

Wellbeing domains

THE NEST WELLBEING DOMAINS

TASMANIAN DESCRIPTORS FOR CHILD AND YOUTH WELLBEING



Being loved, safe and valued

- » Have a safe, stable and supportive home environment
- » Feel safe, secure and protected at home, in the community and online
- » Feel valued and respected by teachers and other adults in their life and know that they are important to others
- » Have positive, trusted relationships with other people
- » Have a voice and the ability to raise concerns and have these concerns addressed
- » Feel safe about their future, the environment and climate



Having material basics

- » Have access to suitable, secure, stable housing with adequate heating and cooling
- » Have access to nutritious food and clean water
- » Have access to education and training materials
- » Have access to appropriate clothing and footwear
- » Have access to transport, required local services and materials to support participation in activities
- » Have access to the outdoors and green space



Being healthy

- » Are mentally and physically healthy
- » Are emotionally well, happy and supported
- » Are as physically active as they can be
- » Are health literate and have access to appropriate health and care service
- » Are immunised
- » Are supported to engage in regular outdoor activities and nature-based play



Learning

- » Are attending and engaging in education, training or employment
- » Are participating in early childhood education
- » Are developing literacy and numeracy skills appropriate to age
- » Are supported to learn by their caregiver and education providers
- » Have their individual learning needs addressed to allow them to realise their learning potential
- » Are supported to learn about their world through connection to nature and the outdoors



Participating

- » Are engaging with peers and community groups
- » Are taking part in organised activities, including sport
- » Are an active participant in their own life; including being able to have a say and have their opinion heard and valued
- » Have access to and use technology and social media
- » Can share experiences in nature and express their environmental views



Having a positive sense of culture and identity

- » Can find out about family and personal history and are supported to connect positively with their culture
- » Feel like they belong
- » Have a positive sense of self-identity and self-esteem
- » Are in touch with cultural or spiritual practices and have these practices valued and respected
- » Can connect to nature and are supported to identify their core values about the environment as part of their culture and identity