

HUMAN DEVELOPMENT RESEARCH REVIEW



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HUMAN DEVELOPMENT RESEARCH REVIEW: AIMS AND SCOPE

HELP's Human Development Research Review (*HELP Reads*) aims to expand awareness of topics in human development, including social and emotional learning, social and environmental determinants of health, child care, and more. *HELP Reads* connects health academics, advocates, and professionals with online and publicly available research, news, and information. This review focuses on listing articles relevant to human development research activities at HELP. This review is not official or peer reviewed. It does not cover all research, news, and information, and HELP is not responsible for the accuracy of the content from media or databases. Not all links are open access; some are abstract links where paid journal subscription is required. *HELP Reads* is posted monthly [here](#).

EDITOR PICKS

2024 Report card on child and family poverty in Canada

Campaign 2000

“This year’s report card found a troubling trend: child poverty increased at record rates two years in a row. The sharp increase in national child poverty rates from 2020 to 2021 was the first in 10 years and appears to signal a reversal in the downward trend that...”



The breath of life: First Nations knowledge.

Cindy Blackstock

“As First Nations peoples, we rely on those who came before us to have passed on the essential knowledge of what it is to be human and a member of our group. We are trustees of knowledge—not holders, owners or creators of knowledge—just as we are...”



Raising Canada 2024 – top 10 threats to childhood in Canada.

Children First Canada

“The seventh annual Raising Canada report, released today, finds that the top 10 threats to childhood are escalating, with children’s quality of life in Canada demonstrably worsening. The report includes an urgent call for policymakers.”



The state of mental health in Canada 2024.

Canadian Mental Health Association (CMHA)

“Through a first-of-its-kind report, CMHA is providing a picture of the mental health system—with all its cracks and failings—and how people are faring across the country.”



Indigenous youth reconciliation barometer 2024: building connected futures.

Indigenous Youth Roots

“This project focuses on how Indigenous youth (ages 18-29) envision their own futures through themes such as culture, wellness, education, meaningful work, solidarity, and reconciliation. Through these themes, we examined what youth wish for in their futures and how they envision success.”

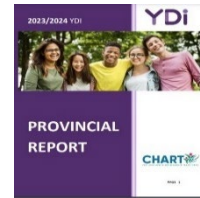


EDITOR PICKS

2023/2024 YDI [Youth Development Instrument] Provincial report.

Capturing Health and Resilience Trajectories (CHART)

“This report contains data from students from 31 school districts and 31 independent schools, from Grades 10–12, who participated in the 2023/2024 YDI. ”



Responding to EDI data: a play-based approach to social-emotional learning in the Fraser Valley.

Adrienne Toye. Lead, Strategic Communications

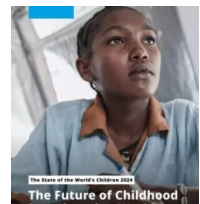
“.. the [CALM Curriculum®](#) is a play-based, research-informed initiative developed to help children improve self-regulation skills, build...”



The State of the World's Children 2024. The future of childhood in a changing world.

UNICEF

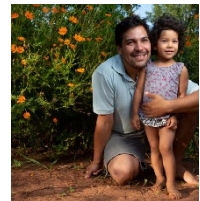
“This report examines three powerful, long-term global forces – megatrends – that will profoundly affect children’s lives between now and 2050: demographic shifts, climate and environmental crises, and frontier technologies.”



The necessity of urban green space for children’s optimal development.

UNICEF

“This paper outlines the many benefits of green spaces on children's health and development, as well as actions to improve access to green spaces.”



Youth Risk Behavior Survey Data Summary & Trends Report: 2013–2023.

US Centers for Disease Control and Prevention

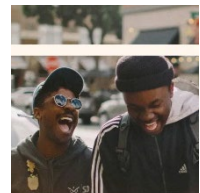
“This report describes recent Youth Risk Behavior Survey (YRBS) data and trends on adolescent behaviors and experiences in key areas.”



Did you know social connection is the key to living a happier, healthier, and longer life?

Social Connections Guidelines

“Like food and exercise, social connection is a fundamental determinant of our health, happiness, and longevity. Our recommended public health guidelines....”



HUMAN DEVELOPMENT RESEARCH REVIEW

HELP FACULTY and AFFILIATE (selected publications)

1. Capturing Health and Resilience Trajectories (CHART). **2023/2024 YDI [Youth Development Instrument] Provincial report**. Burnaby, BC: Simon Fraser University, Health Sciences Centre, CHART Lab; 2024. Available from: https://chartlab.ca/wp-content/uploads/2024/11/YDI-2024-Provincial-Report_Nov-5-2024_CHART-LAB.pdf.
2. Liu YS, Talarico F, Metes D, Song Y, Wang M, Kiyang L, et al. **Early identification of children with Attention-Deficit/Hyperactivity Disorder (ADHD)**. PLOS Digital Health. 2024;3(11):e0000620. Available from: <https://doi.org/10.1371/journal.pdig.0000620>.

HELP RESOURCES

1. Tøye A. **Responding to EDI data: a play-based approach to social-emotional learning in the Fraser Valley**. Vancouver, BC: University of British Columbia, School of Population and Public Health, Human Early Learning Partnership; 2024 10 31 Oct 31. Available from: <https://earlylearning.ubc.ca/the-calm-curriculum-a-play-based-approach-to-social-emotional-learning/>.

1. CHILD DEVELOPMENT

1.i. General, Cognition

1. Attanasio O. **Understanding Early Childhood Development and Its Importance**. Cambridge, MA: National Bureau of Economic Research, The Reporter; 2024 Oct. Available from: <https://www.nber.org/reporter/2024number3/understanding-early-childhood-development-and-its-importance>.
2. Wyver S. **The Influence of Outdoor Play on Social and Cognitive Development**. In: Tremblay R, Boivin M, Peters R, editors. Encyclopedia on Early Childhood Development [online] Nov ed2024. Available from: <https://www.child-encyclopedia.com/outdoor-play/according-experts/influence-outdoor-play-social-and-cognitive-development>.

1.ii. Communication, Language, Literacy, Numeracy

1. Baroody AJ. **Fostering Early Numeracy in Preschool and Kindergarten**. In: Tremblay R, Boivin M, Peters R, editors. Encyclopedia on Early Childhood Development [online] Apr ed2024. Available from: <https://www.child-encyclopedia.com/numeracy/according-experts/fostering-early-numeracy-preschool-and-kindergarten>.
1. Brushe ME, Haag DG, Melhuish EC, Reilly S, Gregory T. **Screen time and parent-child talk when children are aged 12 to 36 months**. JAMA Pediatrics. 2024;178(4):369-75. Available from: <https://doi.org/10.1001/jamapediatrics.2023.6790>.

1.iii. Socioemotional Learning, Anxiety, Other

1. Boivin M, Provost L. **The Origin of Peer Relationship Difficulties in Early Childhood and their role in Children’s Psychosocial Adjustment and Development.** In: Tremblay R, Boivin M, Peters R, editors. Encyclopedia on Early Childhood Development [online] Sep ed2024. Available from: <https://www.child-encyclopedia.com/peer-relations/according-experts/origin-peer-relationship-difficulties-early-childhood-and-their>.
2. Schwartz C, White O, Barican J, Tang J, Waddell C, Thomson K. **Preventing problematic childhood anxiety, in Children’s Mental Health Research Quarterly.** Burnaby, BC: Children’s Health Policy Centre, Faculty of Health Sciences, Simon Fraser University; 2024 4. Available from: <https://childhealthpolicy.ca/wp-content/uploads/2024/10/RQ-18-24-Fall.pdf>.

2. CHILD CARE, EDUCATION, PARTNERSHIPS

2.i. Connections, Hubs, Partnerships

1. Wright V, Roth C, Aucoin J, Thomas K, Boynton H, Crowshoe L, et al. **Measure what matters: toward multi-sectoral action to improve child and youth health and well-being.** Calgary, AB: University of Calgary, School of Public Policy; 2024 Aug. Available from: <https://www.policyschool.ca/wp-content/uploads/2024/08/HSP121-ChildYouthHealth-Final.pdf>.

2.ii. Initiatives, Interventions

1. Draper CE, Yousafzai AK, McCoy DC, Cuartas J, Obradović J, Bhopal S, et al. **The next 1000 days: building on early investments for the health and development of young children.** The Lancet. 2024. Available from: [https://doi.org/10.1016/S0140-6736\(24\)01389-8](https://doi.org/10.1016/S0140-6736(24)01389-8).

2.iii. Programs, Services, Other

1. Collet OA, Domond PM, Galéra C, Luu TM, Loose T, Vásquez-Echeverría A, et al. **School Readiness and Early Childhood Education and Care Services Among Dual Language Learners.** JAMA Pediatrics. 2024. Available from: <https://doi.org/10.1001/jamapediatrics.2024.4489>.
2. McCreary Centre Society’s Youth Research Academy. **Youth transitioning out of care in BC: Fall 2024.** Vancouver, BC: McCreary Centre Society; 2024 Oct. Available from: https://mcs.bc.ca/pdf/youth_transitioning_out_of_care_fall_2024.pdf.

3. EARLY ENVIRONMENTS

3.i. Biological Sensitivity to Context, Cortisol, Epigenetic

1. Liu YS, Talarico F, Metes D, Song Y, Wang M, Kiyang L, et al. **Early identification of children with Attention-Deficit/Hyperactivity Disorder (ADHD)**. PLOS Digital Health. 2024;3(11):e0000620. Available from: <https://doi.org/10.1371/journal.pdig.0000620>.
2. McCall B. **What's Exposome Data and Can It Lead to Healthier Kids?** Medscape. 2024 Nov 18. Available from: <https://www.medscape.com/viewarticle/whats-exposome-data-and-can-it-lead-healthier-kids-2024a1000kxy?form=fpf>.
3. Miliku K, Reyna ME, Medeleanu M, Dai R, Dubeau A, Lefebvre DL, et al. **From Fetus to Eight: the CHILD Cohort Study**. Am J Epidemiol. 2024. Available from: <https://doi.org/10.1093/aje/kwae397>.

3.ii. Adversity, Resilience

1. Armstrong-Carter E, Portilla XA, Obradović J. **The Role of Physiological Response in Understanding Resilience Processes in Children's Development**. In: Tremblay R, Boivin M, Peters R, editors. Encyclopedia on Early Childhood Development [online] Sep ed2024. Available from: <https://www.child-encyclopedia.com/resilience/according-experts/role-physiological-response-understanding-resilience-processes>.
2. Lewis LR, Lopez RA, Hunt RH, Hodel AS, Gunnar MR, Thomas KM. **Impacts of early deprivation on behavioral and neural measures of executive function in early adolescence**. Brain Cogn. 2024;179:106183. Available from: <https://www.sciencedirect.com/science/article/pii/S0278262624000605>.
3. Lu L, Li S, Chen T, Zhang W, Gao T, Lan T. **Association between childhood life circumstances and chronic diseases in middle-aged and elderly individuals: A population-based retrospective study**. Soc Sci Med. 2024;117528. Available from: <https://www.sciencedirect.com/science/article/pii/S0277953624009821>.
4. Masten AS. **Resilience**. In: Tremblay R, Boivin M, Peters R, editors. Encyclopedia on Early Childhood Development [online] Sep ed2024. Available from: <https://www.child-encyclopedia.com/resilience>.

3.iii. Other

1. Vrantisidis DM, van de Wouw M, Hall ERM, Kuret V, Rioux C, Conrad ML, et al. **Neurodevelopment in the First 2 Years of Life Following Prenatal Exposure to Maternal SARS-CoV-2 Infection**. JAMA Network Open. 2024;7(11):e2443697-e. Available from: <https://doi.org/10.1001/jamanetworkopen.2024.43697>.

4. ENVIRONMENTAL HEALTH

4.i. Climate Change, Infectious Disease (COVID-19, etc)

1. Chevalier J-A, Andrews Adlam J, Thompson-Robinson M, Dodge Francis C, Anderson E, Traylor DO. **Stress and coping among parents with children enrolled in remote schooling during COVID-19.** International Journal of Child, Youth and Family Studies. 2024;15(3):50-68. Available from: <https://journals.uvic.ca/index.php/ijcyfs/article/view/22163>.
2. Jones AT, Tremblay É, Costeux A-L, Strus JA, Barcket A. **What tools are available to assess climate and environmental health impacts on perinatal families with an equity lens? A rapid review of the Canadian context.** BMC Pregnancy Childbirth. 2024;24(1):680. Available from: <https://doi.org/10.1186/s12884-024-06761-z>.
3. Meherali S, Ahmad M, Hussain A, Rehmani AI, Nisa S, Lebeuf S, et al. **“Will I survive this?”: A qualitative exploration of the wider impacts of the COVID-19 pandemic on the health and well-being of pregnant and parenting youth and their children in Canada.** BMC Public Health. 2024;24(1):3180. Available from: <https://doi.org/10.1186/s12889-024-20705-4>.

4.ii. Urban Design, Child Friendly Cities, Rural, Greenspace

1. Coady T. **How the Built Environment Is Damaging Children’s Connection to Nature.** The Good Men Project; 2024 [Nov 14]; Available from: <https://goodmenproject.com/featured-content/how-the-built-environment-is-damaging-childrens-connection-to-nature/>.
2. Gundersen V, Venter Z, Wold LC, Junker-Köhler B, Selvaag SK. **Children’s and Adolescents’ Use of Nature During the COVID-19 Pandemic in a Very Green Country.** Int J Environ Res Public Health. 2024;21(11):1530. Available from: <https://www.mdpi.com/1660-4601/21/11/1530>.
3. Loose T, Fuoco J, Malboeuf-Hurtubise C, Ayotte-Beaudet J-P, Gauvin L, Chadi N, et al. **A Nature-Based Intervention and Mental Health of Schoolchildren: A Cluster Randomized Clinical Trial.** JAMA Network Open. 2024;7(11):e2444824-e. Available from: <https://doi.org/10.1001/jamanetworkopen.2024.44824>.
4. Loose T. **Time in nature benefits children with mental health difficulties: study.** Eureka Alert. 2024 Nov. Available from: <https://www.eurekaalert.org/news-releases/1064799>.
5. Lorentzen JC, Georgellis A, Albin M, Jonsson M. **Residential overcrowding in relation to children’s health, environment and schooling – a qualitative study.** Scandinavian Journal of Public Health. 2024;52(7):829-37. Available from: <https://journals.sagepub.com/doi/abs/10.1177/14034948231198285>.
6. McGill Media Relations. **Time in nature benefits children with mental health difficulties: study.** 2024 Nov 15. Available from: <https://www.mcgill.ca/newsroom/channels/news/time-nature-benefits-children-mental-health-difficulties-study-361155>.
7. UNICEF. **The necessity of urban green space for children’s optimal development.** New York, NY: UNICEF; 2024 Nov. Available from: <https://www.unicef.org/media/102391/file/Necessity%20of%20Urban%20Green%20Space%20for%20Children%E2%80%99s%20Optimal%20Development.pdf>.

4.iii. Exposures, Other

1. Herrera MT, Girma B, Ghassabian A, Trasande L. **Environmental Racism and Child Health.** Acad Pediatr. 2024;24(7, Supplement):S167-S72. Available from: <https://www.sciencedirect.com/science/article/pii/S1876285923003674>.

5. MENTAL HEALTH

5.i. Happiness, Wellbeing, Distress

1. Canadian Mental Health Association. **The state of mental health in Canada 2024. Summary report.** Toronto, ON: CMHA; 2024. Available from: <https://cmha.ca/wp-content/uploads/2024/11/SoMH-report-summary.pdf>.
2. Canadian Mental Health Association. **The state of mental health in Canada 2024.** Toronto, ON: CMHA; 2024. Available from: <https://cmha.ca/what-we-do/policy-research/state-of-mental-health-in-canada/>.
3. Chung GK-K, Liu X, Massar K, Schelleman-Offermans K, Bosma H, Chan Y-H, et al. **Socioeconomic inequalities in psychosocial well-being among adolescents under the COVID-19 pandemic: a cross-regional comparative analysis in Hong Kong, mainland China, and the Netherlands.** Soc Psychiatry Psychiatr Epidemiol. 2024;59:2189+. Available from: <http://dx.doi.org/10.1007/s00127-024-02649-7>.
4. Juhász Á, Sebestyén N, Árva D, Barta V, Pártos K, Vokó Z, et al. **We need better ways to help students avoid the harms of stress: Results of a meta-analysis on the effectiveness of school-based stress management interventions.** J Sch Psychol. 2024;106:101352. Available from: <https://www.sciencedirect.com/science/article/pii/S0022440524000724>.
5. Kunin-Batson AS, Haapala J, Crain AL, Gunnar MR, Kharbanda EO, Kelly AS, et al. **Cumulative environmental stress and emerging cardiometabolic risk during childhood.** Pediatr Obes. 2024;19(6):e13116. Available from: <https://onlinelibrary.wiley.com/doi/abs/10.1111/ijpo.13116>.
6. Kunin-Batson AS, Crain AL, Sherwood NE, Kelly AS, Kharbanda EO, Gunnar MR, et al. **Do Children’s Health Behaviors Buffer the Impact of Cumulative Environmental Stress on Emerging Cardiometabolic Risk?** Journal of the American Heart Association. 2024;13(18):e032492. Available from: <https://www.ahajournals.org/doi/abs/10.1161/JAHA.123.032492>.
7. Simpson KM, McHardy RJW, Zhou G, Levasseur-Puhach S, Cote C, Braun M, et al. **Building Emotional Awareness and Mental Health (BEAM): Study protocol for a hybrid implementation-effectiveness trial of the BEAM app-based program for parents of young children.** PsyArXiv. 2024. Available from: <https://osf.io/preprints/psyarxiv/xvywz>.
8. Smout S. **Healthy bodies, healthy minds? The behavioural and social determinants of mental health in Australian adolescents and outcomes of the Health4Life cluster randomised controlled trial 2024.** Available from: <https://hdl.handle.net/2123/33167>.
9. Social Connection Guidelines. **Did you know social connection is the key to living a happier, healthier, and longer life?** Burnaby, BC: Social Health Canada; 2024. Available from: <https://www.socialconnectionguidelines.org/en>.
10. World Health Organization. **Mental health of adolescentss.** Geneva, Switzerland: WHO; 2024 [updated Oct]; Available from: <https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health>.

5.ii. Sleep, Screentime

1. Bongiorno P. **Screen Time and Mental Health in Kids.** 2024 Nov 13. Available from: <https://www.psychologytoday.com/ca/blog/inner-source/202411/screen-time-and-mental-health-in-kids>.
2. Bryant M. **Norway to increase minimum age limit on social media to 15 to protect children.** The Guardian. 2024 Oct 23. Available from: <https://www.theguardian.com/world/2024/oct/23/norway-to-increase-minimum-age-limit-on-social-media-to-15-to-protect-children>.

3. Mcguirk R. **Australian states back national plan to ban children younger than 16 from social media.** Melbourne, Australia: Canadian Press; 2024 Nov 8. Available from: https://www.thecanadianpressnews.ca/science/australian-states-back-national-plan-to-ban-children-younger-than-16-from-social-media/article_af957f52-ba6c-5e1b-a63c-998680bf2234.html.
4. Nagata JM, Al-Shoaibi AAA, Leong AW, Zamora G, Testa A, Ganson KT, et al. **Screen time and mental health: a prospective analysis of the Adolescent Brain Cognitive Development (ABCD) Study.** BMC Public Health. 2024;24(1):2686. Available from: <https://doi.org/10.1186/s12889-024-20102-x>.

5.iii. Healthy Habits, Substance Use, Other

1. Beck K, Pallot K, Amri M. **A scoping review on barriers and facilitators to harm reduction care among youth in British Columbia, Canada.** Harm Reduction Journal. 2024;21(1):189. Available from: <https://doi.org/10.1186/s12954-024-01063-1>.
2. Cole AG, Fairs L, Mantey D, Philipneri A, Degano C, Bianco M, et al. **The impact of the 'CATCH My Breath' vaping prevention curriculum among high school students in Ontario, Canada: Results of a pilot test.** Preventive Medicine Reports. 2024;48:102919. Available from: <https://www.sciencedirect.com/science/article/pii/S2211335524003346>.
3. Gardner LA, Rowe A-L, Newton NC, Egan L, Hunter E, Devine EK, et al. **A Systematic Review and Meta-analysis of School-Based Preventive Interventions Targeting E-Cigarette Use Among Adolescents.** Prevention Science. 2024;25(7):1104-21. Available from: <https://doi.org/10.1007/s11121-024-01730-6>.
4. Sadeghi S, Sabzi Khoshnami M, Imani A, Noruzi S. **Preventing adolescent substance use disorder: a systematic review of community-based practices and social work implications.** Journal of Substance Use. 2024:1-12. Available from: <https://doi.org/10.1080/14659891.2024.2332776>.
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6. PHYSICAL HEALTH, MOBILITY

6.i. Active Transportation

1. Au WW, Recchia F, Fong DY, Wong SHS, Chan DKC, Capio CM, et al. **Effect of wearable activity trackers on physical activity in children and adolescents: a systematic review and meta-analysis.** The Lancet Digital Health. 2024;6(9):e625-e39. Available from: [https://doi.org/10.1016/S2589-7500\(24\)00139-0](https://doi.org/10.1016/S2589-7500(24)00139-0).

6.ii. Activities, Sports

1. Liu M, Guan X, Guo X, He Y, Liu Z, Ni S, et al. **Impact of Serious Games on Body Composition, Physical Activity, and Dietary Change in Children and Adolescents: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.** Nutrients. 2024;16(9):1290. Available from: <https://www.mdpi.com/2072-6643/16/9/1290>.

6.iii. Outdoor Play, Independent Mobility, Other

1. Agans JP, Stuckey MI, Cairney J, Kriellaars D. **Four domains for development for all (4D4D4All): A holistic, physical literacy framework.** *J Appl Sport Psychol.* 2024;36(6):880-901. Available from: <https://doi.org/10.1080/10413200.2024.2342323>.
2. Carson V, Boyd M. **Active outdoor play.** In: Tremblay R, Boivin M, Peters R, editors. *Encyclopedia on Early Childhood Development* [online] Aug ed2024. Available from: <https://www.child-encyclopedia.com/outdoor-play/according-experts/active-outdoor-play>.
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4. Dodd HF. **Risky play and mental health.** In: Tremblay R, Boivin M, Peters R, editors. *Encyclopedia on Early Childhood Development* [online] Sep ed2024. Available from: <https://www.child-encyclopedia.com/outdoor-play/according-experts/risky-play-and-mental-health>.
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7. EQUITY, DIVERSITY, INCLUSION, INDIGENEITY

7.i. Indigenous

1. Blackstock C. **The breath of life: First Nations knowledge.** Ottawa, ON: First Nations Child and Family Caring Society of Canada; 2024 Oct. Available from: <https://cwrp.ca/sites/default/files/publications/The%20breath%20of%20life.pdf>.
2. Domingo A, Yessis J, Zupko B, McEachern LW, Valaitis R, Skinner K, et al. **Scale up of the learning circles: a participatory action approach to support local food systems in four diverse First Nations school communities within Canada.** *BMC Public Health.* 2024;24(1):2222. Available from: <https://doi.org/10.1186/s12889-024-19391-z>.
3. Fraser CG. **By Strength, We are still here. Indigenous peoples and Indian residential schooling in Inuvik, Northwest Territories.** Winnipeg, MB: University of Manitoba Press; 2024. Available from: <https://uofmpress.ca/books/by-strength-we-are-still-here>.
4. Gerlach A. **Disability Inclusion, Intersectionality, and Knowledge Translation [slides].** Knowledge Translation For Disability & Rehabilitation Research - Ktdrr's 2024 Virtual Kt Conference; Oct 15, 16, and 18: American Institutes for Research; 2024. Available from: <https://ktdrr.org/conference2024/presenters/materials/KTDRR-Gerlach-Choices-508.pdf>.
5. Indigenous Services Canada. **Reducing the number of Indigenous children in care.** Ottawa, ON: Government of Canada; 2024; Available from: <https://www.sac-isc.gc.ca/eng/1541187352297/1541187392851>.
6. Indigenous Youth Roots. **Indigenous youth reconciliation barometer 2024: building connected futures.** Toronto, ON: Indigenous Youth Roots; 2024 Oct. Available from: <https://indigenouslyouthroots.ca/wp-content/uploads/2024/10/Indigenous-Youth-Reconciliation-Barometer-2024-Building-Connected-Futures-Full-Report.pdf>.

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7.ii. Diverse Populations (BIPOC, LGBTQIA2S+, Immigrant, Refugee, People with Disabilities, Autism, Low Income...)

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9.i. Leadership

9.ii. Measurement, Monitoring, Screening

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The Human Early Learning Partnership is situated within the traditional, ancestral and unceded territory of the x^w məθk^w əy' əm (Musqueam) People.

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