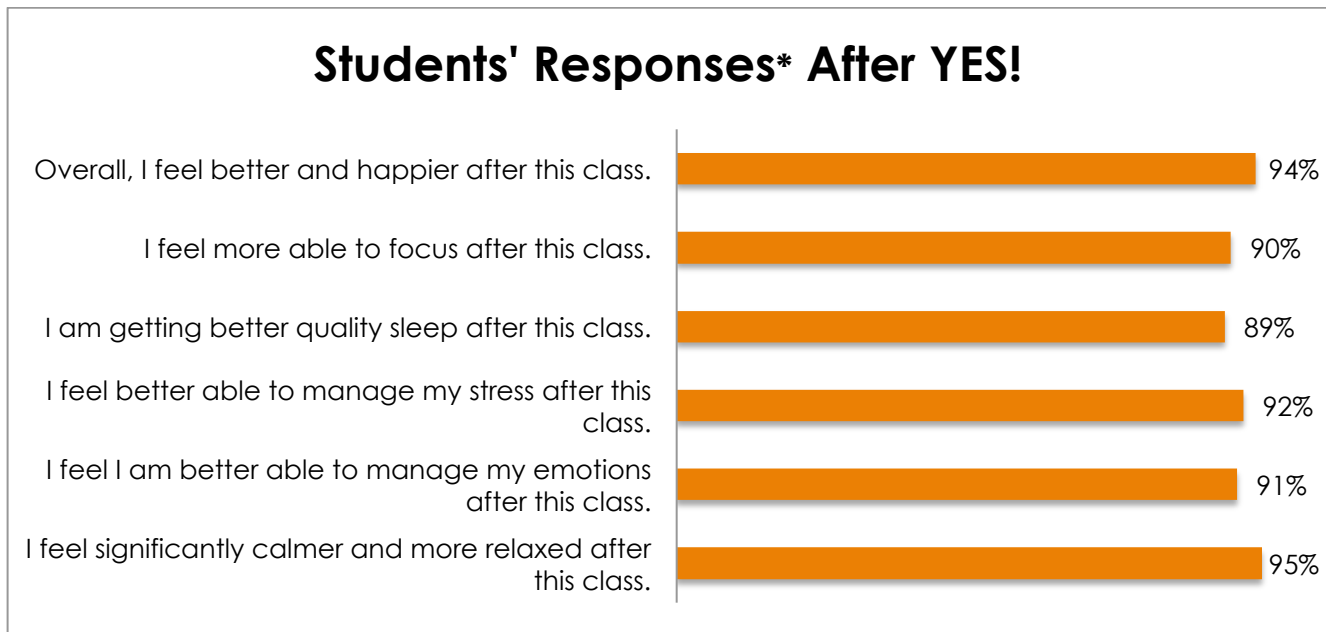


YES! has reached tens of thousands of children.

Since 2004, the YES! SEL workshop has been delivered to **over 55,000** students. In the 2013-14 school year, YES! was taught to 8,753 students and 730 Educators across the United States. In the 2014-15 School Year, YES! began implementing a daily yogic breathing intervention to 1,300 students in the Greater Metropolitan NY Area.

YES! improves the daily inner lives of children.

To date, students' self-reporting in post-program surveys has shown consistently compelling outcomes. In a post-course assessment of 18 YES! schools nationwide, **76-85% of the 7,333 students surveyed showed significant improvement in six focus areas: mood and feelings, calm state of mind, focus and concentration, anger and frustration, ability to sleep, stress and worry.**



*From students in one school who participated in YES! in August 2015.

44% of high school students in Milwaukee reported an **increase in caring and cooperative behavior** after taking YES!.

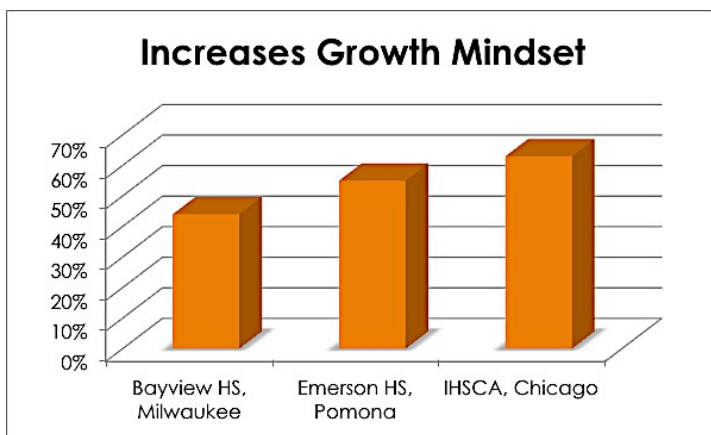
Within the first few weeks of YES!, **71%** of students in Big Picture reported "**My mind feels clear**" and **64%** of students reported feeling **calm after Daily Breathing**. By the end of two months, **68%** of students were reporting "I have **felt self-control** most of the time" and **77%** of students reported "**I can think of at least one time in the past week when I used a breathing technique to help me.**"

YES! reduces aggressive tendencies.

William C. Overfelt High School in San Jose, CA provided data showing **38% reduction in violent incidents, 28% reduction in disruptive behavior, 45% reduction in drug and alcohol use, and 45% reduction in suspension hours**, over a two-year period of offering YES! for Schools.

Students at Bayview High School in Milwaukee reported the following: **39% decrease in aggression and fighting, a 37% decrease in bullying behavior, and a 49% statistically significant decrease in anger**¹.

YES! students report increased growth mindset* and decreased perceived stress.



*Research has shown that the mindsets that students hold about their intellectual ability can have a significant impact on their motivation and success in school. When students have a growth mindset, in which they believe that intelligence can be developed (for example through effort and instruction) they seek more learning goals and challenges, see effort as a positive behavior, are more resilient in the face of failure, and achieve higher academic outcomes.

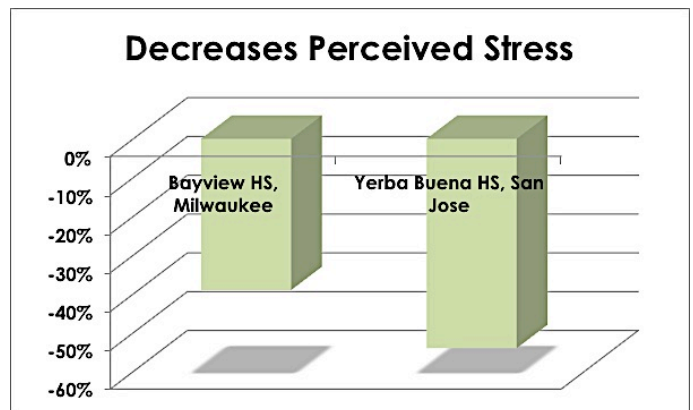
What happens when YES! Is in the building

When YES! entered East Side High School in Newark, NJ, in the spring of 2008, little more than 20% of ESH students were making **Adequate Yearly Performance**. At the end of 2013, it was **over 90%**. The number of students on **honor roll rocketed from less than 100 to over 500**.

YES! Is changing the way students, teachers, and schools are handling conflict.

Students and teachers report that they are **handling difficult issues together**, using breathwork, meditation, and YES! rather than pushing them out of sight with suspensions and detentions.

As a result, the Talent Development program in Newark, NJ saw a **90% drop in formal disciplinary actions**. At Dodd Middle School in New York, the **entire school saw formal disciplinary actions drop by 40%**².



¹ Based on the Modified Aggression Scale, from the CDC's Violence Prevention Compendium of Assessment Tools. All percentages are based on pre- and post- data collection.

YES! FOR EDUCATORS

In a recent Educators' Course that was offered as professional development for the entire staff at East Side High School in Newark, NJ, the results were tremendous. **100% of teachers surveyed reported:** "This course was a good investment of my time," "I would recommend this course to my peers as they would benefit from it," "The experiential nature of this program makes it more impactful as compared with other courses," and "I enjoyed participating in the various processes and discussions in the course and found them valuable." 94% reported "The course offers innovative and useful tools for my personal growth." and "This program has been a valuable addition to our training curriculum."

When asked to reflect on the course, 100% reported that they could see how YES! techniques taught can: "Increase my energy levels," "Enhance my clarity of mind and focus," and "Improve my ability to remain calm in difficult situations". 94% reported that the techniques "Increase connectedness with my colleagues." and "Help me feel connected to my creativity and personal freedom." 84% reported that it "Renewed motivation and engagement in working with youth."

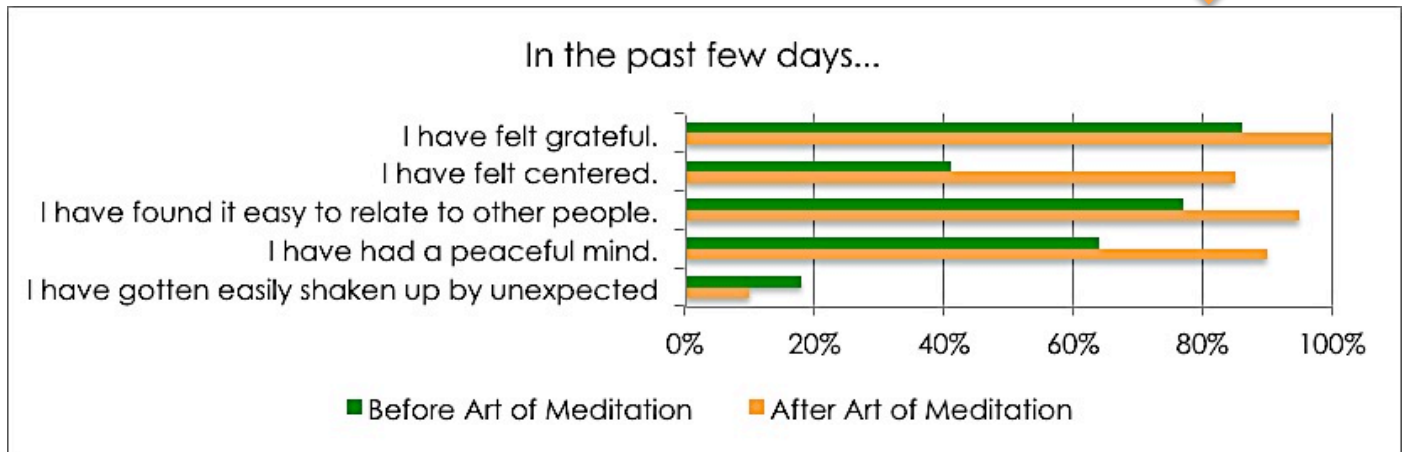
Art of Meditation Course

100% of participants reported that they would recommend the course to others.

100% also reported that they were committed to practicing meditation at least once a day.



What do you see happening in a school that meditates?



² Consistently, year-over-year.

Effects of the Youth Empowerment Seminar on Impulsive Behavior in Adolescents³

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Abstract

Purpose: As impulsivity during adolescence predicts health-risk behaviors and associated harm, interventions that attenuate impulsivity may offer protection. We evaluated effects of the Youth Empowerment Seminar (YES!), a bio-psychosocial workshop for adolescents that teaches skills of stress management, emotion-regulation, conflict-resolution, and attentional focus, on impulsive behavior.

Methods: High-school students (14-18 years old) in the United States participated in YES! during their physical education classes. Students in a control group attended their usual curriculum and were tested in parallel. Items from the Barratt Impulsiveness Scale (framed to reflect recent behavior) were used to assess students' behavior before and after they underwent the program.

Results and Conclusions: Compared with the control group, YES! participants reported less impulsive behavior after the program. The results suggest that YES! can promote mental health in adolescents, potentially protecting them from harmful coping behaviors.

Implications and Contribution: The study indicates that adolescents undergoing the YES! program show reduced impulsive behavior. Given the link between impulsivity and harmful coping behavior, the program may be protective against risk behavior detrimental to adolescent health.

The Upward Spiral of Positive Emotions, Social Connections and Health

People who experience warmer, more upbeat emotions may have better physical health because they make more social connections, according to a new study published in [Psychological Science](#).

To study the bodily effects of up-regulating positive emotions, the researchers zeroed in on vagal tone, an indicator of how a person's vagus nerve is functioning. The vagus nerve helps regulate heart rate and is also a central component of a person's social-engagement system. ([YES! for Schools' breathing techniques are designed to target the vagus nerve.](#))

According to the UNC Chapel Hill study, people who have a **higher vagal tone** tend to be **better at regulating their emotions**. Participants who entered the study with higher vagal tone showed steeper **increases in positive emotions** over the course of the study. As participants' positive emotions increased, so did their reported **social connections**. As social connections increased, so did vagal tone. In contrast, participants in the wait-list group showed virtually no change in vagal tone over the course of the study.

The study concluded that positive emotions may be an essential psychological nutrient that builds health, just like getting enough exercise and eating leafy greens.

From an educational perspective, this is great news. We all want our students (and ourselves!) to self-regulate, enjoy positive emotions, feel connected, and have healthy hearts!

³ Appeared in *Journal of Adolescent Health* in April 2013.

DAILY INTERVENTION RESEARCH

Independent research has shown that SKY Meditation* and related practices significantly:

- Reduce levels of stress (reduces cortisol – the “stress” hormone)
- Benefit the immune system
- Relieve anxiety and depression (mild, moderate, & severe)
- Enhance brain function (increases mental focus, calmness, and recovery from stressful stimuli)
- Enhance health, well-being, and peace of mind
- Relieves Post Traumatic Stress Disorder (PTSD) Symptoms
- Affects the mind-body system at a molecular level.

**NOTE: SKY Meditation refers to versions of the specialized Advanced Breathing Techniques employed in YES! for Schools programs for adults and which have been modified for youth.*

Daily Multiple Interventions have been shown to have the following effects*:

- 21% increase in high school graduation rate.
- 10% improvement in test scores and GPA.
- Increased attendance and decreased suspensions for high school students.
- Reduced ADHD symptoms and symptoms of other learning disorders.
- Increased intelligence and creativity.
- 40% reduction in psychological distress, including stress, anxiety and depression.
- Reduction in teacher burnout and perceived stress

**Source: 1440 Foundation - <http://1440.org/>*