

# AT POLICYWISE, WELL-BEING IS THE FOUNDATION OF EVERYTHING WE DO.

We understand well-being to be a holistic concept characterized by balance and interconnection of the social, physical, emotional, cognitive, and spiritual elements of life for children and youth, families, and communities. We have learned that well-being includes:

Well-Being Dimension	Description
Meaningful Relationships and Supportive Environments	Fulfilling, stable, and lifelong relationships and connections to family and community within nurturing and supportive environments. Connected to this concept is the sense of belonging, security, purpose, and identity that emerges from these connections and environments.
Cultural Connection, Identity, and Autonomy	Lasting connection to culture and cultural identity through respect and engagement with traditions, practices, spirituality, and language. Respect for the strengths and expertise inherent in different approaches to family and raising children.
Healthy Development and Growth	Opportunities for intellectual, cognitive, emotional, and social development and growth. Children and youth develop coping skills and thrive. Healthy learning and development, play, and participation enable children and youth to meet their full potential through the building of self-confidence, self-awareness, self-esteem, and a strong sense of identity.
Protection and Freedom from Harm	Protection and freedom from harm at home, in school, at work, in community, and online. This includes prevention of and interventions for physical, emotional, psychological, and sexual abuse and neglect. This also includes freedom from self-inflicted harm and harm associated with mental health challenges.
Recognition and Healing from Trauma	Recognition of the impact of individual and systemic trauma on development. Promotion of safe connections to facilitate grieving, healing, and resilience. Support for lifelong healing journeys of decolonization and recovery from the effects of ongoing and historical trauma.
Physical Health and Access to Necessities	Equal access to necessities of life, physical health, and economic well-being. Freedom from poverty and neglect. This includes health care, child care, adequate and affordable housing, and food security.

