

Mind Matters

Positive Youth Development Standards

Lesson 1: Self-Soothing

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 3.1.5	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.
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.
Indicator 3.2.2	Youth develop individual strengths.
Indicator 3.2.4	Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.
Standard 3.4	Youth demonstrate the ability to make informed decisions for themselves.
Indicator 3.4.2	Youth demonstrate independent living skills.

Lesson 2: Discover Emotions

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 3.1.7	Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.
Standard 3.4	Youth demonstrate the ability to make informed decisions for themselves.
Indicator 3.4.1	Youth practice self-management and responsible decision-making that reflects healthy choices.
Indicator 3.4.2	Youth demonstrate independent living skills.

Lesson 3: The Difference Between Emotions and Thought & The Internal Journal

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 3.1.2 Youth participate in the creative arts, physical education, and health education programs in school and the community.

Indicator 3.1.7 Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

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.

Indicator 3.2.1 Youth develop ethical values and reasoning skills.

Indicator 3.2.2 Youth develop individual strengths.

Standard 3.4 Youth demonstrate the ability to make informed decisions for themselves.

Indicator 3.4.1 Youth practice self-management and responsible decision-making that reflects healthy choices.

Indicator 3.4.2 Youth demonstrate independent living skills.

Lesson 4: Empathy

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 3.1.4 Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.

Indicator 3.1.5 Youth interact with peers and have a sense of belonging.

Indicator 3.1.6 Youth participate in a variety of teamwork and networking experiences.

Indicator 3.1.7 Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

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.

Indicator 3.2.1 Youth develop ethical values and reasoning skills.

Indicator 3.2.2 Youth develop individual strengths.

Standard 3.3 Youth have the knowledge and skills needed to practice leadership and participate in community life.

Indicator 3.3.3 Youth demonstrate awareness, understanding, and knowledge of other cultures and societies and show respect for all people.

Indicator 3.3.4 Youth engage in experiential learning and have opportunities for genuine leadership, taking primary responsibility for developing plans, carrying out decisions, and solving problems.

Lesson 5: I Get By with a Little Help from My Friends & Wheel of Awareness

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 3.1.2 Youth participate in the creative arts, physical education, and health education programs in school and the community.

Indicator 3.1.4 Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.

Indicator 3.1.5 Youth interact with peers and have a sense of belonging.

Indicator 3.1.6 Youth participate in a variety of teamwork and networking experiences.

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.

Indicator 3.2.2 Youth develop individual strengths.

Indicator 3.2.4 Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.

Standard 3.3 Youth have the knowledge and skills needed to practice leadership and participate in community life.

Indicator 3.3.3 Youth demonstrate awareness, understanding, and knowledge of other cultures and societies and show respect for all people.

Indicator 3.3.4 Youth engage in experiential learning and have opportunities for genuine leadership, taking primary responsibility for developing plans, carrying out decisions, and solving problems.

Indicator 3.3.6 Youth identify and use resources in their community.

Lesson 6: Compassion for the Hijacked Brain

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.

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.

Indicator 3.2.2 Youth develop individual strengths.

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.

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 7: Trauma Containment and Rhythm

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 3.1.2 Youth participate in the creative arts, physical education, and health education programs in school and the community.

Indicator 3.1.5 Youth interact with peers and have a sense of belonging.

Indicator 3.1.6 Youth participate in a variety of teamwork and networking experiences.

Indicator 3.1.7 Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

Standard 3.3 Youth have the knowledge and skills needed to practice leadership and participate in community life.

Indicator 3.3.4 Youth engage in experiential learning and have opportunities for genuine leadership, taking primary responsibility for developing plans, carrying out decisions, and solving problems.

Standard 3.4 Youth demonstrate the ability to make informed decisions for themselves.

- Indicator 3.4.1 Youth practice self-management and responsible decision-making that reflects healthy choices.
- Indicator 3.4.2 Youth demonstrate independent living skills.

Lesson 8: Tapping & Efficient Sleep

Standard 3.4 Youth demonstrate the ability to make informed decisions for themselves.

- Indicator 3.4.1 Youth practice self-management and responsible decision-making that reflects healthy choices.
- Indicator 3.4.2 Youth demonstrate independent living skills.

Lesson 9: Let's Get Moving

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 3.1.2 Youth participate in the creative arts, physical education, and health education programs in school and the community.

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.

- Indicator 3.2.2 Youth develop individual strengths.

Lesson 10: Life of Intention

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 3.1.7 Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

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.

- Indicator 3.2.3 Youth demonstrate the ability to set goals and develop a plan.
- Indicator 3.2.4 Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.
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Standard 3.3 Youth have the knowledge and skills needed to practice leadership and participate in community life.

Indicator 3.3.5 Youth participate in service to others in their community, their country, and their world.

Standard 3.4 Youth demonstrate the ability to make informed decisions for themselves.

Indicator 3.4.1 Youth practice self-management and responsible decision-making that reflects healthy choices.

Indicator 3.4.2 Youth demonstrate independent living skills.

Lesson 11: Code of Honor & Asking for Help

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 3.1.4 Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.

Indicator 3.1.5 Youth interact with peers and have a sense of belonging.

Indicator 3.1.6 Youth participate in a variety of teamwork and networking experiences.

Indicator 3.1.7 Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

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.

Indicator 3.2.1 Youth develop ethical values and reasoning skills.

Indicator 3.2.2 Youth develop individual strengths.

Indicator 3.2.3 Youth demonstrate the ability to set goals and develop a plan.

Indicator 3.2.4 Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.

Standard 3.3 Youth have the knowledge and skills needed to practice leadership and participate in community life.

Indicator 3.3.1 Youth learn specific knowledge and skills related to leadership, and explore leadership styles.

Indicator 3.3.4 Youth engage in experiential learning and have opportunities for genuine leadership, taking primary responsibility for developing plans, carrying out decisions, and solving problems.

Indicator 3.3.6 Youth identify and use resources in their community.

Standard 3.4 Youth demonstrate the ability to make informed decisions for themselves.

Indicator 3.4.1 Youth practice self-management and responsible decision-making that reflects healthy choices.

Indicator 3.4.2 Youth demonstrate independent living skills.

Lesson 12: The Ongoing Journey

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 3.1.4 Youth develop interpersonal skills, including communication, decision-making, assertiveness, and peer refusal skills, and have the ability to create healthy relationships.

Indicator 3.1.5 Youth interact with peers and have a sense of belonging.

Indicator 3.1.6 Youth participate in a variety of teamwork and networking experiences.

Indicator 3.1.7 Youth have significant positive relationships with mentors, positive role models, and other nurturing adults.

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.

Indicator 3.2.1 Youth develop ethical values and reasoning skills.

Indicator 3.2.3 Youth demonstrate the ability to set goals and develop a plan.

Indicator 3.2.4 Youth participate in varied activities that encourage the development of self-determination and self-advocacy skills.

Standard 3.3 Youth have the knowledge and skills needed to practice leadership and participate in community life.

Indicator 3.3.1 Youth learn specific knowledge and skills related to leadership, and explore leadership styles.

Indicator 3.3.3 Youth demonstrate awareness, understanding, and knowledge of other cultures and societies and show respect for all people.

Indicator 3.3.5 Youth participate in service to others in their community, their country, and their world.

Standard 3.4 Youth demonstrate the ability to make informed decisions for themselves.

Indicator 3.4.1 Youth practice self-management and responsible decision-making that reflects healthy choices.

Indicator 3.4.2 Youth demonstrate independent living skills.