

FRAMEWORK FOR PROMOTING HEALTHY CHILD AND YOUTH DEVELOPMENT

“... the healthy development of children and youth is a shared community responsibility”

Vision

An Ottawa community committed to seeing all children and youth reach their full potential.

Mission

To work together with families, caregivers and members of the community for the healthy development of children and youth.

Guiding Principles

The work of the Children and Youth Agenda will be guided by the following principles:

We, the City of Ottawa ...

- believe the healthy development of children and youth is a shared community responsibility;
- recognize that children, youth and their families have a unique and essential voice in the community;
- will foster and promote collaboration through open and respectful communication;
- will ensure inclusion, equity and respect for diversity;
- will base our decisions on evidence-based knowledge and practices;
- will optimize resources through sharing ideas, experience, skills, and knowledge; and
- will honour Canada’s commitment to the UN Convention on the Rights of the Child.

Child / Youth Optimal Developmental Outcomes

- Physical
- Emotional
- Cognitive
- Social
- Spiritual

Key Elements for Promoting Healthy Child and Youth Development

Key Element	Influencing Factors	Community Identified Priority Outcomes
Safe and Caring Environments	<ul style="list-style-type: none"> • Safe and caring places to interact/ play/work/learn • Clean and healthy environments • Positive learning/work environments • Community supports for families, children and youth • Family-friendly workplaces • Shared community responsibility for children and youth 	<ul style="list-style-type: none"> • Improved support and/or resources for families to have stability in their lives • Improved inclusion and access to programs and services for children and youth who have special and/or diverse needs • Improved access to and participation in quality, affordable, culturally and developmentally appropriate leisure (e.g. Play, sports, culture, recreation, arts) activities by all children and youth • Increased support to develop community/school partnerships
Meeting Fundamental Needs	<ul style="list-style-type: none"> • Nutritious food • Safe, stable and affordable housing • Sleep • Health care and mental health Services • Freedom from harm and neglect 	<ul style="list-style-type: none"> • Increased community capacity to alleviate the effects of poverty • Increased access by children and youth to enough nutritious food to lead an active, healthy life
Opportunity to Develop Competencies	<ul style="list-style-type: none"> • Positive learning experiences • Develop social skills • Positive sense of self • Engaged in recreation/leisure/arts/culture 	<ul style="list-style-type: none"> • Increased engagement in school and in learning • Increased positive social skills, self esteem and confidence for children and youth • Improved healthy behaviours for children and youth • Increased supports for children and youth for making healthy transitions from birth to adulthood
Stable and Nurturing Relationships	<ul style="list-style-type: none"> • At least one caring adult • Positive peer relationships • Positive parenting • Participation in neighbourhood, school and community 	<ul style="list-style-type: none"> • Improved parenting knowledge, resources and skills • Increased access to caring and supportive adults in the community • Improved knowledge of and access to supports and services