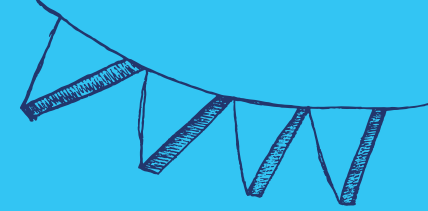


# THEORY OF CHANGE



## FAMILIES

SUPPORT CHILDREN\* TO BE ACTIVE



- 1 Families have the knowledge, skills and motivation to be physically active
- 2 Families think there are opportunities for children to be physically active safely
- 3 Families allow children to be physically active
- 4 Family and friends support each other to be physically active

Children are active independently and with their family and friends

## COMMUNITIES

SUPPORT CHILDREN TO BE ACTIVE



- 1 People trust other people in their community
- 2 People influence local decisions for physical activity in their community
- 3 People can access resources and support children to be physically active in their community

Children take part in physical activity with and in their community, and do physical activity with people from diverse backgrounds

## ORGANISATIONS

SUPPORT CHILDREN TO BE ACTIVE



- 1 Organisations have the knowledge, skills and motivation to support families to be active
- 2 Organisations implement policies and strategies that support children to be active
- 3 Organisations provide opportunities for children to be active
- 4 Organisations provide families with the knowledge and skills to be active
- 5 Organisations provide social support and encouragement for families to be active

Children are physically active in the organisations they attend

## THE ENVIRONMENT

(HOMES, STREETS, GREEN SPACES AND PARKS) SUPPORT CHILDREN TO BE ACTIVE



- 1 Streets, homes, green spaces and parks are suitable places for children to be physically active
- 2 Environments are safe, clean and accessible
- 3 Environments are engaging and fun, and provide challenges that develop physical skills
- 4 Neighbourhoods are suitable for active travel

Children are physically active in homes, streets, green spaces, parks, and travel actively

BETTER PHYSICAL HEALTH

BETTER MENTAL HEALTH

BETTER SKILLS

SAFER MORE ACTIVE COMMUNITIES



## CITY-WIDE POLICY AND STRATEGY

CREATES A POSITIVE CHANGE WITHIN ORGANISATIONS, COMMUNITIES AND THE ENVIRONMENT THAT SUPPORTS CHILDREN TO BE ACTIVE



- 1 Policy makers and strategic leads value and prioritise (childrens) physical activity
- 2 Policy makers and local leaders work collaboratively to influence (childrens) physical activity
- 3 Children can influence policy and strategy
- 4 Policies and strategies support (childrens) physical activity, and are implemented



\*Children and young people aged 5 - 14 years in the JU:MP area