Ten tips for doing participatory research with workers in high risk sectors

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TEN TIPS FOR DOING PARTICIPATORY RESEARCH WITH WORKERS IN HIGH-RISK SECTORS

1. **Assess your readiness to do FPAR.** Carefully consider the time, resources, networks and flexibility required to carry out truly participatory research ethically and safely, and critically evaluate your preparedness.

2. **Make enabling the participation of those most at risk of labour exploitation the guiding principle.** Remove as many barriers to participation as possible and prepare to substantially adapt or completely re-design your plans as you learn what works. Find ways to involve Peer Researchers in every step of research from design to data collection, analysis and advocacy.

3. **Recognise the value of the knowledge workers hold.** Reflect on how this knowledge is different from and complements other types of expertise.

4. **Ensure Peer Researchers receive in-depth training** that provides them with transferable skills and a solid basis for carrying out primary research. Topics to cover include research methods, data collection tools and techniques, research ethics, safeguarding and signposting. Make space in the training to discuss informed consent.

5. **Note that Peer Researchers may have limited availability.** Those working in low-paid and insecure work may have long hours with shifting schedules, which will require extra flexibility around meetings and during the data collection process. Others may be parents, carers or have health needs.

6. **Pay Peer Researchers and research participants for their time.** Make sure the payment sufficiently recognises the value of their work and expertise, and the time commitment of participants.

7. **Amplify workers' voices as researchers and experts by experience.** Create opportunities for workers to engage in policy spaces and with the media, and support worker-led action.

8. **Make the safety and wellbeing of Peer Researchers a priority.** Discuss potential safety issues with Peer Researchers such as recruitment through personal networks and staying safe online and establish mitigations strategies.

9. **Have up-to-date and tailored signposting policies in place** in case participants need information, advice or support. Peer Researchers should receive signposting training but should not be made responsible for supporting their peers. Have clear policies in place in case anyone participating is at immediate risk, including clear guidance for when concerns should be escalated to the researching organisation.

10. **Approach FPAR as a process of continuous two-way learning.** Be flexible, change processes as needed, seek feedback and input, and test new ways of doing things.

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