



Age: Middle & High School

Trauma Informed: Yes

Program Setting: Flexible

Duration: 14 Chapters (30–50 minutes each)

Cost: Free

Training Required: No

Youth Spirit Program

The Youth Spirit Program (YSP) is a culturally grounded life skills curriculum adapted from the Healing of the Canoe (HOC) project to provide youth with the opportunity to develop skills to help them make choices that motivate positive actions, while avoiding the hazards of alcohol, tobacco and other drugs.

Chapter Summary

Chapter 1 - The Importance of Tradition & History

Chapter 2 - Who am I: Beginning at the Center

Chapter 3 - Media Literacy

Chapter 4 - Community Help & Support

Chapter 5 - Moods & Coping with Emotions

Halftime Break! Note to Facilitators

Upcoming Lesson: Suicide Prevention

Chapter 6 - Staying Safe - Suicide Prevention

Chapter 7 - Seeking Help for Myself & Others

Chapter 8 - Who will I Become? Goal Setting

Chapter 9 - Overcoming Obstacles: Solving Problems

Chapter 10 - Listening

Chapter 11 - Effective Communication: Expressing Thoughts & Feelings

Chapter 12 - Safe Journey without Drugs & Alcohol

Chapter 13 - Indigenous Leaders

Chapter 14 - Honoring Ceremony

For more information, contact:

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The Swinomish Indian Tribal Community