



Children and Youth Planning Table of Waterloo Region

Vision

Happy, healthy children and youth – today and tomorrow.

Mission

To collectively mobilize as one system for children and youth in Waterloo Region that relentlessly strives to maximize wellbeing throughout generations.

Shared Goals for Child and Youth Wellbeing in Waterloo Region

Children and youth in Waterloo Region...

1. Feel valued, heard and included

- Having a voice
- Being seen as capable
- Having opportunities to participate and contribute
- Feeling welcomed and that they belong
- Feeling that they are valued members of community

2. Are safe and supported by caring adults

- Being connected to a network of positive, responsive adults (including family and community)
- Being nurtured in secure relationships
- Being protected and having their basic needs met (housing, safe neighbourhoods, physical safety needs met)
- Access to needed resources and supports

3. Are physically healthy

- Access to sufficient nutritious food
- Active living
- Making healthy lifestyle choices
- Access to health care from prenatal on
- Families being supported through the pre-natal/birth period

4. Are emotionally healthy

- Possessing effective coping and problem-solving skills to navigate life challenges
- Being supported in their mental health (emotional intelligence, self-regulation)
- Having a strong sense of self worth and identity
- Engaging in healthy relationships with peers




5. Are lifelong learners

- Access to high quality learning opportunities (both formal education and/or life skills supports) that start early, continue across the lifespan, and are welcoming of diverse learning styles and allow the learner to move at their own pace.
- Opportunity for safe risk-taking
- Being personally engaged in their learning
- Being well prepared for learning
- Experiencing success in school

6. Can see a positive future for themselves

- Feeling hopeful and optimistic for the future
- Having goals for the future that they are motivated by
- Opportunities to help them meet goals (volunteer, employment)
- Believing their definition of success is attainable
- Being connected to something meaningful in the community

Shared Measurement Framework

	Early Years (0-11)	Youth (12-18)	Family
<p>Goal 1</p> <p>Feel valued, heard and included</p> 		Sense of belonging in local community	Sense of belonging in local community
<p>Goal 2</p> <p>Are safe and supported by caring adults</p> 	Maltreatment of children	Maltreatment of youth	<p>Social cohesion</p> <p>Children living in low-income</p> <p>Quality time with family</p>
<p>Goal 3</p> <p>Are physically healthy</p> 	<p>Well Baby Visit participation</p> <p>Healthy Babies, Healthy Children vulnerability</p> <p>Prenatal visits</p> <p>Birth weight</p>	<p>Participation in physical activities</p> <p>Healthy eating</p> <p>Access to health care provider</p> <p>Obesity rates</p> <p>Sexually transmitted infections</p>	<p>Access to health care provider</p> <p>Food security</p>
<p>Goal 4</p> <p>Are emotionally healthy</p> 	Vulnerability on the emotional maturity domain	Self-rated levels of mental health	
<p>Goal 5</p> <p>Are lifelong learners</p> 	<p>Developmental readiness at Kindergarten</p> <p>Preschool learning opportunities</p> <p>Access to licensed child care</p> <p>Utilization of EarlyON Child and Family Centres</p> <p>Enjoying to read</p>	<p>High school completion</p> <p>Grade 10 literacy</p> <p>Education and employment inactivity</p>	
<p>Goal 6</p> <p>Can see a positive future for themselves</p> 		<p>Self-harm</p> <p>Suicide mortality</p> <p>Employment</p> <p>Volunteer rates</p>	