



# Parents' Committee for Primary and Lower Secondary Schools (FUG)

The Parents' Committee for Primary and Lower Secondary Schools (FUG) is a national, independent body that promotes good cooperation between schools and parents.

## How can FUG contribute?

FUG offers advice and guidance to parents, school staff, student teachers and public authorities.

We do this by:

- Responding to verbal and written enquiries
- Sharing information via our website, newsletter and SoMe
- Providing printable materials and information films via our website
- Holding lectures tailored to various target groups
- Offering advice to public authorities and cooperating partners

All of our services are free of charge.

## What is FUG?

The Committee is comprised of seven members and two deputy members. All members are parents who have been actively engaged in local school/home cooperation. Committee members are appointed for 4 years.

FUG administration is located in Bø in Telemark and looks after the Committee's day-to-day operations. From here, school advisers respond to enquiries from parents and others. Advisers have broad expertise and practice from various types of schools and school/home cooperation.



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