Families and Children Activity outcomes framework

**AIM: CHILDREN AND YOUNG PEOPLE THRIVE**
OUTCOMES:
- Positive mental health and wellbeing
- Increased resilience
- Positive relationships
- Safe at home and in the community
- Strong connections to social supports and community
- Strong connection to culture
- Greater participation in decision making
- Positive development
- Positive engagement in education and training

**AIM: FAMILY RELATIONSHIPS FLOURISH**
OUTCOMES:
- Positive parenting/caregiver practices
- Positive caregiver-child relationship
- Respectful relationships
- Family cohesion
- Effective conflict management

**AIM: ADULTS ARE EMPOWERED**
OUTCOMES:
- Positive mental health and wellbeing
- Increased resilience
- Positive relationships
- Safe at home and in the community
- Strong connections to social supports and community
- Strong connection to culture
- Greater participation in decision making
- Sense of self-efficacy and confidence

**AIM: COMMUNITIES ARE COHESIVE**
OUTCOMES:
- Communities are safe
- Communities are inclusive
- Communities understand issues facing children, young people and families
- All community members are able to participate in decision making
- Services are accessible and appropriate
- Services are safe and inclusive
- Services work together to support families

**WHAT DO WE MEAN WHEN WE SAY CONTEXT?**
The context is the physical, social, cultural, economic and political environment that clients are located within. It can influence the extent to which clients’ basic needs, such as stable housing and food security, are met and, in turn, can affect their ability to engage consistently and effectively with services.

**WHAT DO WE MEAN WHEN WE SAY FAMILY?**
A family can be made up of anyone a person considers to be their family. Families can include children, but they may not. Family members contribute significantly to the wellbeing of each other and play essential roles in supporting each other through life’s transitions, stresses and celebrations.
### Suggested indicators

**Outcome: Positive mental health and wellbeing**

- **Proportion of children/young people with increased:**
  - Emotional wellbeing
  - Prosocial behaviour
  - Peer relationship quality
  - Life satisfaction
  - Sense of identity
  - Participation in community activities such as sport or recreation
  - Support to access needed services

- **Proportion of children/young people with decreased:**
  - Hyperactivity
  - Behavioural/conduct problems
  - Internalising/externalising behaviour
  - Psychological distress
  - Self-harm, suicidal ideation, attempted suicide or suicide

**Outcome: Increased resilience**

- **Proportion of children/young people with increased:**
  - Problem solving
  - Coping strategies
  - Help-seeking behaviours
  - Ability to deal with stress
  - Emotional regulation/self-control
  - Prosocial behaviour, e.g. cooperation, empathy
  - Support from family, peer, school or community networks

**Outcome: Positive relationships**

- **Proportion of children/young people with improved:**
  - Peer relationships
  - Close and healthy relationships with family or friends

- **Increased proportion of children/young people who report:**
  - They can turn to others for support
  - They can confide in family or friends

**Outcome: Safe at home and in the community**

- **Increased proportion of children/young people who:**
  - Feel safe moving around their local area (walking, cycling, using public transport, etc.)
  - Feel safe at home
  - Feel safe at school
  - Feel safe at community activities such as sport and recreation

- **Increased proportion of families are supported to keep children and young people safe**

- **Decreased proportion of children/young people who report:**
  - Bullying
  - Discrimination
  - Family violence

**Outcome: Strong connections to social supports and community**

- **Increased proportion of children/young people who:**
  - Feel connected to adults at school or in the community
  - Participate in community groups
  - Participate in volunteering in the community
  - Are able to get support from outside the household in time of crisis
  - Participate in community activities such as sport or recreation

**Outcome: Strong connection to culture**

- **Proportion of children/young people with increased:**
  - Connection to country
  - Use of Aboriginal and Torres Strait Islander languages
  - Knowledge of culture
  - Participation in cultural practices
  - Identity with cultural groups
  - Use of language/s of family’s country of origin

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### Outcome: Greater participation in decision making

**Increased** proportion of children/young people who:
- Believe they can participate in decisions that affect them
- Engage in developing programs or policies that affect them
- Feel safe voicing their opinions
- Have support to participate in decisions that affect them

### Outcome: Positive development

**Increased** proportion of children/young people who:
- Meet age-appropriate developmental milestones
- Are developmentally on track across the following domains: physical health and wellbeing, social competence, emotional maturity, language and cognitive skills (school based), communication skills and general knowledge
- Attend a quality pre-school program

### Outcome: Positive engagement in education and training

**Increased** proportion of children/young people who:
- Are enrolled in early childhood education
- Attend early childhood education or school
- Enjoy early childhood education or school
- Attain educational achievement
- Feel safe at school
- Feel they belong at school
- Participate in decisions that affect their education and future
- Have parents that are engaged in their learning

**Decreased** proportion of children/young people who report:
- Bullying
- Discrimination

### Aim:

**Family relationships flourish**

### Outcome: Positive parenting/caregiver practices

Proportion of parents/caregivers with **increased**:
- Parental warmth and affection
- Consistency in disciplinary practices
- Parental confidence and self-efficacy in parenting role and practices
- Awareness of, and access to, evidence-based parenting resources, parenting helplines and parenting programs

Proportion of parents/caregivers with **improved**:
- Parenting style
- Parental monitoring of children/young people

### Outcome: Positive caregiver–child relationship

Proportion of family members with **improved**:
- Parent-child relationships
- Attachment to parent/caregiver
- Parent-child interaction

**Increase** in children/young people receiving emotional and practical support from caregivers

### Outcome: Respectful relationships

Proportion of family members with **increased**:
- Understanding of healthy relationships and respect
- Knowledge of the attitudes, behaviours and structures that underlie violence

**Improved** attitudes towards violence against women and gender equality

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### Outcome: Family cohesion

Proportion of family members with **improved:**
- Parental relationship quality
- Family communication style
- Family goals and aspirations
- Family routines and roles, e.g. mealtimes, chores
- Family closeness

Proportion of family members with **increased:**
- Ability to cooperate and communicate when performing parenting duties
- Affective responsiveness and affective involvement
- Resilience/family hardiness
- Sense of belonging
- Positive time spent together with family members (talking, having fun or learning)

### Outcome: Effective conflict management

Proportion of family members with **decreased:**
- Interparental conflict
- Parent-child conflict
- Family/sibling conflict
- Family stress

Proportion of family members with **improved:**
- Conflict resolution styles
- Family coping strategies and problem solving

### Aim: Adults are empowered

### Outcome: Positive mental health and wellbeing

Proportion of adults with **increased:**
- Psychological health
- Life satisfaction
- Participation in community activities such as sport or recreation
- Support to access needed services

Proportion of adults with **decreased:**
- Psychological distress
- Self-harm, suicidal ideation, attempted suicide or suicide

### Outcome: Increased resilience

Proportion of adults with **increased:**
- Problem solving
- Coping strategies
- Ability to deal with stress
- Persistence when faced with adversity
- Capacity to take on and overcome problems
- Self-belief in own ability
- Purpose in life
- Support from family, friends or community networks
- Help-seeking behaviours

### Outcome: Positive relationships

Proportion of adults with **improved:**
- Close and healthy relationships with family or friends
- Peer relationships

**Increased** proportion of adults who report they can:
- Turn to others for support
- Confide in family or friends

### Outcome: Safe at home and in the community

**Increased** proportion of adults who:
- Feel safe moving around their local area (walking, cycling, using public transport, etc.)
- Feel safe at home

**Decreased** proportion of adults who report:
- Bullying
- Discrimination
- Family violence
- Experience of crime victimisation

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### Outcome: Strong connections to social supports and community

**Increased** proportion of adults who:
- Can get help from family or friends when needed
- Can get help from neighbours when needed
- Participate in sport
- Participate in community groups
- Participate in community volunteering
- Are able to get support from outside the household in time of crisis

### Outcome: Strong connection to culture

Proportion of adults with **increased**:
- Connection to country
- Use of Aboriginal and Torres Strait Islander languages
- Use of language/s of family’s country of origin
- Knowledge of culture
- Participation in cultural practices
- Identity with cultural groups

### Outcome: Greater participation in decision making

**Increased** proportion of adults who:
- Believe they can participate in decisions that affect them
- Engage in developing programs or policies that affect them
- Have support to participate in decisions that affect them
- Feel safe to voice their opinions

### Outcome: Sense of self-efficacy and confidence

Proportion of adults with **increased**:
- Ability to succeed in a task
- Resourcefulness
- Ability to identify and use available support
- Belief in their ability to achieve expectations

### Aim:

**Communities are cohesive**

### Outcome: Communities are safe

**Increased** proportion of community members who report:
- Feeling safe walking alone in their local area at night
- That most people in their community can be trusted

**Decreased** incidence of crime, such as family violence statistics

**Decreased** proportion of community members who report:
- Racism
- Abuse due to race/cultural background, age, physical health or ability, mental health, religion, sexuality, gender and/or gender identity
- Witnessing violence
- That family violence is a problem for their community
- That crime rates are an issue in their community

### Outcome: Communities are inclusive

**Increased** proportion of community members who report:
- Supporting a society made up of people from different cultures
- Participating in community volunteering
- Participating in community groups
- Feeling they belong in their community
- They can get help from their neighbours when needed

**Decreased** proportion of community members who report:
- Racism
- Discrimination in relation to their race/cultural background, age, physical health or ability, mental health, religion, sexuality, gender and/or gender identity

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Outcome: **Communities understand issues facing children, young people and families**

**Increased** proportion of community members who have an understanding of:
- The factors that impact children and young people’s mental health and wellbeing
- Support options available to children, young people and families
- Child development and positive parenting practices

**Increased** availability of evidence-based resources to support families and children and young people

Outcome: **All community members are able to participate in decision making**

**Increased** proportion of community members who:
- Feel safe voicing their opinions
- Have opportunities to have a say in decisions that affect them
- Are engaged in developing programs or policies that affect them
- Are members of community organisations and decision-making bodies, e.g. in schools

**Increased** avenues for community members to have a say on issues that are important to them

Outcome: **Services are accessible and appropriate**

<table>
<thead>
<tr>
<th>Services:</th>
<th>Service providers:</th>
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<tbody>
<tr>
<td>Are accessed by their target groups</td>
<td>Have appropriate training</td>
</tr>
<tr>
<td>Ensure children, young people and families receive the support they need</td>
<td>Understand and respect the culture and diversity of clients</td>
</tr>
<tr>
<td>Use systematic methods to engage families who may not be reached via the usual pathways</td>
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<tr>
<td>Offer different access options, e.g. telehealth</td>
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<tr>
<td>Are easy to navigate for children, young people and families, including transition between services</td>
<td></td>
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<tr>
<td>Are easy to navigate for service providers</td>
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<tr>
<td>Are affordable for clients</td>
<td></td>
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<tr>
<td>Embed co-design principles in the design, delivery and evaluation of services, particularly for diverse communities</td>
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<tr>
<td>Engage in effective partnerships with Aboriginal and Torres Strait Islander communities and organisations</td>
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<tr>
<td>Are evidence-informed</td>
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<tr>
<td>Are responsive to the needs of children, young people and families</td>
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Outcome: **Services are safe and inclusive**

<table>
<thead>
<tr>
<th>Services:</th>
<th>Service providers:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Build and maintain cultural competency</td>
<td>Have a say in decisions that affect them</td>
</tr>
<tr>
<td>Engage in effective partnerships with Aboriginal and Torres Strait Islander communities and organisations</td>
<td>Are engaged in developing programs or policies that affect them</td>
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<tr>
<td>To Aboriginal and Torres Strait Islander families and children and young people are delivered via Aboriginal Community Controlled Organisations</td>
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</tbody>
</table>

Service users:
- Have a say in decisions that affect them
- Are engaged in developing programs or policies that affect them

Service providers:
- Understand and respect the culture and diversity of clients
- Have appropriate training
- Are respectful and mindful of cultural and power differences

**Decreased** reports of discrimination in relation to race/cultural background, age, physical health or ability, mental health, religion, sexuality, gender and/or gender identity

Outcome: **Services work together to support families**

<table>
<thead>
<tr>
<th>Services:</th>
<th>Improved:</th>
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<tbody>
<tr>
<td>Are easy to navigate for children, young people and families, including transition between services</td>
<td>Connections with other services that can support children, young people and families</td>
</tr>
<tr>
<td>Are easy to navigate for service providers</td>
<td>Communication about treatment and support plans between service providers</td>
</tr>
</tbody>
</table>
## Definitions

| **Family** | A family can be made up of anyone a person considers to be their family. Families can include children, but they may not. |
| **Parent and Caregiver** | These terms have been used interchangeably to mean parents and others involved in the primary care of a child, e.g. grandparents, foster parents, kinship carers. |
| **Community** | This can be people living in a particular area or people who are considered as a unit because of their common interest, social group or cultural background. |