The Mental Health Promotion Innovation Fund (MHP-IF)

Promoting Mental Health and Wellbeing for Children and Youth: Protective Factors

Mental Health Promotion Innovation Fund, Public Health Agency of Canada

Best Start to Life: Parenthood,
Prenatal & First Years of Life

Freedom from **Discrimination** and Violence

- Physical security
- Valuing diversity
- Self determination & control of one's life

Community & Structural Protective Factors: All Stages or Life Quality of Life

- Work
- Education
- Housing
- Money

 Safe environments (home, public, digital, cultural and religious, as examples)

Social Inclusion

- Supportive relationships
- Involvement in community and group activities
- Civic engagement and empowerment

- Parental well-being
- Early cognitive stimulation
- Nurturing and attachment
- Parenting skills and quality child care
- Social support for parents
- No screen time for 0-2 years and less than 1 hour day for 3-5 years

Flourishing Children: School Age

- Social and emotional skills
- Cognitive abilities
- Healthy relationships with peers and adults
- Pro-social behaviour
- · Healthy digital habits

Developing Well: Adolescence and Young Adulthood

- School connectedness
- Problem solving abilities
- Interpersonal and pro-social skills
- Healthy relationships with adults and peers
- Expression of social identity(ies)
- Healthy digital habits

- Sleep
- Nutrition
- Physical activity
- Connection to land and nature
- Cultural connectedness and identity
- Spirituality

