

United We Stand – Users and Carers Consultation

14 October 2009

1. What do you think encourages children and young people to flourish mentally?

- Feeling secure and happy
- Participation in their community
- Being listened to and heard
- Being valued
- Having a safe environment
- Praise
- Belonging
- Respecting adults
- Being respected by adults
- Discipline
- Self-respect
- Knowing the boundaries
- Having structure and predictability
- Knowing the consequences of their actions
- Having opportunities to learn
- Unconditional acceptance
- Accepting and valuing differences between people
- Healthy diet

2. How would you describe a child or young person who is flourishing?

- Confident
- Alert
- Successful
- Asking questions
- Reading books
- Happy
- Not using electronic equipment
- Comfortable with themselves
- Good relationships
- Concern for others
- Involved
- Respectful and considerate
- In control of their emotions and behaviour
- Open and friendly
- Having stability in their lives
- Self-esteem
- Smiling
- Pride
- Coping
- Bouncing back
- Outgoing, confident body language
- Unafraid to stand out
- Lightness of spirit
- Power within
- Able to speak for him or herself
- Helpful and caring
- Interest in life
- Performing well academically
- Quietly happy
- Knowing own boundaries
- Able to extend their boundaries