

# Principles for Measuring Well-Being



The bird's eye view of a tree shows the seven interconnected principles for measuring the seven domains of child and youth well-being. The outer circle represents an Indigenous-led process inclusive of the following voices: Indigenous Elders and practitioners, youth and family, researchers, and community practitioners.

*"I see the white in the north, red in the east, yellow is south and green in the west. Those are my teachings, that is the way we hang our cloth, our offerings, when we enter into the sweat lodge."*

- Kirby Redwood, Knowledge Keeper and practitioner