



1.3.1 The importance of active participation, inclusion, resilience and self-concept

Key concepts

Active participation, inclusion, resilience and self-concept are vital for an individual's personal development. They support the way we grow physically, intellectually, socially and emotionally across our lifespan, and are key to promoting health and well-being.

Active participation

Active participation is about recognising an individual's right to live their life in ways that matter to them. This includes being involved in making decisions about their own care.

How it promotes health and well-being:

- It ensures care is based on an individual's actual wants and needs, not on assumptions made by others.
- It supports an individual's right to independence and control over their own life.

Inclusion

Inclusion means enabling an individual to feel valued and part of a group or community by ensuring they have equal access to opportunities.

How it promotes health and well-being:

- Feeling valued boosts self-esteem and gives people the confidence to be themselves.
- It helps individuals to be open about their needs and preferences.
- Being supported helps an individual to fulfil their potential and achieve their personal goals.

Resilience

Resilience is the ability to adapt well to adversity, difficulties and unexpected challenges in life.

How it promotes health and well-being:

- It helps individuals to withstand stress and manage change during difficult times, such as family or relationship problems or financial worries.
- It enables people to learn from challenges and move forward, allowing them to continue to grow and develop.

Self-concept

Self-concept is the way in which an individual sees, evaluates or perceives themselves. It is the idea you have of yourself.

How it promotes health and well-being:

- Having a positive self-concept and valuing oneself are essential for promoting resilience, health and well-being.
- High self-esteem and self-confidence give an individual the belief that they can achieve personal goals and be resilient when facing challenges.

Key terms

Active participation

An individual's right to live their life in ways that matter to them, including making decisions on their care.

Inclusion

Enabling an individual to feel valued and included by ensuring equal access to opportunities.

Resilience

The ability to adapt well to adversity, difficulties and unexpected challenges during life.

Self-concept

The way in which an individual sees, evaluates or perceives themselves.