

# Contents

<i>Acknowledgements</i>	<i>x</i>
Introduction	1
1 Agency: Power with, not power over	10
2 Safety: Physical, emotional, social, psychological and digital	29
3 Positivity: Strengths, solutions, smiles and support	49
4 Inclusion: Everyone welcome, everyone matters, everyone participates	70
5 Respect: For individuals, communities and human rights	92
6 Equity: Fairness and flexibility	109
7 ASPIRE in action across the world	136
<i>Index</i>	<i>145</i>