

# What's In The Nest?

An initiative of ARACY | 2024



# THE NEST

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

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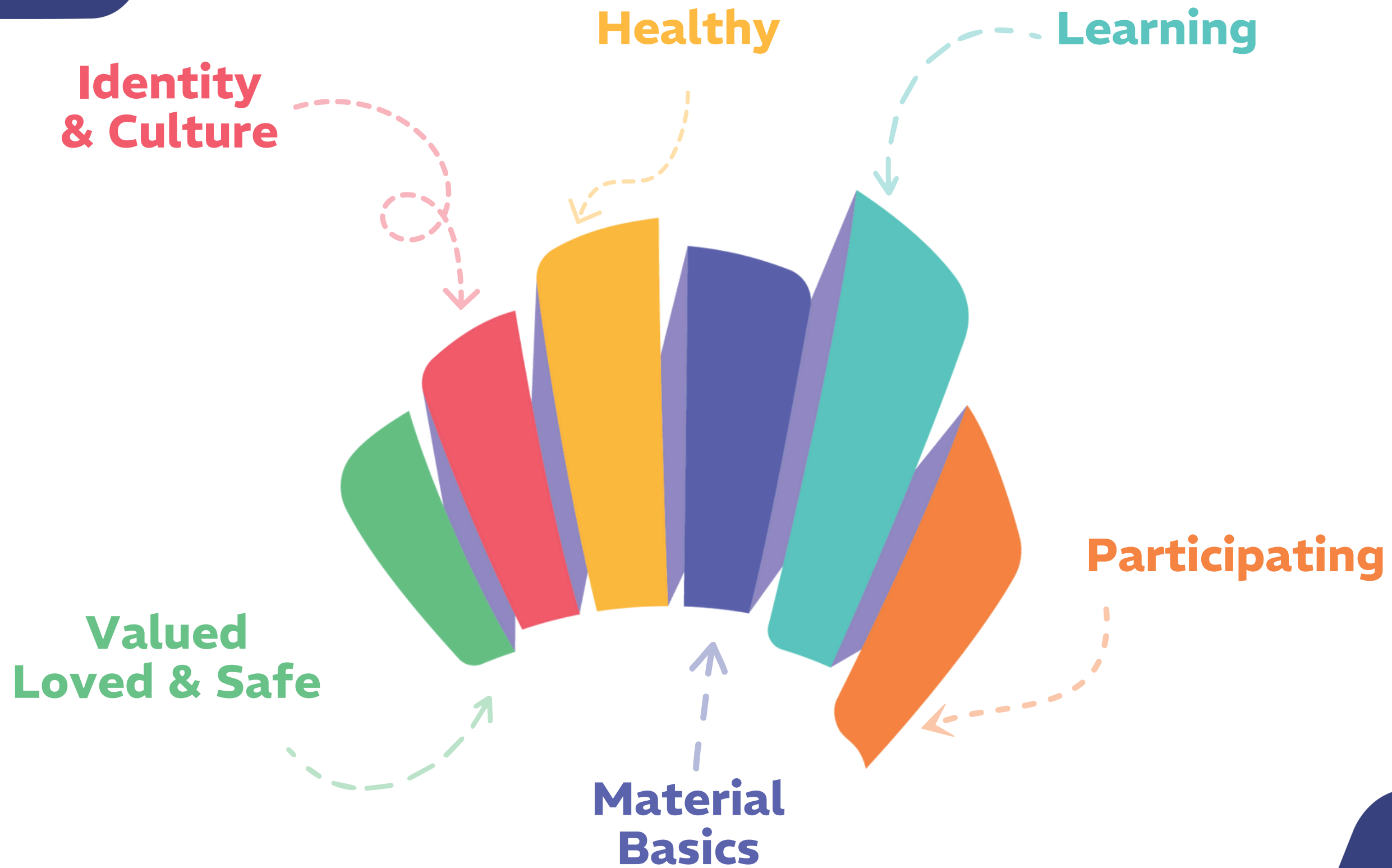
**The Nest's shared vision for Australia's children and young people (aged 0-24) is an Australia where:**

*"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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## Can I use it?

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.

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## 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.”*

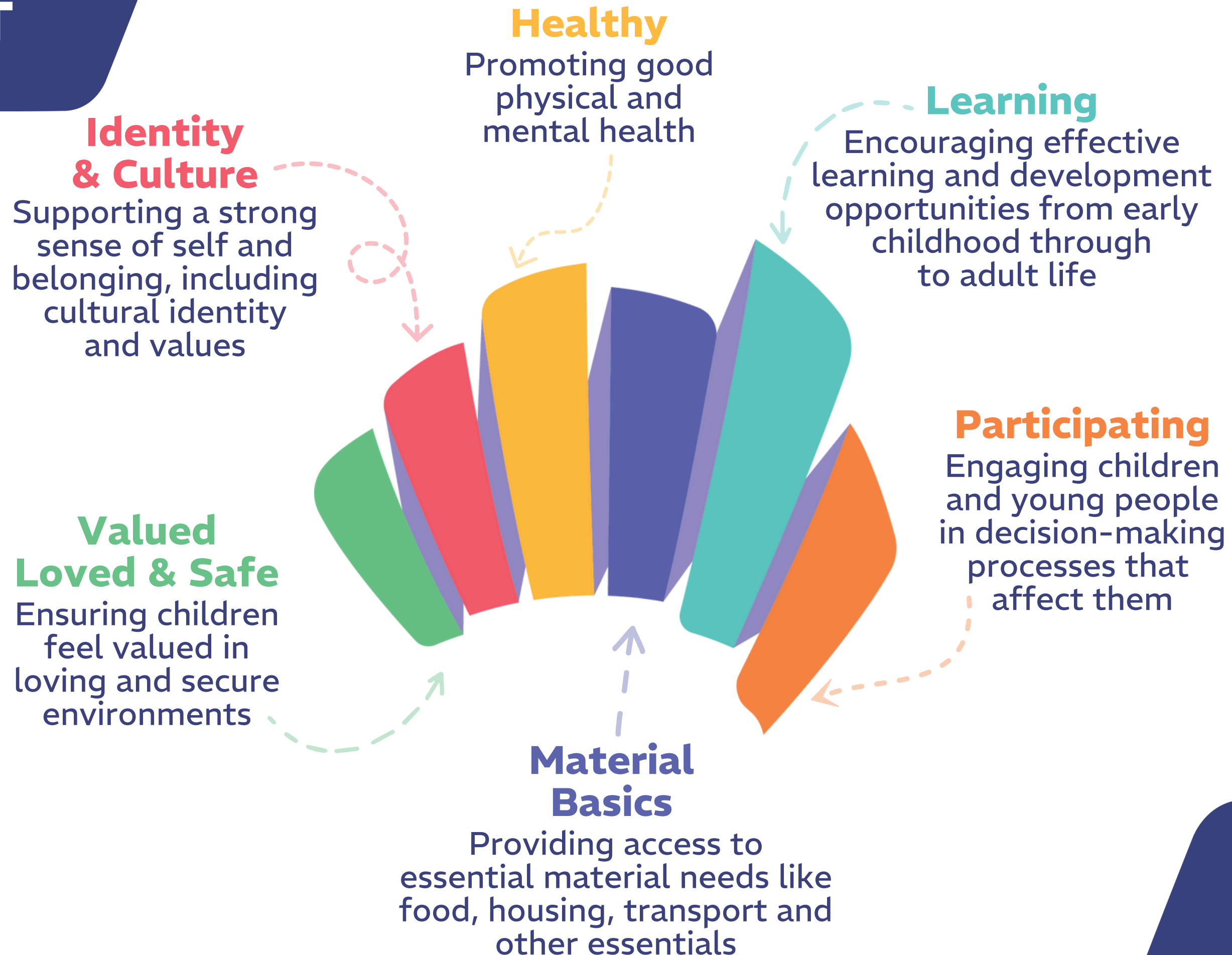
This image resonated so the framework was named The Nest.

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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.



## Valued, Loved & Safe

Ensuring children feel  
valued in loving and  
secure environments



every child **thriving**  
**aracy**

## Policy Priorities

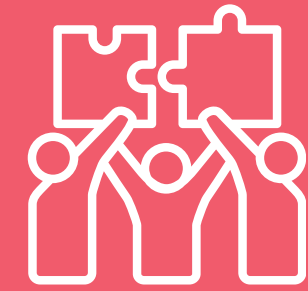
Invest in better ways to help kids  
than putting them in jail.

Stronger, faster and more inclusive  
action on climate change.





# Identity & Culture



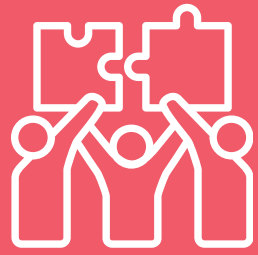
**Positive Identity:** Foster a strong sense of self and cultural pride.

**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.





# Identity & Culture

Supporting a strong sense of self and belonging, including cultural identity and values



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# Policy Priorities

Create safer schools to support every child's identity and culture.



# 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.







# Healthy

Promoting good physical  
and mental health



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# Policy Priorities

Universal mental health support.

Increase protection from the  
marketing of unhealthy and  
harmful products.



# 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.





## Material Basics

Providing access to essential material needs like food, housing, transport and other essentials



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## Policy Priorities

Raise and keep Youth Allowance and JobSeeker above the poverty line.

Lower costs of Tertiary Education.





# 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.





# Learning

Encouraging effective learning and development opportunities from early childhood through to adult life



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# Policy Priorities

Abolish Child Care Activity Test for universal early learning and care. Give Early Childhood Educators a raise.

Fund all public schools equitably.  
Elevate health and wellbeing as KPIs.



# 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.



## Participating

Engaging children and young people in decision-making processes that affect them.



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## Policy Priorities

Expand genuine youth consultation programs across government departments.

Lower the voting age to 16.



# ARACY AMPLIFIED 2024-25

Our loud and clear policy agenda to improve the holistic wellbeing of Australia's children and young people. Organised by The Nest's domains, it's informed by the latest evidence, our expert partners and what young people say they want (Young+Wise Report and Reference Group)



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## All Domains:

- Invest in an Early Years Strategy – Action Plan
- *Act for Children* including appointment of a Minister for Children
- Appoint a Commissioner for Future Generations

LEARN MORE 

[ARACY Amplified](#)



# 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.

- Thriving Queensland Kids Partnership



- The Tasmanian Government Child & Youth Wellbeing Strategy



- City of Maribyrnong (Vic) Strategy for Children, Young People & their Families



- UNICEF Australia and ARACY's Child Wellbeing Index



- VicHealth, MCRI and ARACY's Future Healthy Countdown 2030 Publications



- The NT Government's Story of Our Children and Young People



- City of Palmerston (NT) State of the Children Technical Report



- Taree (NSW) NGO Hub



- Australian Child and Youth Wellbeing Atlas



- NAPCAN's Framework for creating a child safe and friendly Australia



# The Nest adapted for ARACY's wellbeing training



- 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 about [The Common Approach](#)®

# Wellbeing Wheel

A practical way of conceptualising The Nest





# The Nest adapted for Child Friendly Alice



- Child Friendly Alice has a shared vision for every child in Alice Springs to have the best possible start in life, and to grow up happy, healthy and strong.
- Child Friendly Alice is a community collaboration facilitated by Communities for Children – Anglicare NT, Strong Kids Strong Centre – Red Cross, Connected Beginnings and Larapinta Child and Family Centre – NT Department of Education which aims to ensure every child has the best possible chance in life to grow up healthy and strong.
- [Learn more about how Child Friendly Alice used The Nest in their wellbeing program.](#)





# The Nest adapted for Logan Together's Roadmap



- Child Friendly Alice has a shared vision for every child in Alice Springs to have the best possible start in life, and to grow up happy, healthy and strong.
- “We are using The Nest as the Australian standard for describing child wellbeing and we refer to it as an authoritative source in that regard. We are also using it as a conceptual framework within which to check that our planning and work addresses all the domains of child wellbeing.” – **Matthew Cox, Director, Logan Together**
- Learn more about [The Nest + Logan Together](#)
- Learn more about the [Logan Together Roadmap](#)



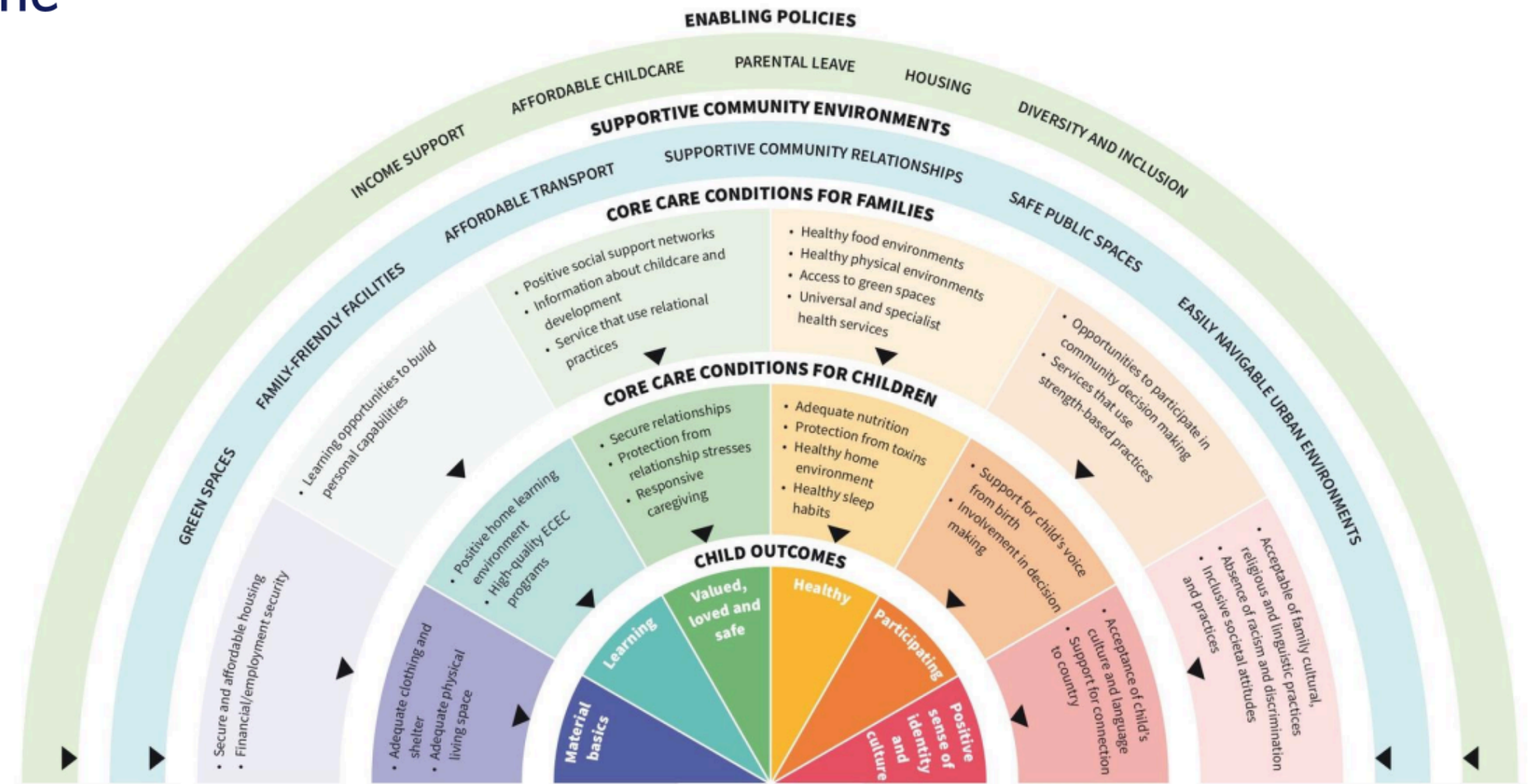


# The Nest adapted by The Centre for Community Child Health



The Royal Children's Hospital Melbourne

- The Centre for Community Child Health is a department of The Royal Children's Hospital and a research group of the Murdoch Children's Research Institute.
- Their working paper: *"Core Care Conditions for Children and Families: Implications for policy and practice"* uses **The Nest** to illustrate the relationship between core care conditions for children and families and child outcomes.
- Read [the working paper](#)



The relationship between core care conditions for children and families<sup>1</sup> and child outcomes<sup>2</sup>

# Legals - The Nest

The Nest is Australia's wellbeing framework for children and young people developed by ARACY. The Nest is licensed under **Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International**



**You can find more information about The Nest at [www.aracy.org.au](http://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.**

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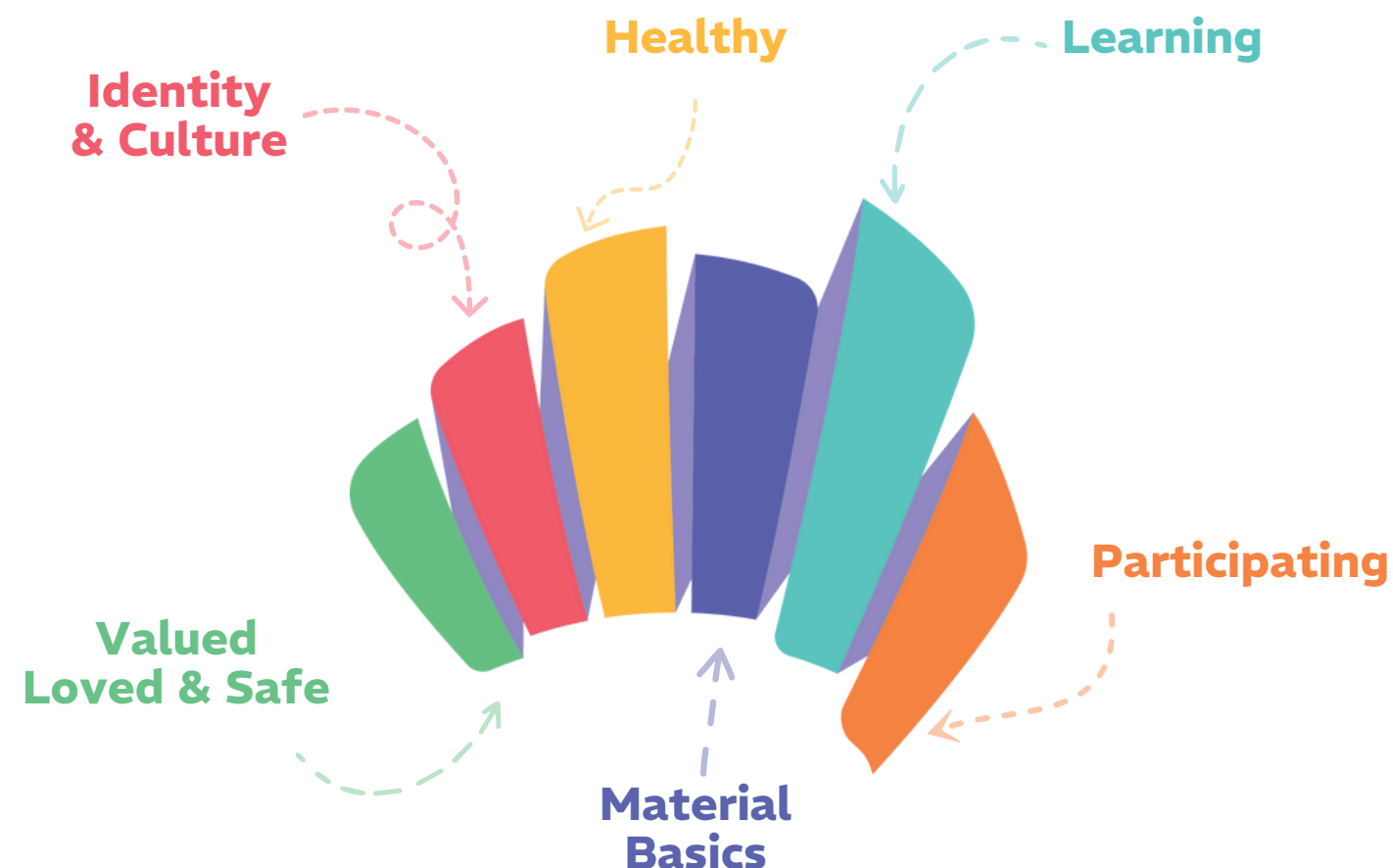
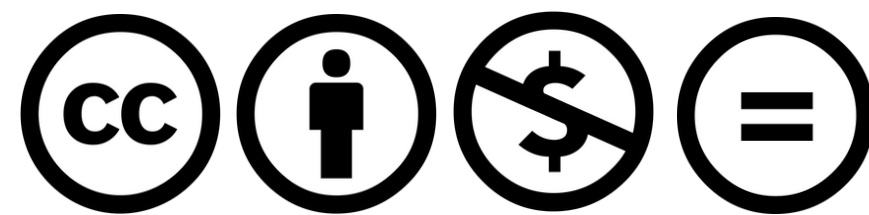
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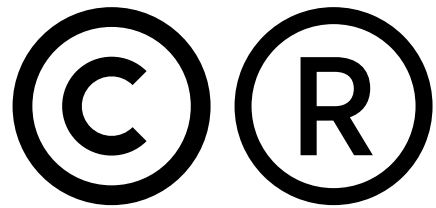
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# Legals - Wellbeing Wheel

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- find out more about The Common Approach<sup>®</sup>
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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.

# THE NEST



## **Request a consultation**

We provide consultation to assist your organisation in applying The Nest to your strategic goals, with a commitment to:

- Placing the child and young person at the centre
- Prioritising Aboriginal and Torres Strait Islander knowledge
- Employing a long-term, evidence-informed approach
- Focusing on prevention and early intervention



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## **Request a consultation**

ARACY can work with you to expertly apply  
The Nest framework for your organisation.  
Get in touch:

[enquiries@aracy.org.au](mailto:enquiries@aracy.org.au)  
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