



**Child and Youth Ultimate Outcomes framework to prevent mental health problems and promote wellbeing**

		<b>0-5</b>	<b>5-12</b>	<b>12-18</b>
<b>Being</b>	Children and young people are safe, healthy, flourishing and have a secure cultural identity.	1. Children and young people have equitable access to the resources they need to reach their full potential. 2. Children and young people are safe, healthy, flourishing and secure in their cultural identity.		
<b>Belonging: Community &amp; place</b>	Children and young people feel they belong to the community and the place where they live.	3. Children have secure and nurturing relationships with their family, friends and the community.	4. Children and young people feel valued by the community and have positive participatory connections with family, friends, community and the place where they live.	
			5. Children and young people contribute to others, the community, the place where they live and the environment.	
<b>Becoming</b>	Children and young people reach their full potential.	6. Children meet their holistic developmental milestones.	7. Children and young people engage in education and have developmentally appropriate self-regulation & life skills.	
				8. Young people are well connected with post school pathways to quality education and / or employment.

**Flourishing** = Defined using Seligman's PERMA model: P = Positive emotions / E = Engagement or flow / R = Positive relationships / M= Meaning or purpose / A = Achievement (subjective or self-efficacy) - from Martin Seligman: Flourish: Flourish: A Visionary New Understanding of Happiness and Well-being, Free Press, 2011.

**Self-regulation** = Resilience; emotional, social and cognitive self-regulation skills. From M. Black: Mental health and wellbeing: Report for the Stronger Families Alliance. Unpublished.