

Positive Youth Development – Mind Matters Correlation

Standard 3

Mind Matters - PYD Content

Standard 3.1 - Youth Acquire the Skills, Behaviors, and Attitudes that Enable Them to Learn and Grow in Self-Knowledge, Social Interaction, and Physical and Emotional Health.

- **INDICATOR 3.1.1**
Youth are able to Explore Various Roles and Identities, Promoting Self-Determination.
 - **INDICATOR 3.1.5**
Youth Interact with Peers and Have a Sense of Belonging.
 - **INDICATOR 3.1.7**
Youth Have Significant Positive Relationships with Mentors, Positive Role Models, and Other Nurturing Adults.
- Lesson 2 - Discover Emotions**
 - Lesson 3 - Difference Between Emotion and Thought & The Internal Journal**
 - Lesson 4 - Empathy**
 - 4.1 - Building Empathy (and communication skills)
 - 4.2 - Loving Kindness
 - Lesson 6 - Compassion for the Hijacked Brain**
 - 6.1 – Introduction of Trauma and ACE Questionnaire
 - 6.3 – Effects of Trauma on the Brain and Behavior
 - 6.4 - ACE Response Checklist
 - 6.5 – Hope: Methods to Build Your Brain
 - Lesson 7 - Trauma Containment & Rhythm (use of culturally sensitive methods of healing)**
 - Lesson 8 – Tapping and Efficient Sleep**
 - Lesson 9 - Let’s Get Moving**
 - 9.2 - Join a Team or Club/Self-Defense (for self-empowerment)
 - 9.3 - Practice Yoga (chair yoga)
 - 9.4 - Exercise Program
 - Lesson 10 - Life of Intention**
 - 10.2 - SMARTER Goals
 - Lesson 11 - Code of Honor & Asking for Help**

Standard 3.2 - Youth Understand the Relationship Between their Individual Strengths and Desires and Their Future Goals, and Have the Skills to Act on that Understanding.

See [Supporting Evidence & Research](#)

- **Indicator 3.2.3 - Youth Demonstrate the Ability to Set Goals and Develop a Plan**
- Lesson 10 – Life of Intention**
 - Lesson 12 – The Ongoing Journey**

The Dibble Institute

- **Indicator 3.2.4 - Youth Develop Ethical Values and Reasoning Skills.** **Lesson 11 – Code of Honor & Asking for Help**
 - 11.1 - Code of Honor/The Honor Shield

Standard 3.3 - Youth Have the Knowledge and Skills Needed to Practice Leadership and Participate in Community Life.

- **Indicator 3.3.2 - Youth Learn the History, Values, and Beliefs of Their Communities.** **Lesson 6 – Compassion for the Hijacked Brain**
- **Indicator 3.3.3 - Youth Demonstrate Awareness, Understanding, and Knowledge of Other Cultures and Societies and Show Respect for All People.**
- **Indicator 3.3.6 - Youth Identify and Use Resources in their Community** **Lesson 9 – Let’s Get Moving**
 - 9.2 - Join a Team or Club/Self-Defense

Standard 3.4 - Youth Demonstrate the Ability to Make Informed Decisions for Themselves. See [Supporting Evidence & Research](#)

- **Indicator 3.4.1 - Youth Practice Self-Management and Responsible Decision Making that Reflects Healthy Choices.** **Lesson 1 - Self Soothing**
Lesson 2 - Discover Emotions
Lesson 3 - The difference between Emotion and Thought & The Internal Journal
Lesson 5 - I Get by with a Little Help from My Friends
- **Indicator 3.4.2 - Youth Demonstrate Independent Living Skills.**
 - 5.2 Wheel of Awareness**Lesson 10 Life of Intention**
Lesson 11 Code of Honor & Asking for Help
Lesson 12: The Ongoing Journey
 - 12.2 - Personal Agreement Contract
 - 12.3 - Mind Matters Practice Record