



**Figure 3. Gender, wellbeing and the ecological commons: A participatory framework (Iteration 2.0)**

**MUTUAL CARE**

**Relationships and Mutual Care:**

Experiences give and take and mutual trust in matters such as caregiving, work, and community leadership.

Wellbeing in this area means \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ to me.

It looks like or feels like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**BELONGING**

**Identity-Recognition & Belonging:**

Experiences a clear sense of identity and belonging in school and community.

Wellbeing in this area means \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ to me.

It looks like or feels like \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**ENGAGEMENT**

**Engagement:**

Participates in community through activity that has some value for the community (economic, social, cultural, etc.).

Wellbeing in this area means \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ to me.

It looks like or feels like \_\_\_\_\_

\_\_\_\_\_

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**VOICE**

**Voice and Expression:**

Feels free to express opinions and beliefs and feels that she/he has a fair and appropriate role in decision-making.

Wellbeing in this area means \_\_\_\_\_

\_\_\_\_\_ to me.

It looks like or feels like \_\_\_\_\_

\_\_\_\_\_.

**PURPOSE**

**Purpose:**

Engages in activities with purpose and can identify sources of meaning, joy and satisfaction.

Wellbeing in this area means \_\_\_\_\_

\_\_\_\_\_ to me.

It looks like or feels like \_\_\_\_\_

\_\_\_\_\_.

**Growth & Flourish**

**Growth and Flourishing:**

Daily life is enriched with environments, relationships, and activities that offer ongoing opportunities to flourish and grow in purpose and capability.

Wellbeing in this area means \_\_\_\_\_

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\_\_\_\_\_ to me.

It looks like or feels like \_\_\_\_\_

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**Basic Support**

**Basic Support:**  
This includes basic needs such as food, shelter, health care, water and sanitation, and formal schooling that are accessible and responsive to differential and special needs, permitting individuals to experience the life cycle without unnecessary suffering

Wellbeing in this area means \_\_\_\_\_

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\_\_\_\_\_ to me.

It looks like or feels like \_\_\_\_\_

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**SOCIAL PROTECTION**

**Social Protection Across the Life Span:**  
Access to real, material, and cultural needs, including just rules and laws throughout the life course.

Wellbeing in this area means \_\_\_\_\_

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\_\_\_\_\_ to me.

It looks like or feels like \_\_\_\_\_

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**SUSTENANCE**

**Basic Needs-Sustenance and Renewal:**

Basic needs can be met without harming the environment now or for future generations.

Wellbeing in this area means \_\_\_\_\_

\_\_\_\_\_ to me.

It looks like or feels like \_\_\_\_\_

\_\_\_\_\_.

**BODY SOVEREIGNTY**

**Safety-Bodily Sovereignty:**

Experience uninterrupted bodily safety, and there is no force or coercion involved in basic activities, such as work or school, sexual activity, or securing food, water, or other basic needs.

Wellbeing in this area means \_\_\_\_\_

\_\_\_\_\_ to me.

It looks like or feels like \_\_\_\_\_

\_\_\_\_\_.

**FREEDOM FROM HARM**

**Freedom from Harm:**

Free movement, at all times of day or night, can occur without concern about intentional harms from other persons.

Wellbeing in this area means \_\_\_\_\_

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\_\_\_\_\_ to me.

It looks like or feels like \_\_\_\_\_

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ACTIVITY: Choose one dimension of wellbeing. On a separate sheet of paper, draw something to represent that dimension on the front. On the back, write one concrete thing you can do to practice that dimension of wellbeing for yourself, your community, and/or your environment!

***This Model is created by the 4W Women & Wellbeing Initiative and the model's original authors include, Lori DiPrete Brown, Nancy Kendall, and Sophia Friedson-Ridenour***