



PROGRAM COMPONENTS

An original curriculum covering key components to improve the quality of life for youth and emerging adults.

Goal: Teach youth life skills and inspire social and emotional learning that inspire whole-person health.

TARGETS

- Build upon coping methods
- Foster healthy characteristics
- Increase sexual health awareness
- Increase communication and interpersonal skills

PROXIMAL OUTCOMES

- Improve resiliency
- Reduced hazardous sexual behavior
- Develop high caliber relationships
- Diminish behaviors that do not align with positive values and goals

DISTAL OUTCOMES

IMPROVED

- Mental well-being
- Emotional well-being
- Physical well-being
- Social well-being
- Spiritual well-being



