



# UNDERSTANDING THE PURPOSE OF LIFE FOR YOUTH

## 12 TEACHINGS FOR NATIVE YOUTH: THE IMPORTANCE OF EDUCATION AND FINDING OUR PURPOSE (RECOMMEND FOR YOUTH AGES 12- 17)



**Trains caring adults to assist our youth and help them develop their cultural consciousness, a sense of direction, create and implement healthy lifestyle and choices, and to help them recognize their purpose that can create meaning and identity for their lives.**

The Elders' wisdom forms the basis for this program. All living beings have a purpose. Young people are warriors-in-training.

Our communities form a Forest. When all the "trees" in the forest are healthy, we are living in a Healing Forest.

We need to live in harmony with the laws, principles, and values to have balance in our life. Everything in the universe was created with a purpose.

The Creator gives everyone gifts to help them fulfill their purpose. We may not know that the things we love to do are our gifts. When we use our gifts in the service of our community, our gifts grow.

### Our Culture Holds the Secrets

Our Traditional values were passed from generation to generation for thousands of years through our sacred songs, language, and our ceremonies. Nature is our teacher. Our people have strong ties to the spiritual world. Our purpose is to serve the People and be of maximum use to the Creator. Our people are wounded. Our gifts can help our people make a Healing Journey.

### Objectives

Upon completion of this 12 -16 week process youth will understand:

- Intergenerational Trauma and Why Our Communities Are the Way They Are
- The Guided Journey of the 4 Visions: Prayer, Purpose, Perseverance, and Passion
- The Healing Forest Model
- Self-talk and Affirmations
- The Power of Choice and Free Will
- Spiritual Principle of Drive, Purpose, Gifts, Character
- Create a Change plan
- The Mind Changer - Myths and Messages
- Natural Order and Interconnectedness

### Outcomes

Youth have a high dropout rate, the need for cultural knowledge, and the inability to set and accomplish goals.

This training will implement problem-solving tools, cultural capacity building, and program activities.

Our Youth will have an increased sense of community, build their confidence and know their identity.

### Understanding the Purpose of Life Cultural Logic Model:

- Solve American Indian Youth Low Graduation Rate
- Cultural Capacity Building
- Develop Cultural Consciousness
- Develop Sense of Direction
- Cultural Program Activities
- Weekly Talking Circles
- Ceremonial and Cultural Activities
- Cultural Outputs and Milestones
- Attendance
- Completion
- Working Knowledge of Cultural Values
- Cultural Outcomes
- Increased Sense of Community
- Confidence in Self and Future
- Increase in Graduation for both High School and College

**24 Continuing Education Hours  
NAADAC Provider #64009**