

SYP Elections 2026

**CANDIDATE EXPERIENCE
PROGRAMME**

SCOTTISH YOUTH PARLIAMENT



What's this all about?

The Candidate Experience Programme is designed to help candidates who are standing in the 2026 Scottish Youth Parliament Elections to develop:

- Skills and knowledge to help your overall personal development.
- Understanding and awareness of the Scottish Youth Parliament and the role of an MSYP.
- Local connections and involvement in local youth voice groups (where these exist).

The Candidate Experience Programme covers three strands:

- **Core workshops** – these cover the important information you need to know to help you understand the role of a MSYP, what SYP does, and what will happen during the SYP Elections.
- **Skills and awareness workshops** – these cover the transferable skills and knowledge that will be useful for you during your election campaign and more widely in life.
- **Side quests** – these are all the other activities, opportunities, and events you might have access to during your time as a candidate in the SYP Election. Your Election Coordinator will share more information with you about the local opportunities and any activities offered by SYP!

This information pack tells you more about the Core workshops and the Skills and Awareness workshops.

My Candidate Journal



Candidate journals

To help candidates in the SYP elections to keep track of all the activities you've been involved in through the elections process, we have put together a template journal.

You can access the template candidate journal [here](#).



This Journal contains four sections:

- Core sessions - where you can record your engagement and reflections in core sessions.
- Skills and awareness sessions - where you can record your engagement and reflections in skills and awareness sessions.
- Side quests - where you can log any side quests you've completed!
- My Personal Journey - for journaling your personal growth and reflections through the elections process.

You can complete the journal online or print a copy if you prefer.

Your Election Coordinator might ask to chat with you about your journal to see how you're getting on or if there's anything you need help with.

About the workshops

The Core sessions and Skills and Awareness sessions will be run online by SYP, but your Election Coordinator might also deliver them locally in your area or voluntary organisation. Your Election Coordinator will let you know about any local plans.

The online workshops led by SYP will take place on Microsoft Teams. Each workshop will take around 90 minutes, and there will be eight workshops in total. We're running each workshop a few times, and we'll have an e-learning version of each workshop you can work through in your own time if you don't manage to come to one of the live sessions.

To sign up for workshops, please fill in the online booking form at: <https://forms.office.com/e/ZsEkqFeuev>

You will receive an email within one week after filling in this form with the details of all the workshops you've signed up to join.

On the next few pages, you can find out more about each of the different workshops.



What's happening when?

Core Workshops

About SYP

- Tuesday 7th July, 5pm – 6.30pm
- Saturday 1st August, 10am – 11.30am
- Friday 21st August, 5pm – 6.30pm
- Wednesday 23rd September, 5pm – 6.30pm

Campaigning for Election

- Wednesday 15th July, 5pm – 6.30pm
- Saturday 22nd August, 10am – 11.30am
- Friday 28th August, 5pm – 6.30pm
- Thursday 24th September, 5pm – 6.30pm

About the SYP Elections

- Friday 10th July, 5pm – 6.30pm
- Saturday 15th August, 10am – 11.30am
- Wednesday 26th August, 5pm – 6.30pm
- Tuesday 29th September, 5pm – 6.30pm

Getting Involved

- Monday 20th July, 5pm – 6.30pm
- Monday 31st August, 5pm – 6.30pm
- Saturday 12th September, 10am – 11.30am
- Thursday 15th October, 5pm – 6.30pm



CORE: About SYP

The aim of this workshop is to raise candidates' awareness and understanding of SYP and the MSYP role.

This workshop will cover:

- Individual motivations for standing for election and exploring what candidates want to get from the process.
- Being an MSYP – the role and responsibilities locally and nationally, and how MSYPs connect local young people's views to national activities (and vice versa).
- About SYP – who we are and what we do.
- Key skills candidates will develop / thinking about what you want to develop as a candidate – linking to the youth work outcomes and skills framework.



CORE: About the SYP elections

The aim of this workshop is to develop candidates' understanding of the SYP Elections process.

This workshop will cover:

- The SYP Elections 2026 timeline and key stages.
- SYP Elections Rules, processes, and candidate code of conduct.
- Engaging locally and the role of the Election Coordinator.
- The Candidate Experience Programme and opportunities available to candidate during the elections programme.
- Tracking your candidate progress – candidate journals.



CORE: Campaigning for election

The aim of this workshop is to build candidates' campaigning skills and confidence.

This workshop will cover:

- Campaigning as a candidate in the SYP elections (including the campaigning rules and different approaches to campaigning)
- Public speaking and communicating effectively.
- Developing a candidate profile.
- Videos from current MSYPs about how they campaigned for election.



CORE: Getting involved

The aim of this workshop is to develop candidates' awareness of other opportunities available to them regardless of the outcome of this election.

This workshop will cover:

- Having your voice heard locally, and local youth voice mechanisms.
- How to find out about volunteering opportunities.
- NVO showcase.
- Talking about being a candidate on your CV / applications.
- Awards you can work on.

What's happening when?

Skills and Awareness Workshops

Digital literacy and staying safe online

- Tuesday 28th July, 5pm – 6.30pm
- Friday 11th September, 5pm – 6.30pm
- Wednesday 7th October, 5pm – 6.30pm

Political literacy and making change

- Wednesday 4th August, 5pm – 6.30pm
- Wednesday 16th September, 5pm – 6.30pm
- Monday 12th October, 5pm – 6.30pm

Time management and keeping myself well

- Thursday 23rd July, 5pm – 6.30pm
- Tuesday 8th September, 5pm – 6.30pm
- Saturday 10th October, 10am – 11.30am

Rights and meaningful participation

- Friday 7th August, 5pm – 6.30pm
- Saturday 19th September, 10am – 11.30am
- Tuesday 20th October, 5pm – 6.30pm

SKILLS: Digital literacy and staying safe online

The aim of this workshop is to build candidates' digital literacy skills and confidence in online safety.

This workshop will cover:

- Digital literacy – misinformation, disinformation, AI and algorithms, trusted sources of information.
- Keeping yourself and others safe (including SYP's basic child protection training)
- Using social media effectively.



SKILLS: Time management and keeping myself well

The aim of this workshop is to develop candidates' time management and self-care skills.

This workshop will cover:

- Why time management and self-care are important.
- The four steps to time management.
- Wellbeing and self-care approaches.
- Practical skills and resources.



SKILLS: Political literacy and making change

The aim of this workshop is to develop candidates' political literacy skills and knowledge.

This workshop will cover:

- Who makes decisions in Scotland (local council / Parliament / Government) and the differences between each.
- Devolved and reserved issues.
- What young people think about politics and what we're doing about it.
- How SYP fits into these structures and influences change.



SKILLS: Rights and meaningful participation

The aim of this workshop is to introduce candidates to their rights and develop their understanding of meaningful participation.

This workshop will cover:

- UNCRC and PANEL principles.
- An introduction to UNCRC Article 12 and meaningful participation.
- ‘Including everyone’ (inclusive facilitation)
- Consultation 101 – three different approaches to consulting young people (surveys, in-person engagement, social media engagement); keeping yourself and others safe.
- An overview of consultation activities candidates can get involved in through the elections process.





If you have any questions about the SYP
Elections, please contact your Election
Coordinator, or email SYP at

elections@syp.org.uk