



Vinyasa Yoga for Youth: Mental Health Curriculum Evaluation Report 2021-2022



Written by the Students Commission of Canada, September 2022

Contents

Project Description	3
Executive Summary.....	4
Methodology.....	5
Demographics	6
Mental Wellness.....	7
Feeling Safe	10
Youth Engagement Qualities	12
Critical Thinking	13
Perception of Influence	15
Qualitative Results	16
Conclusion	22
References	23
Appendix.....	24



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Project Description

Vinyasa Yoga for Youth (VYFY) is a registered non-profit that was founded in 2008 by Ryan Leier and Kristine Divall. Our goal is to build meaningful connections with youth through the practice of yoga. Our programs engage youth in a fun way and aim to foster self-awareness, encourage an enhanced capacity for compassion, and promote healthy living choices for themselves and their community.

We currently connect with almost 4000 children in the city of Saskatoon and have trained over 500 specialized yoga teachers. Recently, we have expanded into BC with many established teachers, and have started to reach youth all across Canada and into the United States.

VYFY has developed both yoga curriculums and professional development trainings that can be offered within schools, community centers, yoga studios, and more. These programs were designed to explore topics including: mindfulness, mental health and social justice.

In this six-week mental health curriculum, youth experienced the connection between yoga and their own mental health. Topics covered ranged from the scientific exploration of the brain to understanding their core values. The goal of the mental health curriculum is to promote psychological well-being and raise awareness on mental health through the practice of yoga.

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Executive Summary

Vinyasa Yoga for Youth (VYFY) has collaborated with the Students Commission of Canada (SCC) through their Sharing the Stories (StS) program, which offers customizable evaluation for non-profits serving youth. Together, they are working to ensure that VYFY continues to build meaningful connections with youth through the practice of yoga.

The purpose of this report is to evaluate the outcomes of the VYFY mental health curriculum and the impact of yoga on youth's mental health. For this evaluation, VYFY used both quantitative (surveys) and qualitative tools (focus groups and activity map) to evaluate the impact of programming.

- **Surveys:** The quantitative results showed that the VYFY program increased youth's optimism, leadership, resiliency, and self-confidence. Youth noticed an improvement in both physical and psychological well-being, as they felt better with themselves and more hopeful for the future. The results demonstrated that VYFY raised awareness on mental health issues and gave youth the tools to manage their own mental health, support others, and seek help in the community. The results showed academic benefits to yoga, as it helped with youth's attention, decision-making, and critical thinking skills. The practice of yoga allowed youth to feel safe, and it increased youth's sense of belonging and community.
- **Focus Groups and Activity Map:** The qualitative results showed that the safe atmosphere of yoga fostered meaningful conversations surrounding mental health and other social issues. Yoga showed several mental health benefits such as improved well-being, emotional balance, a more positive outlook on life, reduced stress and anxiety, and better overall mood. It also helps with youth's resilience, engagement, motivation, and self-confidence. Youth adopted healthier coping strategies and experienced personal growth. It also allowed youth to connect with their peers and adult allies, as well as with their land and culture.

Overall, it is evident that VYFY succeeded in creating a safe space for youth to engage, connect, learn, and grow, all while practicing yoga. The results showed that the yoga mental health curriculum had several benefits on youth's well-being and development.

Methodology

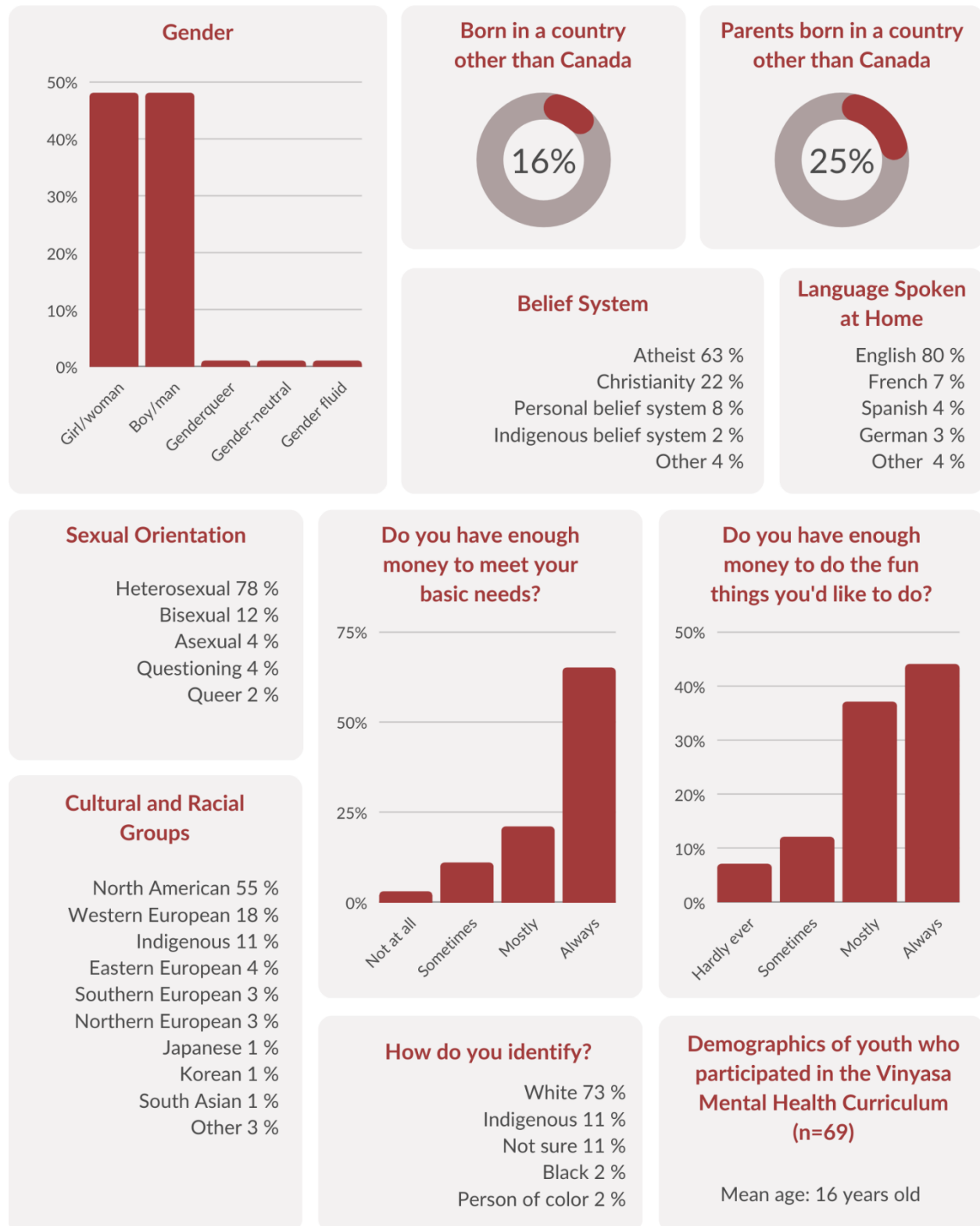
For this evaluation, VYFY used both quantitative (surveys) and qualitative tools (focus groups and activity map) to evaluate the impact of programming.

- **Demographics:** The demographics form looked at key features of participants' identity.
- **Survey:** Youth participants filled out a survey both at the beginning and the end of the six-week mental health curriculum program. The survey looked at youth's mental wellness, feelings of safety, youth engagement qualities, critical thinking, and perception of influence.
- **Focus groups and activity map:** Focus groups and an activity map were administered with youth participants and staff to gain their perspectives on VYFY and the positive outcomes of programming.

Program	Sharing the Stories Tools
Vinyasa Yoga for Youth: Mental Health Curriculum	<ul style="list-style-type: none"> - Demographics (n=69) - Survey (TP1: n=42; TP4: n=59) - Focus groups (n=8) - Activity map (n=17)

The focus groups provided a space for youth and staff to reflect on their experiences, share ideas for improving the program, and share impacts that participation has had on their lives. The focus groups were facilitated by SCC staff and was recorded and transcribed to be analyzed for significant themes with counts of how many times each theme was mentioned. Significant quotes were drawn from the analysis to support the numbers with participants' thoughts, feelings, and personal experiences. Names or identifying information have been removed from the quotes and replaced with denotations such as "[blank]" or a letter in place to insure anonymity.

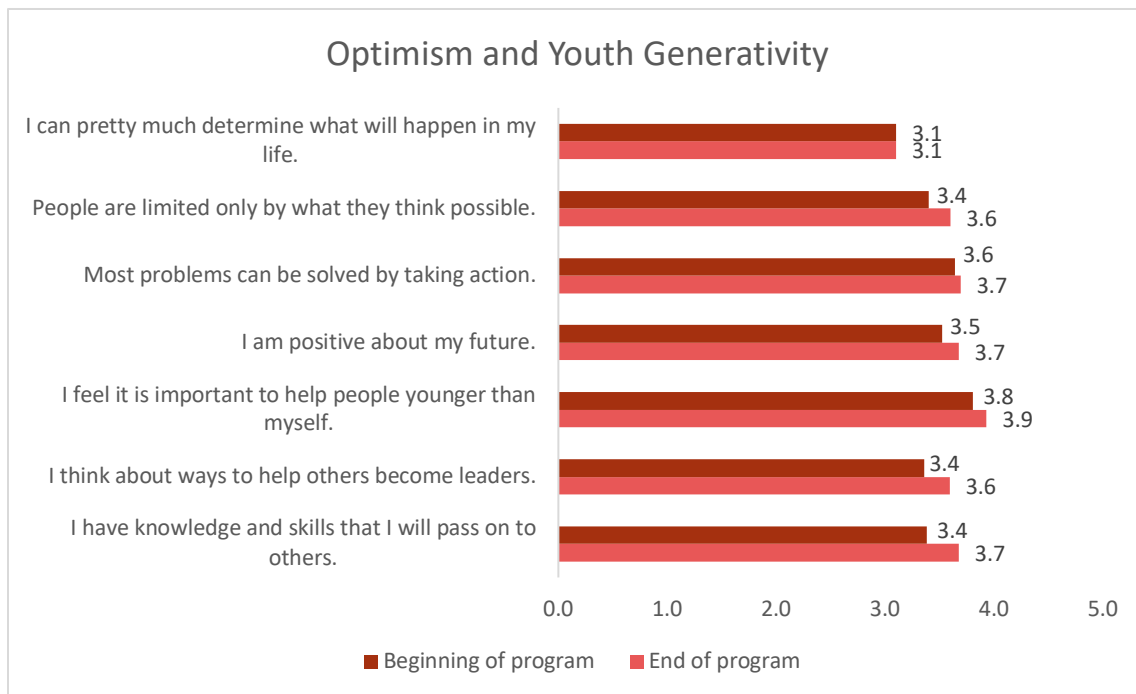
Demographics



Mental Wellness

The first section of the survey looks at youth's mental wellness, which is subdivided into the following components: Optimism and youth generativity (the desire to leave a legacy to the next generation), mental health knowledge, and emotional concerns. For this analysis, the average scores for each question will be compared across timepoints in order to evaluate the impact of VYFY programming.

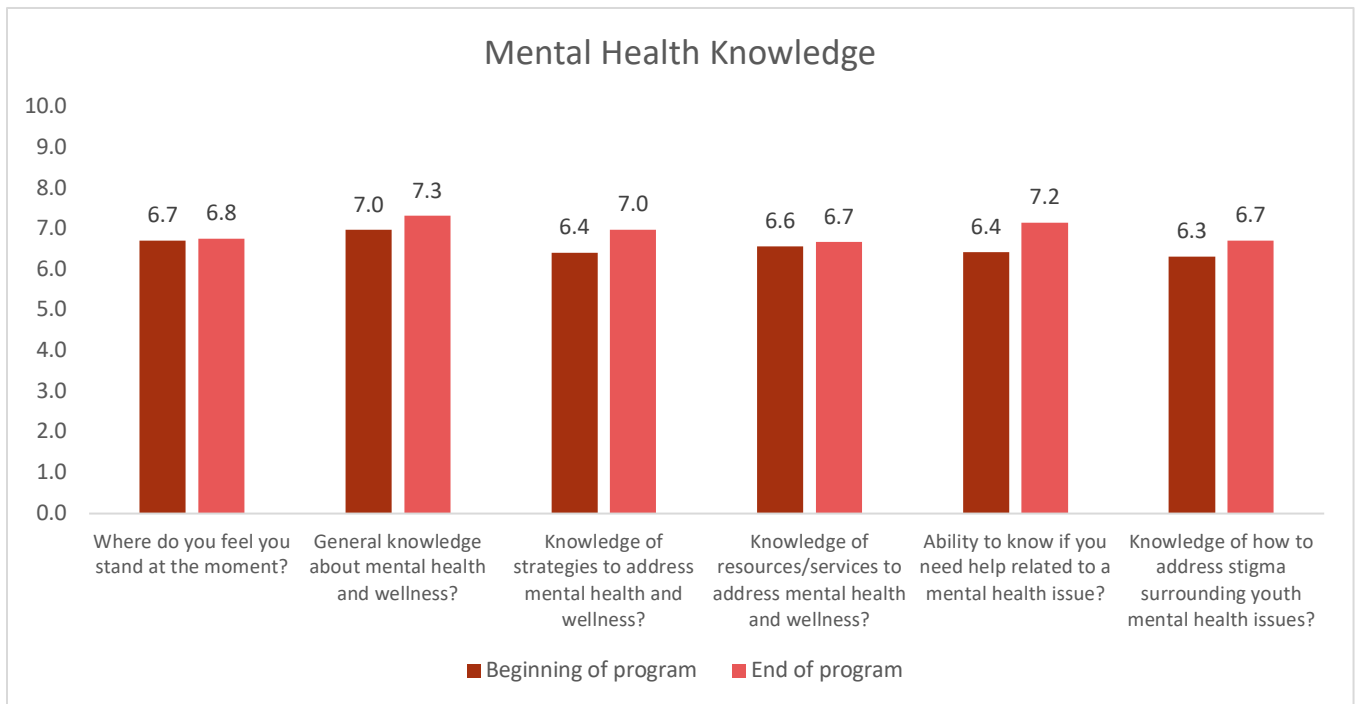
For the first set of the mental wellness questions, youth were asked to rate seven statements on a scale from 1 (strongly disagree) to 5 (strongly agree). The following graph illustrates the average responses across timepoints.



Takeaways for Optimism and Youth Generativity

- Since joining the VYFY program, youth noticed an increase in optimism and generativity (concern for guiding future generations). This means that youth have a more positive outlook on life and their future, and want to help others.
- Youth feel more ready to tackle challenges and to become leaders. Therefore, the results suggest that the program increased youth's leadership, resiliency, and self-confidence.
- These findings align with research which found that yoga contributed to greater optimism, well-being, and perceived self-efficacy (White & Shneider, 2014).

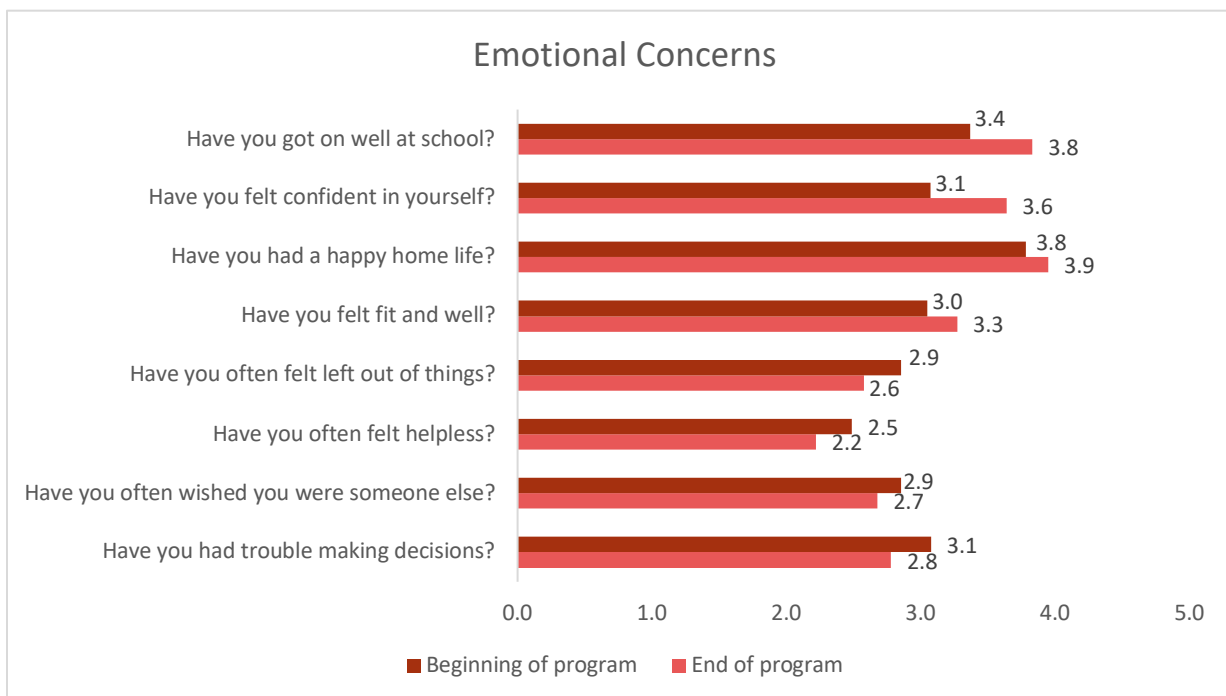
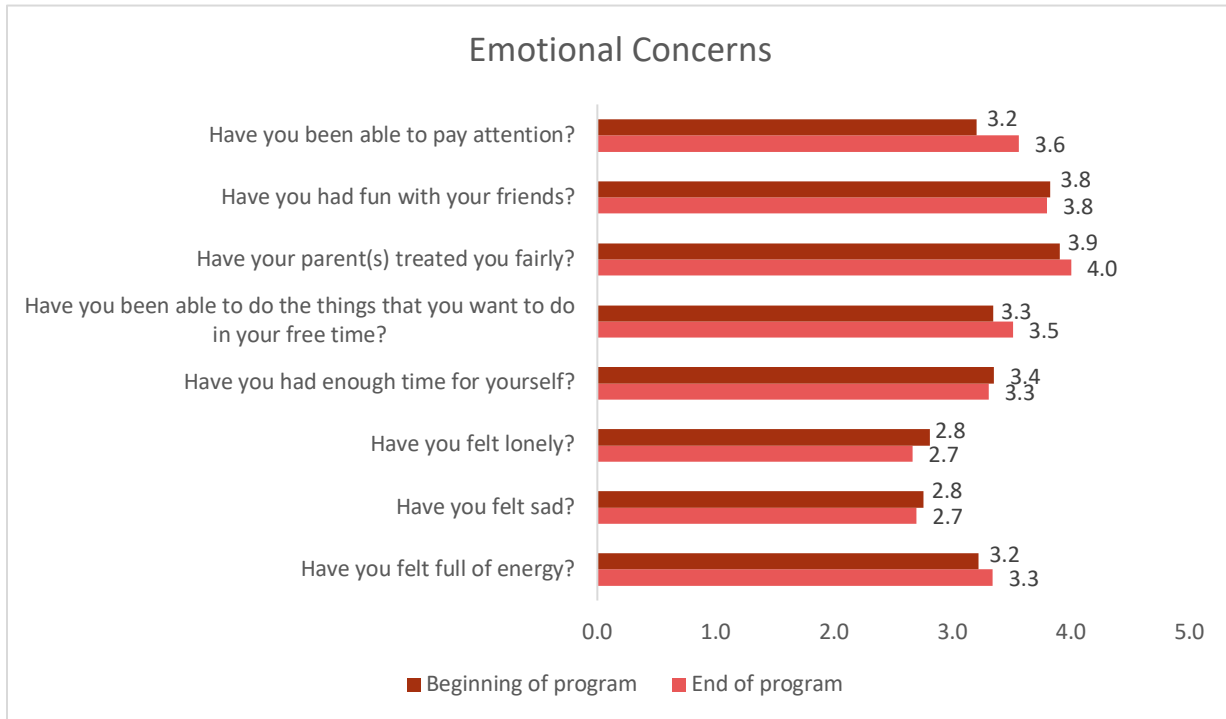
For the next set of mental wellness questions, youth were asked to rate a set of six statements regarding their mental health knowledge on a scale from 1 to 10. The following graph illustrates the average responses across timepoints.



Takeaways for Mental Health Knowledge

- Since the beginning of the VYFY program, youth showed an increase in mental health knowledge. This increased knowledge can help youth cope with their own mental health issues and support others.
- Youth may also feel more confident to navigate mental health resources and services in their community. Youth also have the knowledge to address stigma surrounding mental health issues, which may encourage them to seek help without fear or shame.
- Overall, the results show that VYFY raised awareness on mental health and gave youth the tools to manage their own mental health, support others, and seek help in the community.

For the final set of mental wellness questions, youth were asked to rate 16 statements regarding emotional concerns on a scale from 1 (never) to 5 (always). The following graph illustrates the average responses across timepoints.

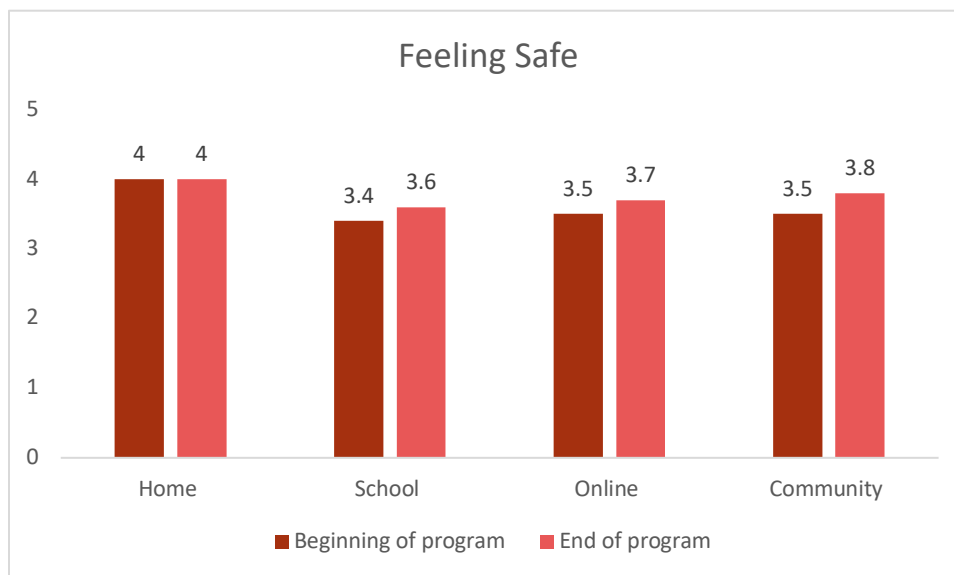


Takeaways for Emotional Concerns

- Since the beginning of the VYFY program, youth noticed an improvement in emotional well-being. This means that youth feel more confident, hopeful, optimistic, and energized.
- Youth revealed that they feel fit and well, and that they feel more confident with themselves. This suggests that the program promoted psychological and physical well-being.
- Youth also said they felt less lonely, depressed, and sad. These findings align with research which found that yoga is helpful for depression (Kinser, 2012).
- Finally, youth also noticed an improvement in attention and decision-making skills, and feel like things are going better at school. This aligns with one study which found that, when a yoga program was included in a school's physical education curriculum, students' grades improved (Slovacek, Tucker & Pantoja 2003).
- Overall, these results demonstrate how incorporating yoga in the school curriculum could have academic benefits for youth as it seems to be playing an important role on various skills that are related to academic success.

Feeling Safe

This following section of the survey looks at youth's perceived feelings of safety at home, school, online, and in the community. The following graphs illustrates the average scores across timepoints.



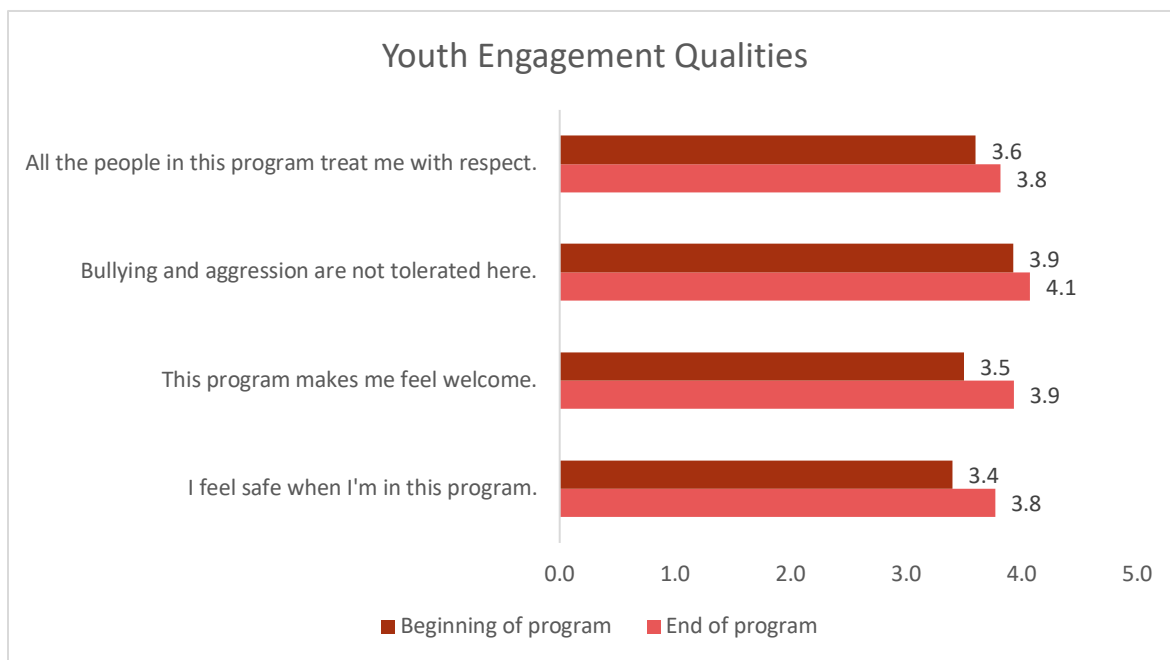


Takeaways for Feeling Safe

- Since the beginning of the VYFY program, youth feel safer in school, online, and in their community. It is possible that the feelings of safety established in the yoga room translated to other spaces.
- Youth feel a greater sense of belonging and connection to their community. They feel like their collaboration skills have improved, and that people in the community are willing to help and support each other.
- Youth also demonstrated greater engagement, as they found more opportunities in the community to get involved.
- The results suggest that the feelings of connection, belonging, and safety in the VYFY program helped youth engage with their community.

Youth Engagement Qualities

The next section of the survey looks at youth engagement qualities and feelings of safety within the program. Youth were asked to rate four statements on a scale from 1 (strongly disagree) to 5 (strongly agree). The following graph illustrates the average scores across timepoints.

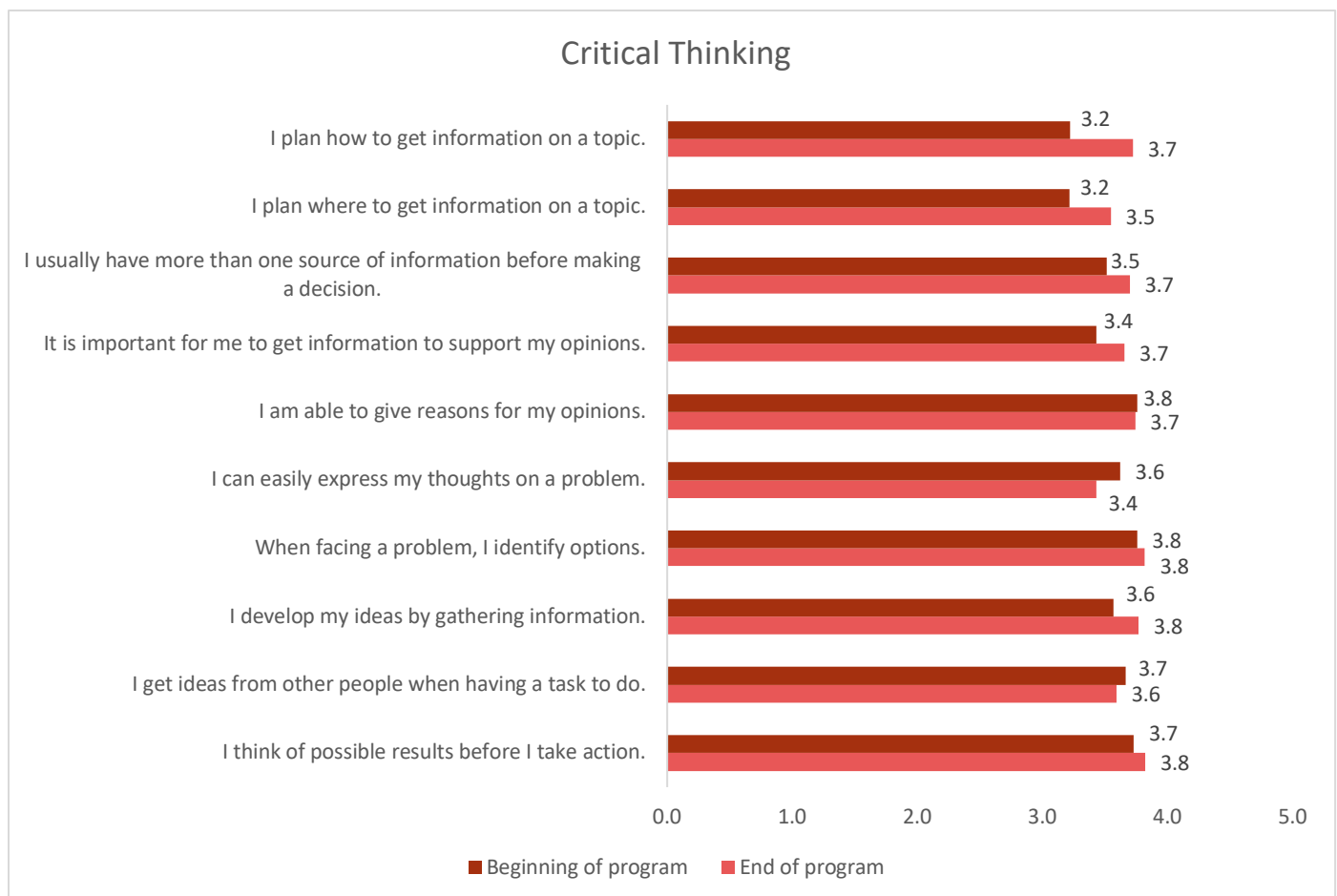


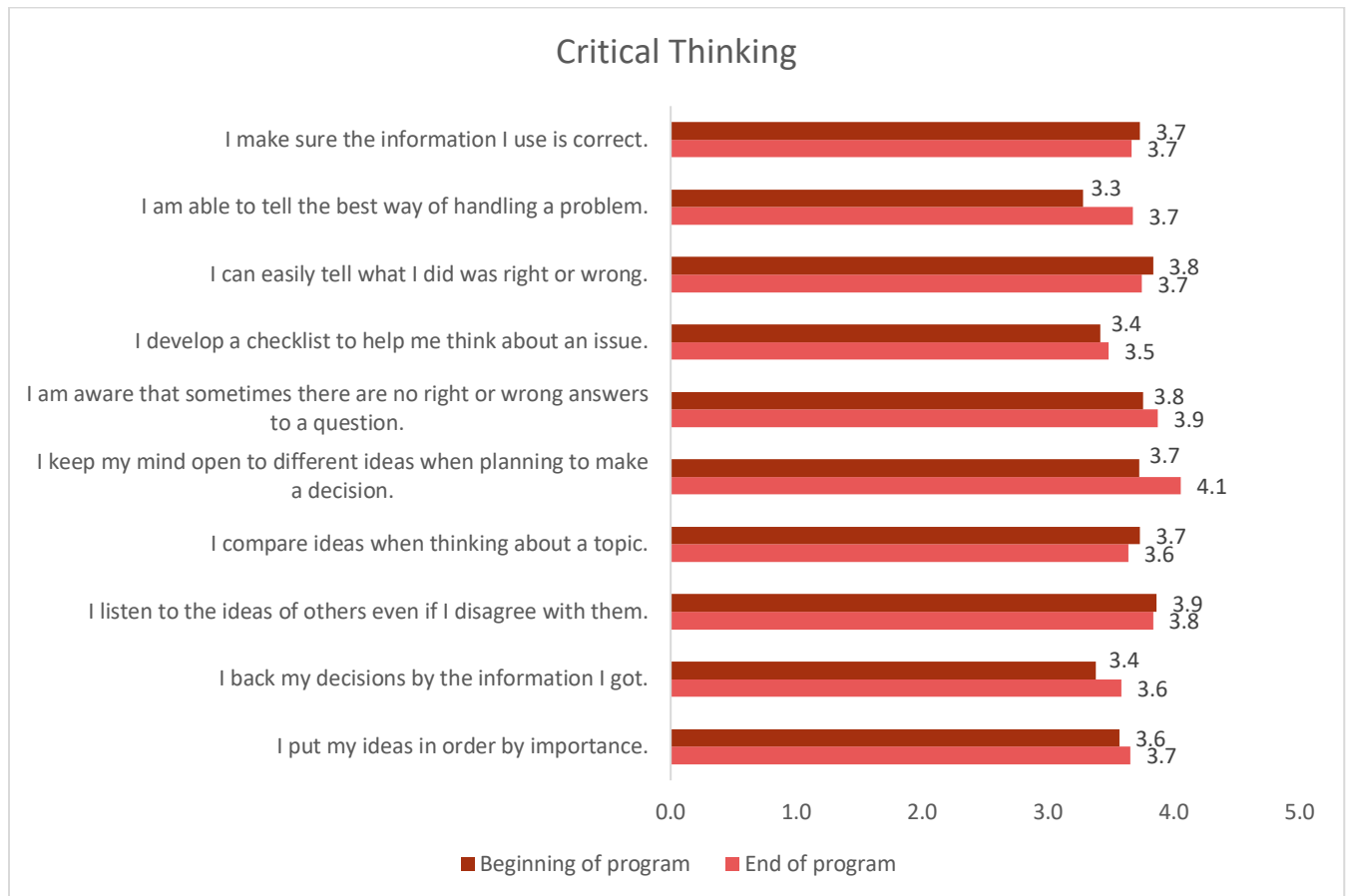
Takeaways for Youth Engagement Qualities

- Since the beginning of VYFY, youth feel even safer in the program. The practice of yoga allowed youth to feel safe, welcomed, included, and respected.
- The program created a safe space where bullying and aggression are not tolerated, and where everyone is treated with equal respect.
- The results show that safe spaces in schools can be created through yoga.

Critical Thinking

The next section of the survey looks at youth's critical thinking skills. Youth were asked to rate 20 statements on a scale from 1 (strongly disagree) to 5 (strongly agree). The following graphs illustrate the average scores across timepoints.



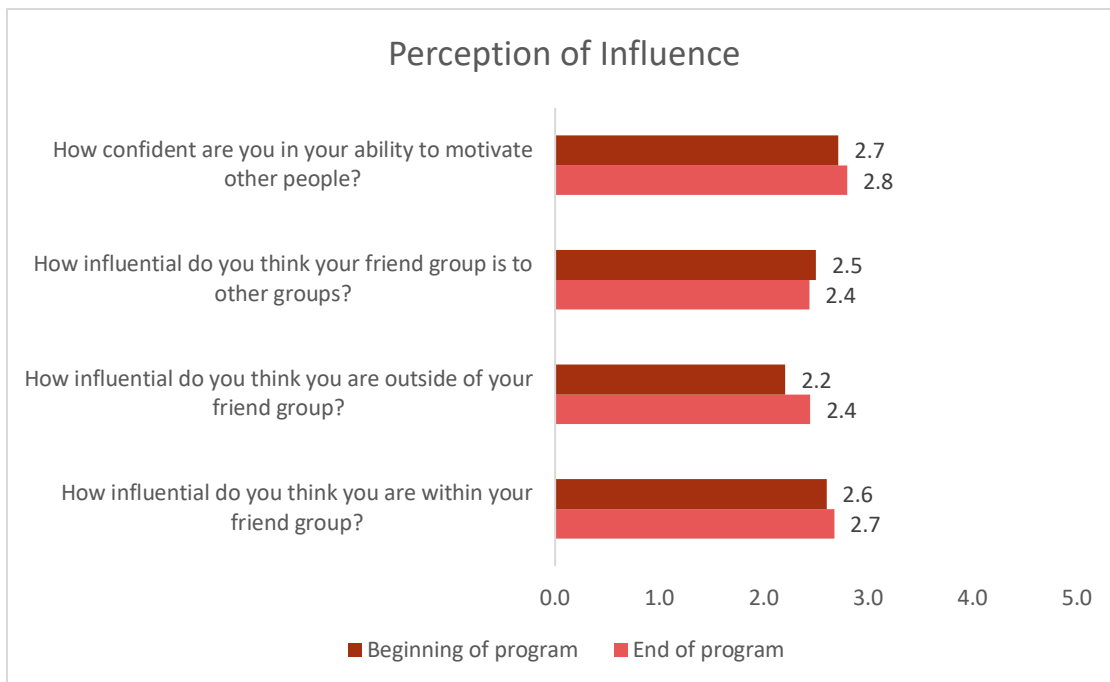


Takeaways for Critical Thinking

- Since the beginning of the VYFY program, many of youth's critical thinking skills improved. This aligns with research which found that yoga had benefits on executive function and cognitive skills (Nangia & Malhotra, 2012).
- Youth feel like they are better able to plan ahead, make decisions, develop their ideas, organize their thoughts, and seek out information. This shows how yoga have many cognitive benefits which may help youth in academics.
- Youth also feel like they are more open-minded to different ideas, and are aware that there are no right or wrong answers to everything. This shows how yoga promoted mindfulness and openness among youth.

Perception of Influence

The final section of the survey looks at youth's perception of influence. Youth were asked to rate four statements on a scale from 1 (strongly disagree) to 5 (strongly agree). The following graph illustrates the average scores across timepoints.



Takeaways for Perception of Influence

- Finally, youth showed a slight increase in their perception of influence. This means that youth feel more confident in their ability to motivate others.
- Nonetheless, the scores remained low, which indicates that youth do not perceive themselves as influential. It is possible that youth interpreted “influence” as “popularity”, especially with the questions regarding friend groups. It is also important to note that perceived social influence does not equate perceived self-efficacy. In other words, although youth may not feel like they have a strong influence, they may still feel motivated to create change and become involved in their community.

Qualitative Results

VYFY held focus groups and an activity map with youth participants and staff to evaluate the positive outcomes of yoga on mental health. The following table illustrates the key themes which came up, as well as the number of times each theme was mentioned. The qualitative analysis will look at the program qualities, individual outcomes, social outcomes, and community outcomes.

Table 1. Qualitative Results

Category	Themes	Frequency
Program Qualities	Safe space	11
	Meaningful conversations	11
	Youth engagement	9
	Mental health transparency	8
Individual Outcomes	Improved mental health and wellness	16
	Calmer and reduced anxiety	11
	Mindfulness	9
	Healthier coping strategies	7
	Personal growth	6
Social Outcomes	Social connections	6
	Positive relationships with teachers	2
Community Outcomes	Connection to land and culture	10
	Appreciation for yoga and holistic health	2

Program Qualities

Youth described several qualities of the VYFY program which they enjoyed, but certain key themes stood out.

Safe space

Through the practice of yoga, the program created a safe space where youth felt comfortable, secure, and calm. Safe spaces can be created in yoga very quickly, given the peaceful ambiance. Moreover, the yoga teachers modeled vulnerability, which made the participants feel comfortable to open up and share. The results show that yoga fosters a sense of safety, community, and connection among youth. This aligns with research that found that yoga can be used to create safe spaces as it fosters acceptance, inclusiveness, and positive embodiment (Cook-Cottone & Douglass, 2017).

I really noticed that safe spaces are something that is able to be created in yoga very quickly. There's something about the circle, the dimmed lights, the honest open check-in, we've had teachers in our sessions modeling vulnerability.

And I've noticed that is like with the phys. ed class, that the more adults there is in the class sharing, the more that it creates a safer space, and it creates a place where youth are more apt to share.

Meaningful conversations

The safe space created by the program offered youth the opportunity to have meaningful conversations on mental health. Youth felt comfortable to open up and share their thoughts and experiences with the group. The sessions held conversations on important issues like mental health, relationships, body image, and substance abuse. These are important topics that impact youth and are not always discussed in the school curriculum. Therefore, the program offers youth with a safe space to have these meaningful discussions and to learn more about the world around them, all while practicing yoga.

Mental health is a topic that they really want to talk about, but don't know where to start. And so, I think having like, some of the evidence around how yoga can help with mental health was a good catalyst to get the conversation started.

Some of the conversations had nothing to do with yoga. We started to talk about friends, and started talking about substances as well. So, we'd go off on some tangents, which I think was great, because, because they were talking and discussing.

Youth engagement

Participants were very engaged with the program and eager to learn more and connect with others. Youth were very engaged in the discussions and curious about learning new yoga poses. Youth saw the mental health benefits of yoga, and felt empowered to continue using the skills they learned in their day-to-day lives.

Some students seemed interested in doing different yoga poses and mentioned they look forward in learning more next week.

The participants were eager to participate in the discussion which was great.

Mental health transparency

The program encouraged openness and transparency about mental health, which helped remove the stigma surrounding it. The program made youth feel safe enough to open up about their mental health issues and share their experiences with others. Youth were able to support each other and share mental health advice. This allowed youth to feel less alone in their mental health challenges, and connect with others through shared experiences. Youth felt good after openly discussing mental health, which may encourage them to seek help for their mental health issues in the future.

The youth were really brave and able to open up and share how different issues are impacting their life.

I just feel like people are at a time and a place now that they're being more open to mental health.

Individual Outcomes

Individual outcomes speak to changes that happen at a personal level, whether it be with staff/team or participant populations.

Improved mental health and wellness

Yoga was found to be a useful tool in youth's mental health and wellness. Youth noticed a real change in their mental health and mood since joining the VYFY program. They learned important strategies to calm themselves down and manage their anxiety. Yoga helped people with a lot of their mental health symptoms, offered them a more positive outlook on life, and improved their overall well-being. This aligns with research which found that yoga improves children's physical and mental well-being (Hagen, 2014). Research also found that yoga in schools helps students improve resilience, mood, and self-regulation skills pertaining to emotions and stress (Hagen, 2014). Thus, yoga promotes psychological well-being and improved mental health among youth.

Some opened up saying that yoga is a way to help with mental health and is a good tool. They felt a real change in their mental health/mood and that they hope to continue on with some of the stuff they learned, even if it was just taking 2 minutes out of their hectic day to step outside, breath, move a bit and take in nature.

This is to support youth in their mental health, because there is still a lot of preconceived ideas that yoga is just stretching.

Calmer and reduced anxiety

Youth enjoyed the meditation and yoga as it made them feel calmer and reduced their anxiety levels. Youth felt more grounded, in-tune with their minds and bodies, and ready to tackle the day. Youth can incorporate the meditation activities in their daily lives to help deal with stressors. This aligns with research which showed that yoga was related to a decrease of symptoms of anxiety and depression in children and adolescents (Weaver & Darragh, 2015). Thus, yoga is an important life skill tool for children and young people to cope with stress.

The youth that stayed back mentioned that they really enjoyed the meditation in which they were left feeling centered, calm, ready to tackle the day.

Everything's calmer when you're doing yoga. Everything's not like, crowded background and all that.

Mindfulness

Youth learned about the value of mindfulness, self-reflection, and introspection. They had the opportunity to turn off their minds and turn inwards and focus on themselves. This allowed youth to reclaim a part of themselves, and to gain a deeper understanding of who they are as a person and their place in this world. Youth reflected on their lives and their experiences, and gained a sense of understanding and enlightenment after the meditation exercises. This mindful connection with oneself is vital in fostering positive youth development, inner strength, emotional balance, and a healthier mental well-being (Hagen, 2014).

We turned the lights completely off and spread out and the youth were really able to turn inwards. We really took the time to center in and focus on the self.

They're reclaiming a part of themselves, and they feel good about it, you know? They're like, oh, no, like, this is, like reflecting on themselves, but having like the paper to sort of look it over. I think it's a really, really cool exercise and youth to respond well to it.

Healthier coping strategies

The VYFY program offered youth healthier coping strategies. Youth now have the tools to cope with stressors in their day-to-day lives. Youth explained how the breathing and mindfulness techniques helped them when they felt stressed or angry. It is important for youth to adopt these healthy coping strategies rather than other unhealthy coping mechanisms, such as substance abuse and other reckless behaviors. This aligns with previous research which found that using yoga to cope with stress can promote positive health outcomes (Tellhed et al., 2019).

Some youths were very thankful and found the information shared during the session very useful. One youth opened up saying now they have tools to get them through stressful situations in every day-to-day life.

Usually when like I'm stressed out or angry, the breathing can and help, like calm me down.

Personal growth

Due to the safe and supportive atmosphere of the program, youth were able to experience personal growth. The yoga gave them the opportunity to look inwards and learn more about themselves and become the best version of themselves. Youth developed a more positive outlook on life, and noticed a change in their behaviors and attitudes. Youth said they have less of an attitude, and they feel more grounded and in-tune with their feelings. Youth also felt more empowered and perseverant, and learned that they can succeed anything if they try hard enough. The program increased youth's engagement, self-confidence, and motivation.

I feel differently about myself because I found that I can be around my friends even being in nature or doing yoga. You learn more about yourself and others.

It definitely changed my behaviors and attitudes. I didn't have much attitude after that.

Social Outcomes

Social outcomes speak to changes or maintenance of relationships, connections, and networks experienced by youth participants.

Social connections

Youth described a sense of community and belonging in the VYFY program. Youth expressed gratitude for sharing a safe space and connecting with like-minded individuals. The program offered youth a chance to have fun with friends and learn things they wouldn't normally learn at school. Yoga promotes healthy close relationships and connection, which are vital components to healthy youth development.

I think it would have an impact on the community because you get to do stuff with your friends you don't usually get to do and you didn't have a lot more fun or learn more stuff than you would just at school.

The youth who were present mentioned a few times how grateful they were for being in the room with likeminded peers without distractions. I think having more participants this week helped with the flow of the yoga sequences and gave a sense of community during the practice.

Positive relationships with teachers

Teachers contributed to the creation of the safe space through their own vulnerability and openness which made youth feel comfortable. Teachers showed that they truly cared about the participants and were very supportive. This safe ambiance allowed youth to trust adults and form meaningful and trusting relationships with adult allies.

Lucked out because I think the teacher that I work with is [name], and she's very kind, big heart, and really cares about the kids, the youth, students, participants.

The teacher modeled extreme vulnerability and openness and sharing about their own, you know, superpowers and health issues. And so, the more adults that were like talking really honestly, the more it was like, okay, we've just like up leveled safe space.

Community Outcomes

Community outcomes speak to changes that affect a wider range of people in the community.

Connection to land and culture

Youth enjoyed practicing yoga outdoors as it made them feel more connected to the land and nature. They found that the sound of nature was very relaxing and therapeutic, and they felt mindful of their surroundings. Youth also said that yoga helped them feel more connected to their Indigenous culture, and they had many conversations on the links between culture and yoga.

The students loved practicing outside today, commenting on the trees and grass. I think the outside space is great for the Summer. Another youth shared that he loved the outside setting. He had practiced yoga before but never outside and he felt it really helped with relaxation.

One person in particular was really chatty and really wanted to build a connection with me, and so we had a lot of conversations about yoga. They are Indigenous, they were curious about how their culture links to yoga. We played a lot with the singing bowl, it was very interested in how that works.

Appreciation for yoga and holistic health

Finally, the VYFY program contributed to a shift in the community and a deeper appreciation for yoga and holistic health. The program showed many people the benefits of yoga for mental well-being, and inspired many people to continue practicing yoga and mindfulness. The program could benefit many people in the community who feel stressed out, and offer them the chance to relax and connect with their mind and body.

We've seen a shift in the community, I'm not saying it's all due to me, it's due to other people moving into the community as well that are interested in yoga and have a background in it. But yeah, I've seen that shift in the community.

I think it would benefit some people that have anger problems or are stressed out. It would calm them, taking that chance to relax and listen to the world.

Conclusion

The purpose of this report was to evaluate the outcomes of the Vinyasa Yoga for Youth (VYFY) mental health curriculum and the impact of yoga on youth's mental health. Overall, it is evident that VYFY succeeded in creating a safe space for youth to engage, connect, learn, and grow, all while practicing yoga. The mental health curriculum had several benefits on youth's well-being and development.

The safe atmosphere of yoga fostered important conversations surrounding mental health and other social issues. Yoga showed several mental health benefits such as improved well-being, emotional balance, a more positive outlook on life, reduced stress and anxiety, and better overall mood. It also increased youth's resilience, optimism, leadership, engagement, motivation, and self-confidence. Youth adopted healthier coping strategies and experienced personal growth.

Youth noticed an improved in both physical and psychological well-being, as they felt better with themselves and more hopeful for the future. The results demonstrated that VYFY raised awareness on mental health issues and gave youth the tools to manage their own mental health, support others, and seek help in the community. The practice of yoga allowed youth to feel safe, and increased youth's sense of belonging and community.

The results showed academic benefits to yoga, as it helped with youth's attention, decision-making, and critical thinking skills. Parents, teachers and school administrators alike are starting to recognize the mind-body benefits of yoga, which can help kids concentrate, regulate their emotions and cooperate with others, all while being physically active. One study found that when a yoga program was included in a school's physical education curriculum, students' physical fitness, behavior and grades improved (Slovacek, Tucker & Pantoja 2003). The findings discussed in this report goes in the same direction.

Yoga provides training of mind and body to bring emotional balance. Children and young people need such tools to listen inward to their bodies, feelings, and ideas in order to foster self-awareness and personal growth (Hagen, 2014). Through the practice of yoga, classrooms can be transformed into safe spaces to have meaningful conversations and connection. We hope to see yoga integrated in children's daily lives at school to cope with stress and promote mental well-being.

Youth voice gathered in this report can help to better understand the reality of these youth, the impact of a yoga program, and can help to develop and improve similar programs that are beneficial for youth. Our recommendation is to discuss the present results with youth in the community to see if this data portrays what they are experiencing.

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Appendix

Survey Questions

Mental Wellness

Questions	TP1	TP4
1. I have knowledge and skills that I will pass on to others.	3.4	3.7
2. I think about ways to help others become leaders.	3.4	3.6
3. I feel it is important to help people younger than myself.	3.8	3.9
4. I am positive about my future.	3.5	3.7
5. Most problems can be solved by taking action.	3.6	3.7
6. People are limited only by what they think possible.	3.4	3.6
7. I can pretty much determine what will happen in my life.	3.1	3.1
8. Where do you feel you stand at the moment?	6.7	6.8
9. General knowledge about mental health and wellness?	7.0	7.3
10. Knowledge of strategies to address mental health and wellness?	6.4	7.0
11. Knowledge of resources/services to address mental health and wellness?	6.6	6.7
12. Ability to know if you need help related to a mental health issue?	6.4	7.2
13. Knowledge of how to address stigma surrounding youth mental health issues?	6.3	6.7
14. Have you felt full of energy?	3.2	3.3
15. Have you felt sad?	2.8	2.7
16. Have you felt lonely?	2.8	2.7
17. Have you had enough time for yourself?	3.4	3.3
18. Have you been able to do the things that you want to do in your free time?	3.3	3.5
19. Have your parent(s) treated you fairly?	3.9	4.0
20. Have you had fun with your friends?	3.8	3.8
21. Have you been able to pay attention?	3.2	3.6

22. Have you had trouble making decisions?	3.1	2.8
23. Have you often wished you were someone else?	2.9	2.7
24. Have you often felt helpless?	2.5	2.2
25. Have you often felt left out of things?	2.9	2.6
26. Have you felt fit and well?	3.0	3.3
27. Have you had a happy home life?	3.8	3.9
28. Have you felt confident in yourself?	3.1	3.6
29. Have you got on well at school?	3.4	3.8

Feeling Safe

Questions	TP1	TP4
1. I feel safe at home.	4	4
2. I feel safe at school.	3.4	3.6
3. I feel safe online.	3.5	3.7
4. I feel safe in my community.	3.5	3.8
5. In this community, there are enough opportunities to meet other youth.	3.5	3.5
6. In this community, young people can find many opportunities to entertain themselves.	3.4	3.6
7. In this community, there are many events and activities, which are able to involve young people like me.	3.3	3.4
8. People in my community support each other.	3.4	3.6
9. People in my community are willing to help each other.	3.4	3.8
10. People in my community collaborate together.	3.5	3.7
11. I think my community is a good place to live in.	3.7	3.7
12. I feel like I belong to my community.	3.3	3.6

Youth Engagement Qualities (Safe Environment)

Questions	TP1	TP4
1. I feel safe when I'm in this program.	3.4	3.8
2. This program makes me feel welcome.	3.5	3.9
3. Bullying and aggression are not tolerated here.	3.9	4.1
4. All the people in this program treat me with respect.	3.6	3.8

Critical Thinking

Questions	TP1	TP4
1. I think of possible results before I take action.	3.7	3.8
2. I get ideas from other people when having a task to do.	3.7	3.6
3. I develop my ideas by gathering information.	3.6	3.8
4. When facing a problem, I identify options.	3.8	3.8
5. I can easily express my thoughts on a problem.	3.6	3.4
6. I am able to give reasons for my opinions.	3.8	3.7
7. It is important for me to get information to support my opinions.	3.4	3.7
8. I usually have more than one source of information before making a decision.	3.5	3.7
9. I plan where to get information on a topic.	3.2	3.5
10. I plan how to get information on a topic.	3.2	3.7
11. I put my ideas in order by importance.	3.6	3.7
12. I back my decisions by the information I got.	3.4	3.6
13. I listen to the ideas of others even if I disagree with them.	3.9	3.8
14. I compare ideas when thinking about a topic.	3.7	3.6
15. I keep my mind open to different ideas when planning to make a decision.	3.7	4.1
16. I am aware that sometimes there are no right or wrong answers to a question.	3.8	3.9
17. I develop a checklist to help me think about an issue.	3.4	3.5
18. I can easily tell what I did was right or wrong.	3.8	3.7

19. I am able to tell the best way of handling a problem.	3.3	3.7
20. I make sure the information I use is correct.	3.7	3.7

Perception of Influence

Questions	TP1	TP4
1. How influential do you think you are within your friend group?	2.6	2.7
2. How influential do you think you are outside of your friend group?	2.2	2.4
3. How influential do you think your friend group is to other groups?	2.5	2.4
4. How confident are you in your ability to motivate other people?	2.7	2.8