

What's In The Nest?

An initiative of ARACY





**ARACY's purpose is to champion
all Australian children and
young people to thrive.**

ARACY is relentless in our pursuit of the wellbeing of all
Australian children and young people.

We drive systemic change, collaborate with communities, and
amplify young voices to create a healthier, brighter future. Our
work focuses on prevention, early intervention, and equity.



Thriving Queensland
Kids **Partnership**



**WA Children's
Funders Alliance**

THE NEST

Australia's first, evidence-based framework to enhance the wellbeing of all children and young people.

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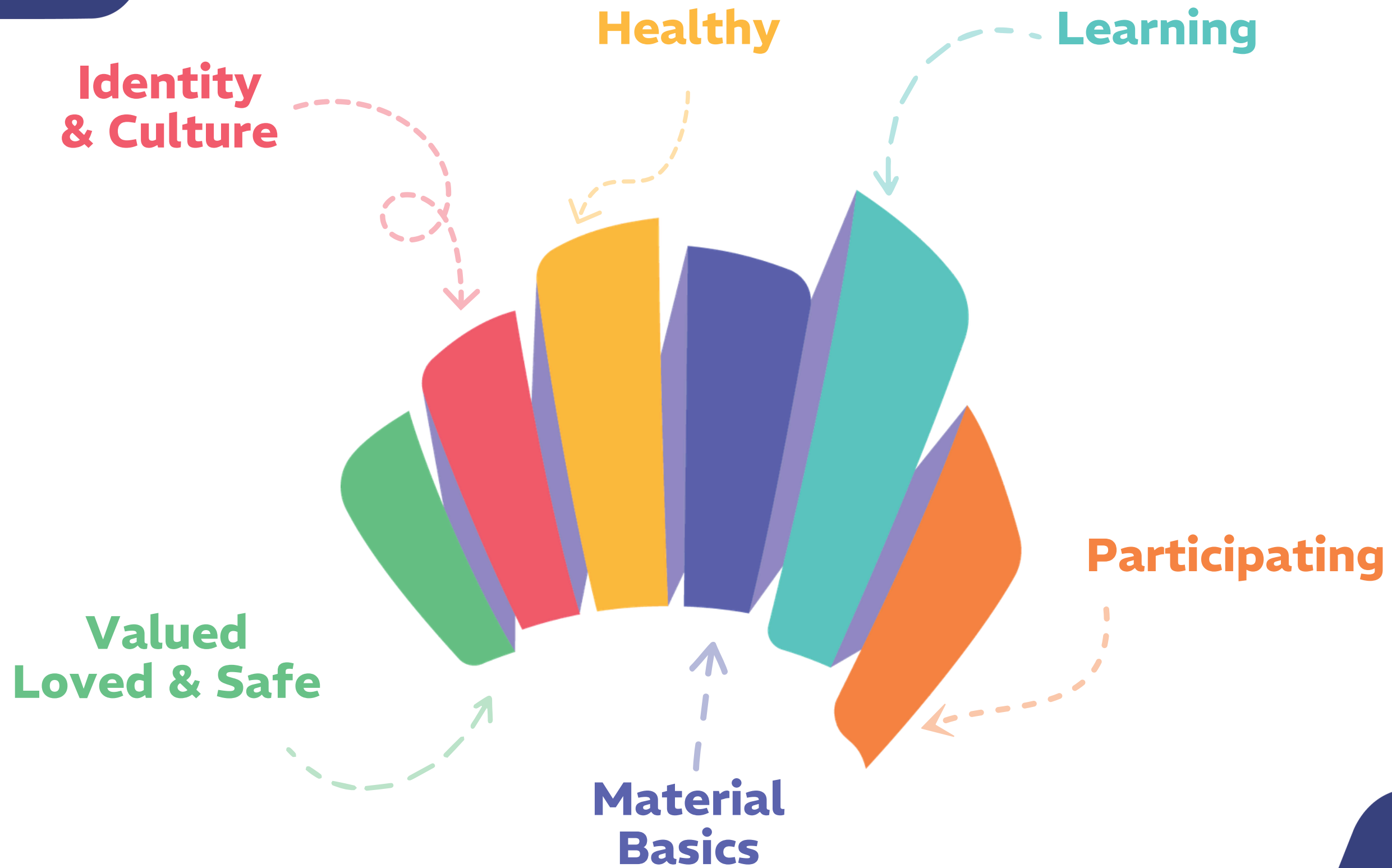
The Nest's shared vision for Australia's children and young people (aged 0-24) is an Australia where:

"All children and young people are loved and safe, have material basics, are healthy, are learning and participating and have a positive sense of identity and culture".

Suggested citation:

ARACY - Australian Research Alliance for Children and Youth, 2024. What's in the Nest? Canberra: ARACY.

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Who did we consult?

- ARACY developed The Nest in 2013 after extensive consultations with over 4,000 children, families, and experts.
- This included Aboriginal and Torres Strait Islander people, leaders and organisations.
- ARACY continues to work with First Nations leaders to evolve The Nest. We value First Nations people as knowledge holders, leaders, and partners in creating conditions for all children to thrive.

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THE NEST

Can I use it?

- YES! The Nest is a free resource under a creative commons license, designed for widespread adoption by policymakers and practitioners.
- As the beating heart of ARACY's work, it's our contribution to fostering a thriving future for all young Australians. The Nest has been embraced across multiple sectors around Australia.
- We have a consultancy arm that can help you implement it

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THE NEST

How does it work?

- The Nest conceptualises wellbeing as six interconnected domains that support each other to help children and young people reach their highest potential.
- To have everything they need for the best start in life, a child or young person needs to be adequately resourced in all six domains...

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Why is it called The Nest?

At a national summit, a young participant described the areas of wellbeing as forming a nest, where...

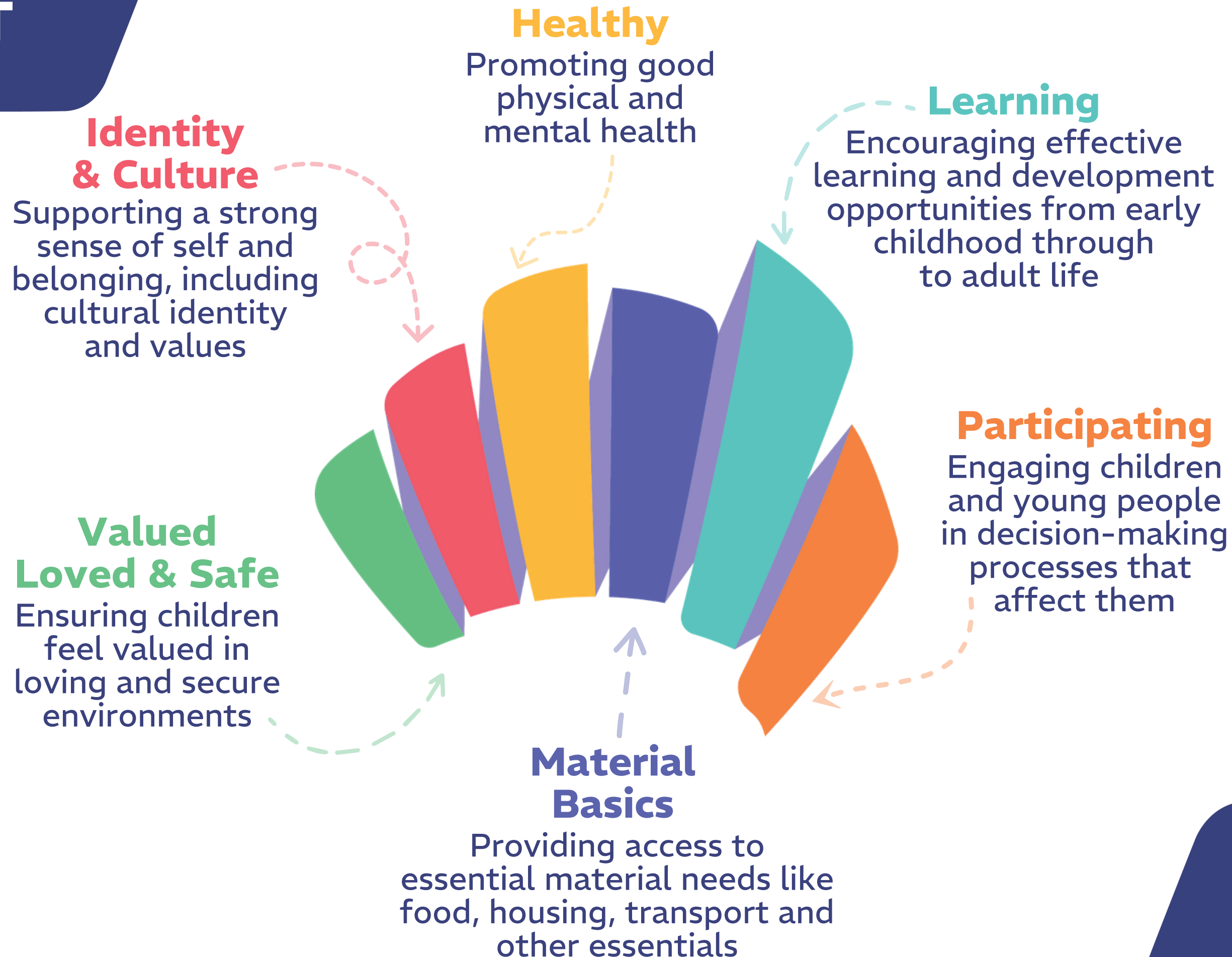
"if every area is supported, we're able to be happy, healthy, and fly from the nest."

This image resonated so the framework was named: The Nest.

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Valued, Loved & Safe



Nurturing Relationships: Build loving, trusting connections with family and friends.

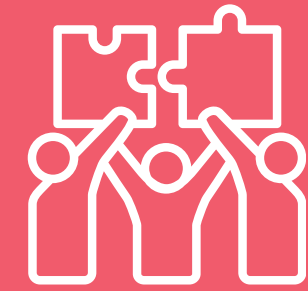
Feeling Appreciated: Know that teachers and other adults value and care for them.

Security: Feel safe at home, in the community, and online.

Future Confidence: Trust that the environment and climate are being protected for their future.



Identity & Culture



Positive Identity: Foster a strong sense of self and cultural pride.

Spiritual and Cultural Connectedness: Cultivate belonging and acceptance at home and in the community - especially important for Aboriginal and Torres Strait Islander people.

Respect and Value: Ensure all identities and culture are respected and valued especially in systems with biggest effect on children like education.

Safe Expression: Feel safe and supported in expressing identity, regardless of gender, sexuality, culture, or language.



Healthy



Holistic Health: Ensure physical, mental, and emotional health needs are met.

Developmental Needs: Provide timely care for all developmental health requirements.

Health Services: Access appropriate health services, including preventative measures.

Preventative Care: Address potential or emerging physical, emotional, and mental health concerns proactively.





Material Basics



Essential Needs: Have suitable, secure housing with appropriate clothing, nutritious food, clean water, and clean air.

Access to Services and Spaces: Ensure availability of transport, local services (e.g., plumbing), and open spaces in nature.

Financial Stability: Family has enough money for necessities.

Development Tools: Access to school supplies, suitable technology, and sporting equipment for active participation in society.



Learning



Diverse Learning Experiences: Engage in learning through various experiences within the classroom, home, and community.

Individual Needs Addressed: Cater to individual learning needs.

Family Engagement: Families are engaged in the child's learning journey, support and value it.

Wide Support: Encourage and support learning in various settings, including formal education.

Valued Learning: Provide opportunities to participate in a breadth of experiences.



Participating



Having a Voice: Empower children and young people to speak out, express themselves, and be taken seriously within their family and community.

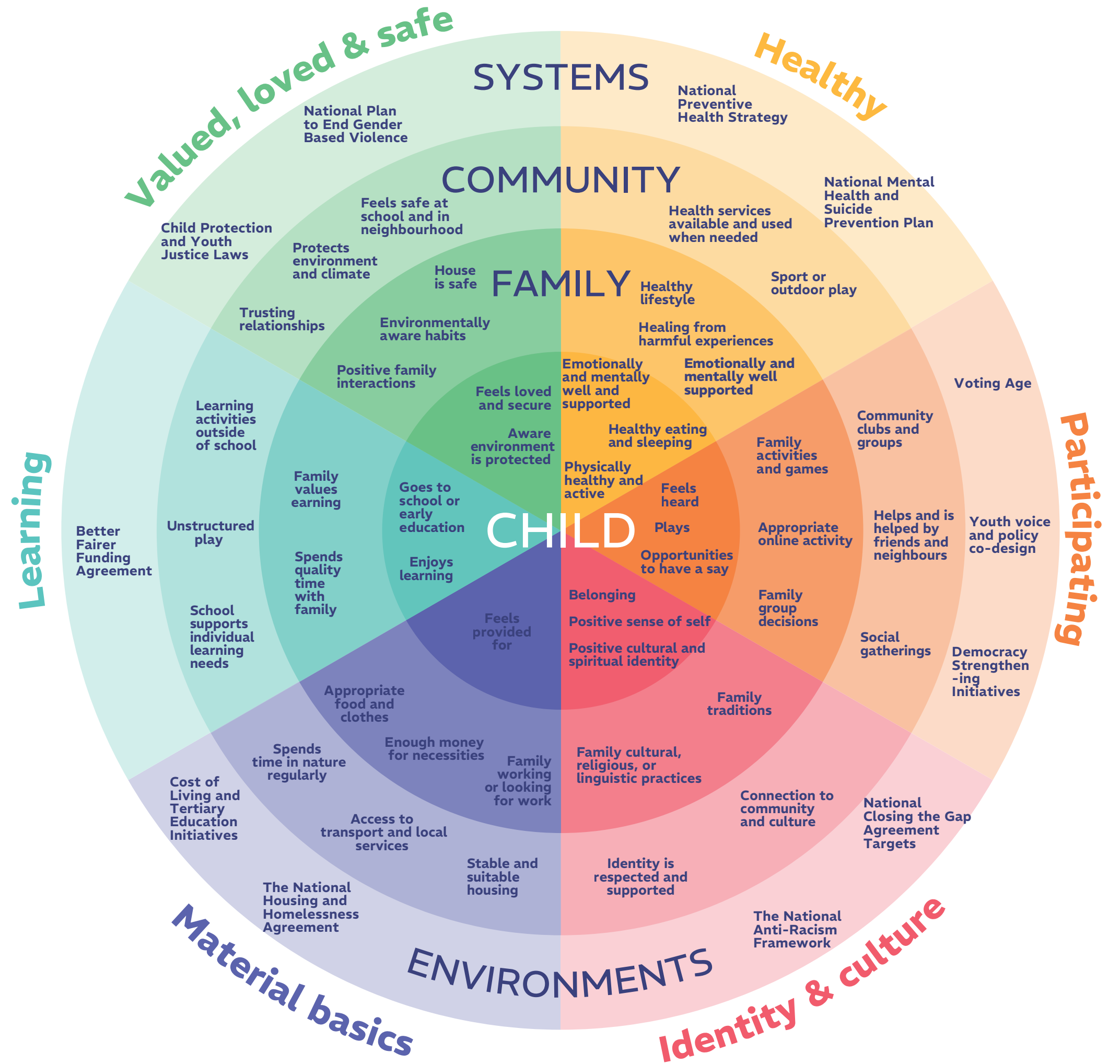
Decision-Making: Ensure they have a say in decisions that impact them.

Active Involvement: Encourage involvement with peers and groups through various activities, including online communities, to be active members of society.

Wellbeing Wheel

ARACY incorporates the 6 domains of holistic wellbeing for children and young people with Bronfenbrenner's ecological systems theory ecocentric model of child development.

Key elements are indicative and not exhaustive examples of the support children need from internal and external influences of their holistic wellbeing.



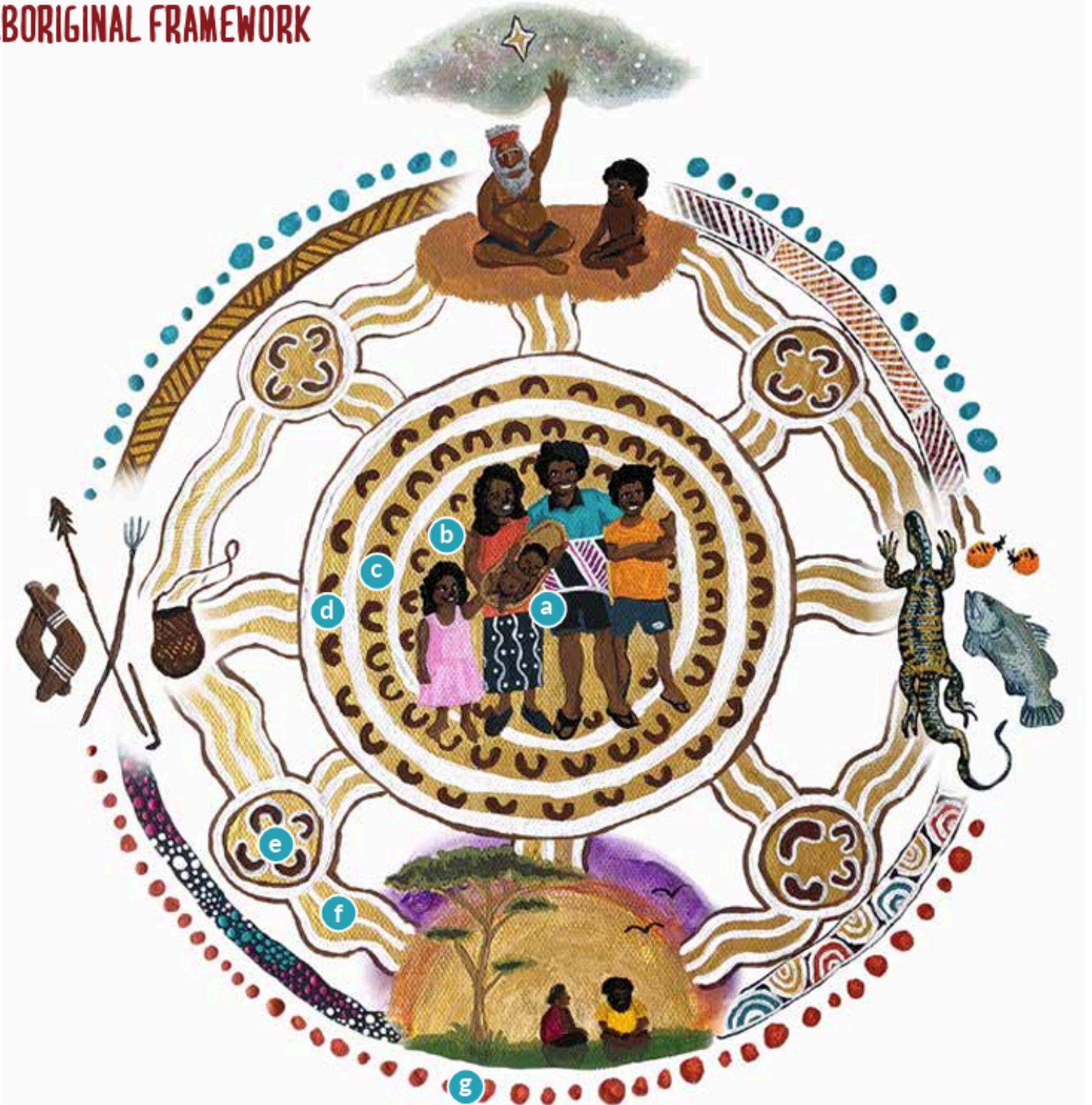
THE NEST EXAMPLES



CHILD FRIENDLY Alice (2019)
Community Profile

About the children and families of Alice Springs 2019

ABORIGINAL FRAMEWORK



menzies (2021)
school of health research

THE NEST ACTION AGENDA

The Nest Action Agenda sets out 6 Priority Directions, a commitment to improve the:

1. physical and mental health of young Australians
2. early childhood learning and development experience
3. education experience and performance of young Australians
4. social and emotional wellbeing of young Australians.
5. participation of young Australians.
6. social and economic equity.

THE NEST ACTION AGENDA

Implementation of The Nest should be guided by 7 Operational Principles. A commitment to:

1. the child at the centre
2. elevating and amplifying Aboriginal and Torres Strait Islander knowledge
3. a long-term evidence informed approach
4. prevention and early intervention
5. addressing needs and support at each stage of a person's life (0-25)
6. systemic change focused on outcomes
7. a socio-ecological approach to children's wellbeing

THE NEST

How is it being used?

The Nest can be applied in a variety of ways, including direct service delivery to families, policy and strategy development, place-based initiatives, monitoring and evaluation.





Wellbeing Wheel



The Common Approach:

- Training developed and operated by ARACY to apply **The Nest's** 6 wellbeing domains for practitioners in contact with children and young people.
- It's prevention-focused and a flexible **way of working** to help everyone have quality conversations with children, young people and their families about all aspects of their wellbeing.
- Is used across education, health, allied health, community, and social service organisations throughout Australia; government and non-government.
- Helps professionals prepare for conversations with a child or family, provide a framework for families to develop action plans and check progress, and record discussions to develop better continuity between interactions.

LEARN MORE 

[The Common Approach Webpage](#)

Legals - The Nest

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You can find more information about The Nest at www.aracy.org.au

ARACY would love to hear how you are using The Nest to help improve the wellbeing of children and young people.

Contact Us if you'd like us to share how you're using The Nest.

You are free to:

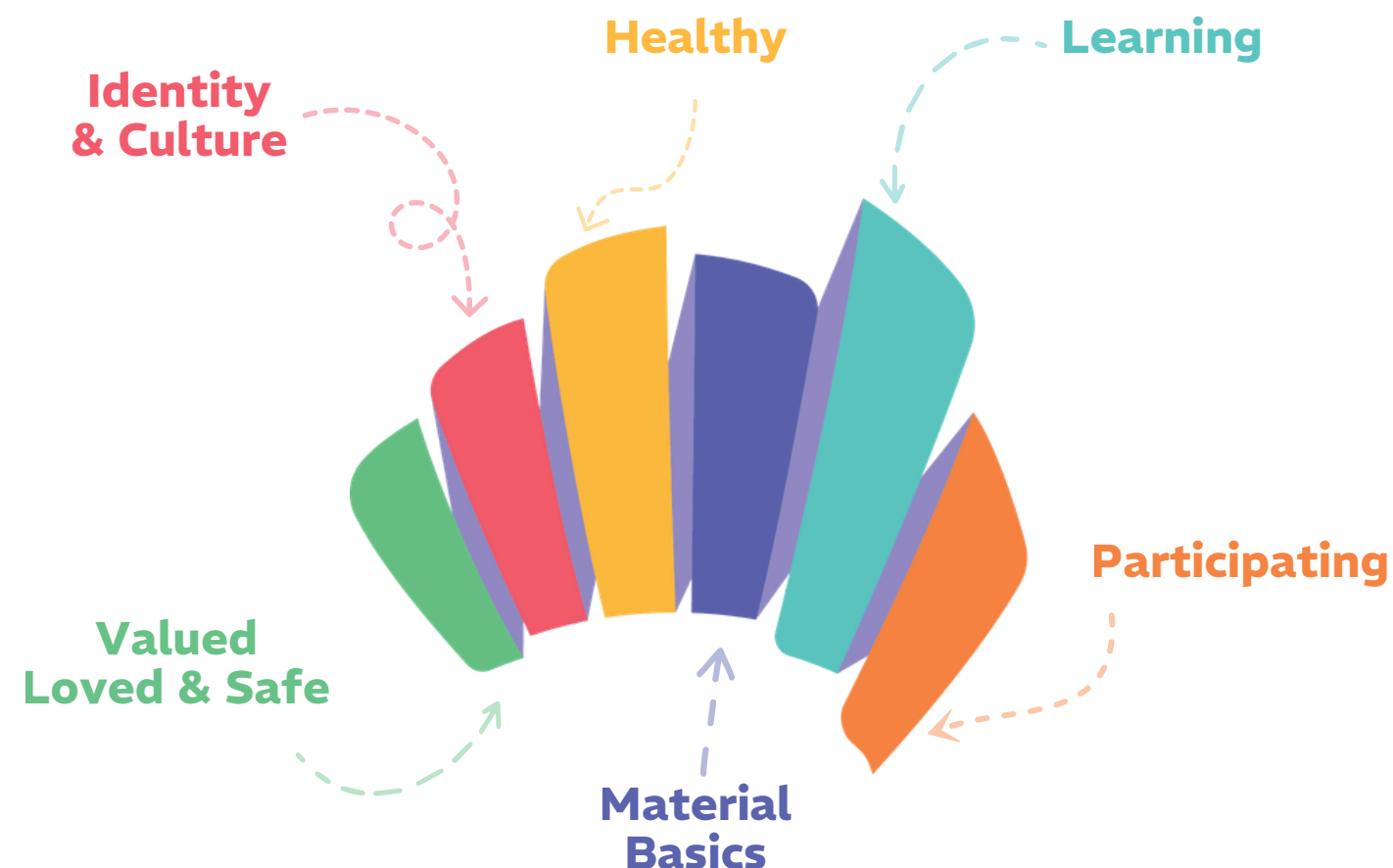
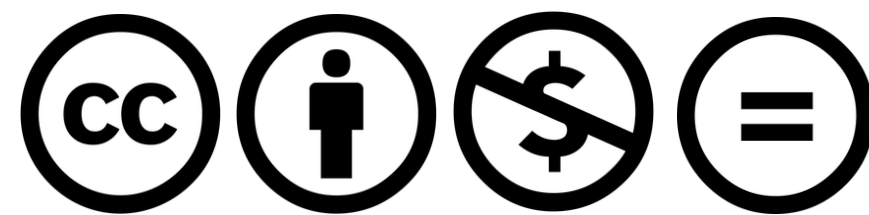
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Legals - The Nest Graphic

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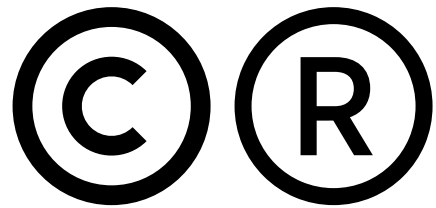
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Legals - Wellbeing Wheel


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THE NEST



Request a consultation

Discover how ARACY's The Nest can transform your organisation's approach to child and young person wellbeing, including health.

Our comprehensive framework is guiding organisations across Australia towards a holistic view of wellbeing that encompasses disease prevention and early intervention.