Using Mindfulness Skills to Reduce Risk Factors in Sexual Health

**Webinar Resource Links**

[**Mind Matters Minutes**](https://www.dibbleinstitute.org/mind-matters-minutes/)

Mind Matters Minutes provide teachers and direct service providers with short video practices from the [Mind Matters](https://www.dibbleinstitute.org/our-programs/mind-matters/) curriculum that can easily be shared with young people. Each practice presents a skill to reduce reactivity and build resilience. The videos are ready-to-go, reducing extra work.

Each short video (under 10 minutes) provides:

* A brief introduction
* An experiential practice guided by Dibble trainer
* Questions to prompt youth engagement

[**Online Teaching Toolkit**](https://www.dibbleinstitute.org/online-teaching-toolkit/#1586792416579-d4168ef9-978b)

To help people transition to online teaching, a group of Dibble clients from around the country shares and developed ideas and strategies for facilitating Dibble Programs across large and small, rural and urban communities. It includes many tips for delivering content in virtual and hybrid environments.

[**The Impact of Mind Matters: Results from the University of Louisville’s pilot Study**](https://www.dibbleinstitute.org/event/webinar-the-impact-of-mind-matters-results-from-the-university-of-louisvilles-pilot-study/)

Dr. Antle and her colleagues are conducting a randomized control trial to examine the impact of Mind Matters on a host of outcomes related to youths’ emotional regulation, anxiety, interpersonal skills, and resilience. Join the researchers on this project as they discuss their initial findings from the pilot of Mind Matters with high needs youth in the Louisville community. They will focus on youth-related outcomes, lessons learned, and tips for implementing the Mind Matters curriculum.

[**Mind Matters Correlations to National Sexuality Education Standards**](https://www.dibbleinstitute.org/wp-new/wp-content/uploads/2020/07/MM-NSES-Standards-9-12.pdf)

This document outlines the connection of each Mind Matters lesson to the National Sexuality Education Standards for schools, covering grades 9-12.

[**Mind Matters Case Studies**](https://www.dibbleinstitute.org/our-programs/mind-matters-overcoming-adversity-and-building-resilience/#1589921144363-3348cdee-80b3)

See how others have used the Mind Matters program to address ACEs in community programs, schools, and more!