The ICF Framework\textsuperscript{1} and the F-Words\textsuperscript{2}

**Body Structure and Function**
Everyone needs to stay fit and healthy both physically and mentally. Help me find ways to keep fit.

**Activity**
I might do things differently but I CAN do them. How I do it is not important. Please let me try!

**Environmental Factors**
My family knows me best and I trust them. Listen to them. Talk to them. Hear them. Respect them.

**Personal Factors**
Life is about having fun. Please help me do the activities that I find the most fun.

**Participation**
Having friends is important. Please give me opportunities to make friends.

**Participation**
Friends

**Future**
I am growing up every day, so please find ways for me to participate and be included in my community.

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\textsuperscript{1} World Health Organization. (2001) International Classification of Functioning, Disability and Health (ICF)

\textsuperscript{2} Rosenbaum P & Gorter JW. (2012). The ‘F-words’ in childhood disability: I swear this is how we should think! Child Care Health Dev; 38.

For more information visit the F-words Knowledge Hub:
www.canchild.ca/f-words