

# HIGH FIVE<sup>®</sup> Commitment to Children Policy

HIGH FIVE<sup>®</sup> is a standard committed to enhancing healthy child development within sport and recreation. Stakeholders involved with HIGH FIVE are aware that there is an expectation and responsibility to uphold the Commitment to Children policy seen below.

The following conditions help children along the path of healthy development.

## **Environments for children must be:**

- ☆ Secure, safe and stable
- ☆ Caring
- ☆ Stimulating
- ☆ Accessible
- ☆ Challenging
- ☆ Considerate of personal space needs and special needs
- ☆ Equipped with age, size and ability-appropriate equipment, furniture and materials
- ☆ Welcoming if diverse races, cultures and abilities

## **Activities for children must:**

- ☆ Allow for a combination of self-directed and leader-directed activities
- ☆ Provide children with opportunities for input, involvement and choice
- ☆ Reflect both assessed and expressed needs
- ☆ Provide opportunities for active participation and reflection
- ☆ Encourage co-operation and friendship
- ☆ Incorporate varied learning styles and developmental stages
- ☆ Recognize uniqueness and encourage mastery
- ☆ Value and incorporate cultural, racial and linguistic diversity

## **Leaders must:**

- ☆ Ensure all children are treated with respect, honesty and trust
- ☆ Recognize and accept children's individual needs and circumstances
- ☆ Employ positive behaviour management methods
- ☆ Help children value and celebrate diversity in the community
- ☆ Consistently model appropriate behaviour
- ☆ Continually evaluate the program and their leadership to ensure improvements and reflect changing needs

## **Organizations must:**

- ☆ Encourage and support the ongoing development of staff and volunteers with regard to their knowledge and understanding of healthy child development
- ☆ Ensure clear and on-going communication with parents and families
- ☆ Encourage participation and input from children and families
- ☆ Provide the organizational supports necessary to ensure that children feel safe, welcome, competent, connected, empowered and special

