探索与过程

多变世界中儿童和青少年的福祉

专栏编辑

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随着对“健康”的定义从“消除疾病或羸弱”转变为“身体、精神及社会层面的康乐状态”^[1]，儿童和青少年的健康问题愈发受到人们的关注。这一人群虽然较少受到顽疾困扰，但他们面临着维持或改善其福祉的挑战。儿童和青少年的福祉包罗万象，包括与其顺利成年有关的一系列概念。与其对福祉进行狭隘而简单的定义，包括瑞秋·道奇在内的诸多学者更强调福祉的多面性，并试图基于“与福祉的动态性相伴生的挑战与资源之间的平衡”理念对福祉作出更为宽泛的界定^[2]。道奇等人将福祉的康乐状态比作跷跷板的枢轴：跷跷板的一端是某一个体遇到的挑战，另一端则是该个体可用的资源。“当个体拥有应对特定的心理、社会 and（或）物质挑战所需的心理、社会和物质资源时”，就会达到稳定的康乐状态^[3]。

跷跷板模型反映了福祉的动态性，并提供了一种用以理解及改善儿童和青少年健康状况的新方法。其包含了对风险和韧性构建的分析以及与“健康”概念转变有关的论述，在探讨现今福祉概念的主流议题时尤为有效。该模型使来自心理学、流行病学、社会学、地理学和规划学等不同背景的学者将环境背景纳入影响韧性的多重因素。为了评估福祉并提升儿童和青少年群体的韧性，学者们必须同时识别存在于社会、社区、家庭以及个人等多重尺度下的“风险因素”（不利于健康的因素）和“保护因素”（有利于健康的因素）。本期的两个项目关注处于困境中的儿童和青少年的福祉，并指出该群体一直处于与周遭环境的动态互动之中。面对个人、社会 and 全球层面发生的变化，这一群体需要不断调整自身状态以应对不确定的世界中诸多复杂而交缠的困境。

在《难民危机下的儿童安全游乐空间》一文中，来自英国CatalyticAction非盈利设计工作室的联合创始人兼设计总监里卡尔多·卢卡·康迪分享了位于黎巴嫩的“微笑游乐场”的设计和建造过程，并对难民危机下游乐场的定义和建造游乐场的必要性展开讨论。自2011年叙利亚内战爆发以来，涌入黎巴嫩的难民中超过一半是18岁以下的儿童和青少年。以探寻“如何通过建筑应对脆弱社区所面临的挑战，并改善现有的人道主义实践”^[4]为使命的CatalyticAction设计工作室承担起为巴尔－伊莱亚斯镇一处非正式帐篷定居点设计游乐场的工作。设计师邀请儿童加入游乐场的设计而非简单地提供游乐设施，这一过程有助于促进儿童对其亲自参与设计的空间产生责任感和

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主人翁意识。该项目还试图创造一处促生资源的环境——对那些处于不稳定环境中流离失所的儿童而言，认同感和归属感是至关重要的应对挑战的资源。

在《针对婴幼儿及其看护者的新冠肺炎（COVID-19）城市应对方案》一文中，Urban95倡议负责人闻智渊主张全球各地的城市应当因地制宜，为婴幼儿及其看护者“量身定制”针对COVID-19的应对措施，以保护儿童健康并减少疫情对其长期发展造成的负面影响。Urban95基于“一座致力于服务婴幼儿及其看护者的城市即是服务每个人”的理念而设立。当前的疫情使婴幼儿的看护者面临紧迫的挑战，特别是由于相关服务和关键基础设施的关闭、出行限制以及社区隔离所造成的常规支持系统的停摆。闻智渊建议城市应通过共情和数据识别、设计并定位与COVID-19相关的干预措施，以使这些措施尽可能公平地发挥最大作用。这些建议大多建立在Urban95多年来在全球各地开展研究所积累的真知灼见之上。闻智渊认为，针对COVID-19的城市应对措施不一定是全新的解决方案，而是通过协调一致的系统响应优化资源分配的方法。

本期的两位作者探索了在不断升级的挑战下为儿童和青少年提供急需资源并增强保护措施的方法和策略。他们既倡导物质环境（硬件）的升级，也呼吁对社会风险及需求进行更完善的管理（软件），以提升儿童和青少年未来的福祉。**LAF**

EXPERIMENTS & PROCESSES

THE WELL-BEING OF CHILDREN AND YOUTH IN AN UNCERTAIN WORLD

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As the definition of “health” increasingly transforms from “the absence of disease or infirmity” to “a state of complete physical, mental and social well-being”^[1], more attention is being paid to the health of children and youth. Despite this demographic group being less likely to suffer from the burden of disease, they do have to face the challenge of maintaining or improving their “well-being,” a catchall phrase embracing notions related to the successful transition toward adulthood. Rather than coining a simplistic definition of what it means to experience a state of “well-being,” scholars such as Rachel Dodge emphasize the multi-faceted nature of well-being and articulate a broader definition taking into account “the balance of challenges and resources alongside the dynamic nature of well-being”^[2]. Dodge et al. have described the state of well-being as the pivot of a seesaw, one side supporting the challenges encountered by a given individual, the other supporting the resources available to that individual. A state of stable well-being exists “when individuals have the psychological, social and physical resources they need to meet a particular psychological, social and / or physical challenge”^[3].

The seesaw model reflects the dynamic nature of well-being and offers a new approach to understanding and improving the health of children and youth. This model is particularly helpful when it comes to analyzing constructs of risk and resilience and the associated discourses regarding “healthy” transitions that dominate current conceptions of well-being. It allows scholars from diverse backgrounds including psychology, epidemiology, sociology, geography, and planning, to consider environmental contexts when mapping the various factors that impact resilience. To assess well-being and help build up the resilience of children and youth, scholars must identify both the “risk factors” (factors associated with an increased likelihood of negative health outcomes) and “protective factors” (factors associated with an increased likelihood of positive health outcomes) inherent in society, community, family, and the individual person. The two projects featured in this issue focus on the well-being of children and youth caught up in distressing circumstances, with the understanding that children and youth are always in a fluid and reciprocal relationship with their surroundings. They constantly have to negotiate personal, social, and global changes and face a tangle of dilemmas in an uncertain world.

In Safe Play Spaces for Children in Emergency Contexts, Riccardo Luca Conti, co-founder and director of UK-based CatalyticAction, shares with us the design process of the IBTASEM playground in Lebanon, and questions the definition and necessity of playgrounds in emergency response situations. Since the Syrian civil war broke out in 2011, Lebanon has to deal with a massive influx of Syrian refugees, of whom more than half are children and youth under the age of 18. CatalyticAction with its

founding mission to understand “how architecture can respond to the challenges that vulnerable communities face and how it could improve existing humanitarian practices”^[4] took on the task of creating a playground in the informal tented settlement of Bar Elias. Rather than simply supplying play facilities, this project’s innovative approach is to facilitate children to design their own playground thereby fostering a sense of responsibility and ownership towards the spaces they will be using. Named IBTASEM meaning “smile” in Arabic, the project also provides an environment where children can cultivate a sense of identity and belonging, crucial resources in such a fragile and displaced situation.

In An Urban Response to COVID-19: Supporting Babies, Toddlers, and Those Who Care for Them, Julien Vincelot, Urban95 coordinator advocates that cities across the globe need to tailor COVID-19 responses to the needs of babies, toddlers, and their caregivers, to protect their health and limit negative consequences to children’s long-term development. Urban95 is founded on the belief that “a city that works for babies and the people who care for them is a city that works for everyone.” The current COVID-19 pandemic presents pressing challenges to caregivers of young children, particularly in terms of limited access to regular support systems due to the closure of services and key infrastructure, mobility restrictions, and isolation from community. Vincelot suggests that cities should combine empathy and data to identify, design, and locate their related interventions to achieve maximum impact and equality. Drawing insights from Urban95’s years-long research carried out in various societies across the globe, Vincelot argues that cities’ COVID-19 responses do not necessarily require new solutions, but rather a coordinated, systemic response optimizing resource allocation.

Both authors explore methods and strategies to provide much-needed resources and strengthen protection of children and youth as they face these escalating challenges. They advocate both the upgrade of material circumstances (hardware) and better management of social risks and needs (software) to improve prospects for children and youth’s well-being. **LAF**

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