



Success Stories

BREATHING LIFE
INTO
EDUCATION

ADDING VALUE TO EDUCATION

Today, every parent envisions that their child grows up to be a well educated and happy human being with good values.

How can we introduce and sustain the human values of kindness, compassion, caring and sharing into our education system? How can we ensure that education will nourish the inbuilt virtues of a child and that every child will learn to be friendly and giving even in a competitive environment? Is education only about getting good grades so that one can secure a good job later - or is it about laying the foundation for long-term prosperity of the society as a whole?

Education must not only instill in students an appreciation for English, Mathematics and Science but also a respect for all people, cultures and traditions, as well as for the natural environment. A good system of education must instill self-esteem and creativity. It must include physical activity and practical tools to help students manage their mind and emotions.

It is time that we come together to identify ways and means of restoring the respect, honor and dignity to education. The need of the day is a broad-minded education accompanied by a warm and caring heart. It is of no use if one acquires a good education and then begins to look down upon others - or just engage in building wealth for oneself.

A well-educated person is one who is friendly and compassionate, and is capable of selfless action. A complete education is one that empowers the individual to make their local community stronger and to make the world a safer and happier place to live.

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IHSCA Chicago Success Story

PROGRAM DESCRIPTION

The YES! for Schools program at the Instituto Health Sciences Career Academy (IHSCA) began during the summer 2010 orientation with 180 incoming freshman. At the end of the summer program students petitioned to keep YES! as a part of their regular school day. As a result, IHSCA hired a YES! teacher as a full time staff member. The YES! program expanded during the 2011-2012 school year with all 360 students practice the YES! breathing techniques on a daily basis.



This year IHSCA also implemented something called Empowerment 10's, which are 10 minutes of relaxation techniques at the beginning of the first period, and 10 minutes of relaxation techniques after lunch. The Empowerment 10's are lead by YES! students mentors. Additionally, all the teachers at IHSCA have taken the IAHV Educator's Course.

STUDENT QUOTES

"I learned how to relax, and to be stress free." Moises Contreras, freshman

"It made me forget about my problems." Henry Jimenez, freshman

"It helped me relax, and now when my parents yell at me, I do the breathing and I can deal with it." Maria Villarreal, sophomore

"I used to get mad all the time, I had anger issues, and since I started doing it, I don't get mad anymore." Liliana Mondragon, freshman





IHSCA Chicago Success Story

EDUCATOR QUOTES

"Before our last interim assessment test, my students asked if they could do the focus techniques before we took the test. I was so surprised by how seriously my students took the breathing, and it was amazing to see the value that they place on the techniques." Ms. Sara Bellus, Math Teacher

"With the help of Emily and Linda, the YES! program has greatly changed the way in which my students behave in the classroom. It has such a calming effect on my 9th grade students and they can stay focused and on task for a longer period of time." Ms. Jodi Marasovich, Math Specialist

"Probably the best result from the Empowerment 10's has been observing student mentors taking leadership and control of the sessions. They have really stepped up and engaged all the students. Thank you for that!" Ms. Peggy Monachino, English Teacher

SERVICE PROJECTS

In the 2011-2012 school year, the YES! mentors volunteered for a 5K WALK for AIDS Prevention on a Saturday morning. Several weeks later they held a National Latino Aids Awareness Day event at IHSCA. After that they prepared for the Dia de los Muertos (Day of the Dead) celebration at the school. They made signs, arts and crafts with the their younger siblings, parents and community members. Moving forward, In December of 2011 the YES! mentors are sponsoring a Health Awareness Fair for members of the community.



YES! PROGRAM RESULTS

The YES! for Schools ISCHA Program administers a post - course evaluation survey to better understand the impact of YES! Out of 127 freshman surveyed, students reported :

My Anger is Less
90% Overall Improvement

My Focus Is Better
95% Overall Improvement

My Sleep is Better
86% Overall Improvement

My Stress Is Less
91% Overall Improvement

WALIPP HOUSTON SUCCESS STORY 01

PROGRAM DESCRIPTION

During May 2011, the International Association for Human Values taught the YES! for Schools program to the entire student body at the William A. Lawson Institute for Peace and Prosperity (WALIPP) in Houston, Texas. The student body is composed of 100 young men, grades 6 to 8. We also taught the IAHV Educators course to all the staff.

The YES! for Schools program at WALIPP included the Healthy Body, Healthy Mind, Healthy Lifestyle curriculum, as well as a game day, a peace day and a community service project. The WALIPP students chose to create a community garden as their community service project.

As a result of the YES! for Schools program, WALIPP chose to send one student and one adult to attend the World Culture Festival in Berlin, Germany.



STUDENT QUOTES

“When I need a way to get rid of stress I can use what I learned in the YES! class. It doesn’t take long.” - Daerion Richards

“I learned to be the controller of my emotions. I learned to be calm and to be at peace.” - Sydney Odom

“After the breathing I feel more relaxed and calm. I feel that a weight has been lifted off my shoulders.” - Bobby McKie

“I was very happy after the breathing. I learned to laugh off my anger. When someone picks on me, I can practice the victory breath.” - Mahdi Bey

“I learned how not to let people press my buttons, walk away from fights and just relax.” - Ronnie Madison

“I can use the victory breath to avoid bad actions and violence. Today I feel like I found myself.” - Jared Simmons





WALIPP HOUSTON SUCCESS STORY

02

EDUCATOR QUOTES

“We took the Stanford 1Q Test last week. Students were actually asking before the test if they could do the focus breathing because I think they realized how much they were calmed down. We definitely want to have this program be a permanent fixture in our curriculum. Curriculum is not just what the kids learn in the books, it is what they learn outside of the classroom and how the adults handle themselves. So we want to be more cognizant about how we handle situations and model the lessons that we have learned.”

- Dr. Michon Benson, Principal



“We learned the power breath, the expansion breath, and the victory breath. It really calms me down. It helps me to relax and be productive for the rest of my day. I take twenty minutes to myself to just breath and reflect and it has made a difference. I sleep better and I have more energy.

The students are thinking twice and instead of reacting they are responding. I can see that some of the kids are actually taking this to heart. This course is a very beneficial course. It should be for every educator.” - Courtnie Conyers, English Language Arts

SERVICE PROJECT

The WALIPP students chose to create a community garden as their community service project. The community garden brought together numerous stake holders in the community including: Texas Southern University, Department of Human Services and Consumer Sciences, Alabama Community Garden, Shell Oil Company and the International Association for Human Values.



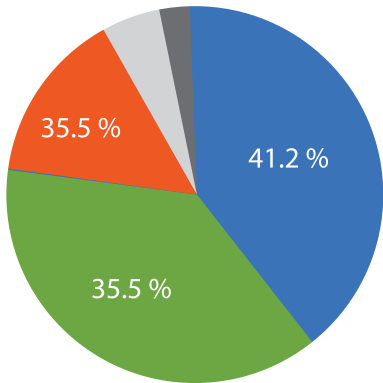


WALLIP Houston Success Story

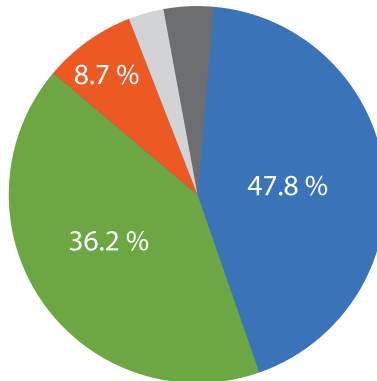
YES! PROGRAM RESULTS

YES! for Schools is dedicated to providing youth with a healthy body, a healthy mind and a healthy lifestyle. We do this by offering them practical tools and life skills to manage stress and emotions. When students learn how to manage their stress in a healthy way, they exhibit greater confidence and motivation to succeed in school and make healthy choices when faced with life's challenges.

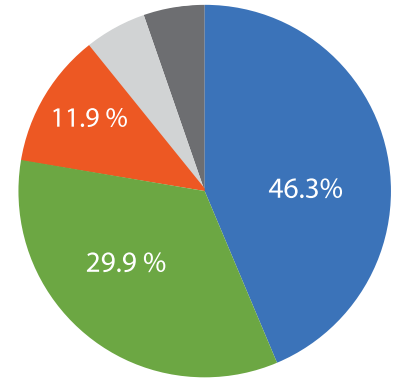
69 out of 100 students from the WALIPP School participated in a post course evaluation survey. They were asked what percentage of improvement they felt in the areas of calmness, focus, stress and sleep.



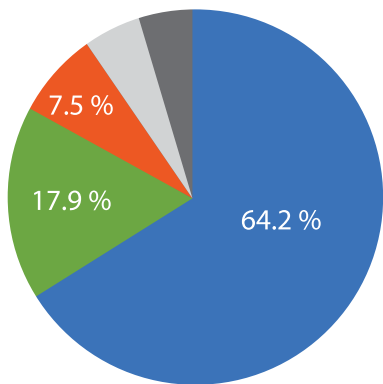
I Stay More Calm



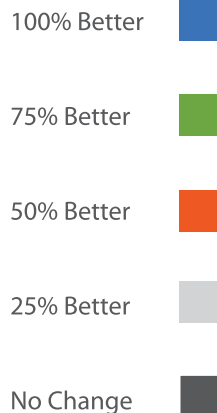
My Focus Is Better



My Stress Is Less



My Sleep Is Better





Cedar Ridge YES! Camp Portland Success Story

PROGRAM DESCRIPTION

During March, July and August 2011, the International Association for Human Values offered three YES! Camps at the Cedar Ridge Retreat and Conference Center in Vernonia, Oregon. 65 youth from Portland and the Pacific Northwest, ages 8 to 18, benefited from these camps.

YES! Camp is a week-long residential program that provides youth with healthy strategies to manage their stress and emotions through yoga, targeted breathing techniques, life skills in conflict resolution, and life lessons on human values such as responsibility, respect, friendliness, kindness and enthusiasm.

YES! Camp also includes traditional camp activities such as: hiking, swimming, gardening, games, arts and crafts, campfires, stargazing, basketball, low-ropes challenge course, talent show and more.



STUDENT QUOTES

“This camp has changed my life and I want to continue the yoga and breathing and follow the knowledge points everyday. I plan on coming back!” Jordan Cox

“It was really fun because I learned how to do yoga. I learned human values. I learned how to do something new, how to be 100% and lots more.” Lauren Taber

“YES! Camp was a beautiful experience. I learned to look inside myself to find true beauty and balance. The key points that will always be with me are: be 100%, laugh and let go, act don’t react, live in the present moment and forgiveness equals freedom.” Natalia Gooch

“Yes camp has been fun and exciting for all five days!” Jackson Lemons

“My experience here was amazing! Like nothing else anywhere!” Paige Milldrum





Roosevelt ESP Los Angeles Success Story

PROGRAM DESCRIPTION

During October and November 2011, the International Association for Human Values taught the YES! for Schools program to 200 9th and 10th grade students at Roosevelt High School for Environment and Social Policy (ESP) in Los Angeles, California. Roosevelt ESP first hosted the YES! for Schools program in spring 2011 and invited the program back for fall 2011 and spring 2012.

This YES! for Schools program included the Healthy Body, Healthy Mind, and Healthy Lifestyle curriculum, as well as a community service component on nutrition and gardening. For this component, IAHV and Roosevelt ESP partnered with EnrichLA to build a community garden and partnered with community member Mira Honeycutt to hold healthy cooking workshops, which used ingredients found in local stores.

The YES! for Schools program was also offered at Gertz-Resler High School and the Central Region Middle School during Fall 2011. Both programs had outstanding results, receiving accolades from staff and administration.



STUDENT QUOTES

“The breathing techniques relaxed me and made me focused. I have a better mood. It was awesome, amazing, life changing.” Kimberly Mendez, age 16

“It helped me to concentrate more in class and it kept me calm.” Artemia Ibanez, age 15

“I liked the breathing exercises because I could apply them outside of the classroom. The exercises really helped relieve me of all the built up stress I felt from my personal life, my schoolwork and college applications.” Leyda Ordaz, age 17

“YES! is a program where if you do the exercises you feel better and it makes you a better person with yourself.” Alexander Rojas, age 14





Roosevelt ESP Los Angeles Success Story

02

EDUCATOR QUOTES

Gertz-Ressler High School would like to thank you for all the wonderful experiences and memories you have given us through the YES! Program. We are better individuals because of all of you! We have learned so many valuable lessons and techniques to improve our lives. Thank you again for coming. We appreciate you so much!" Ms. Kemberlee Zuniga, Athletic Director, Gertz-Ressler High School

"I just wanted to say thanks for a great ending to the week with our Boyz 2 Men group. You are truly a part of the fabric of our little middle school. Thank you from the bottom of my heart! You are doing amazing things in South LA! Keep up the good work!" Mr. Thomas Welch, Principal, Central Region Middle School

SERVICE PROJECT

Guest speaker Mira Honeycutt showed students healthy ways to make their own chips, dips, and meals using food from their local grocery and corner stores. Students then had the opportunity to create their own healthy snacks. Ms. Honeycutt also offered practical tips to enliven foods that students already eat. Empowered with new food awareness, students took a commitment to healthy eating at the end of the workshop.



YES! PROGRAM RESULTS

In spring 2011, an evaluation of the impact of YES! on educational attitudes, learning strategies, and emotional well-being was conducted by developmental psychologists and neuroscientists at the UCLA Semel Institute for Neuroscience and Human Behavior. The preliminary research findings demonstrate YES! has a positive impact on self-control and learning, and that YES! graduates show a decrease in impulsive behavior, which is linked to risky behavior, such as drug abuse. Other preliminary results suggest a significant increase in student ability to relate newly learned material to multiple subject areas.



Freeport Public School District NY Success Story

PROGRAM DESCRIPTION

During the 2010-2011 school year, the YES! for Schools program reached 6,815 students in Freeport, Long Island and in New York City.

As a part of the New York City YES! for Schools program, all 6,700 students in the Freeport Public School District in Long Island experienced the YES! program. The Freeport Public School District is comprised of eight schools, ranging from kindergarten to high school. These schools include: Columbus Avenue Kindergarten, Leo F. Giblyn Elementary, Bayview Avenue Elementary, Archer Street Elementary, New Visions Elementary, Caroline G. Atkinson Intermediate School, J.W. Dodd Middle School, and Freeport High School. Additionally, the YES! for Schools program was taught at the City As School and Professional Performing Arts High School in Manhattan.



STUDENT AND EDUCATOR QUOTES

"I think it is an excellent program. It gives the students a different perspective, a different way to relax, appreciate their body and how the mind and body are connected." Mr. Philip, Dodd Middle School, Freeport, Long Island

"What you do is great. I would like you guys to come back. The students enjoyed the attention that you gave to them." Mr. Jones, Dodd Middle School, Freeport, Long Island

"I used to get anxious before my track meets, but after learning the breathing exercises, I don't get anymore anxiety attacks." Daniele, Freeport High School

"You know, more than anything, this program allows the students to open up and get to see their classmates and fellow students in a different light." Mr. Bloom, Director of Physical Education, Freeport School District, Long Island





East and West Side HS NJ Success Story

PROGRAM DESCRIPTION

During the 2010-2011 school year, the YES! for Schools program reached 1,450 students in Newark, New Jersey.

As a part of the New Jersey YES! for Schools program, 1,450 students were taught at East Side High School and West Side High School in Newark. The YES! for schools program has been running for four years at East Side High, creating a positive impact on the level of the individual student, as well as on classroom climate and overall school culture. Positive impacts at East Side High include increased attendance, improved test scores and reduced stress and violence.



PROGRAM RESULTS

The YES! for Schools Newark, NJ chapter administers a post-course evaluation survey to better understand the impact of YES! The post-course survey results for 91 students at East Side High Schools taken in December 2008 show significant improvement in six areas: worry.

I stay calm	93%	My focus is improved	90%
My anger and frustration is improved	84%	My stress (worry) is improved	84%
My sleep is improved	85%	My mood is improved	92%

STUDENT AND EDUCATOR QUOTES

“The Empowerment Program allows the child to find their inner potential. It empowers students to focus on what they are great at. I see students doing a lot more kind acts, believing in themselves, smiling. I don’t see anger and I don’t feel anger.” Dr. Santos, Principal, East Side High School, Newark

“I felt like there was some kind of relief. My mind is clear and I feel strong and confident. I feel like a better and new person.” Rita Perez, East Side High School

“It helps me expand my mind. I wasn’t able to be focused on my class and felt like sleeping before, and now it’s not like that.” Isabella Siqueira, East Side High School

“This helped me become a better person. I am not as angry as I was. I have better self-confidence now.” Gloria, East Side High School





San Francisco Bay Area Success Story 01

PROGRAM DESCRIPTION

The YES! for Schools program was first implemented in the San Francisco Bay Area during the 2008-2009 school year, reaching 370 students in four high schools. The program expanded to reach 1,792 students in eight schools during the 2009-2010 school year, and 1,565 students in seven schools during the 2010-2011 school year. During the current 2011-2012 school year YES! is scheduled to reach 2,800 students in six high schools. These schools include: Bellarmine Preparatory High School, Lynbrook High School, Mt. Pleasant High School, Yerba Buena High School, William C. Overfelt High School and James Lick High School.



All YES! for Schools programs in the San Francisco Bay Area include the Healthy Body, Healthy Mind, Healthy Lifestyle curriculum. Additionally, the YES! for Schools San Francisco Bay Area chapter works in partnership with companies and community organizations to raise awareness and funds needed to support the benefits of the program for local youth. Partner companies and community organizations include: Kaiser Permanente, Silicon Valley Community Foundation, the County of Santa Clara Youth Task Force and more.

STUDENT QUOTES

“My experience in the YES! program was extremely useful. I have personally overcome many obstacles just being in this class. It has taught me a lot how to stay tune to myself and how to not let things affect me.”

“Every single moment I was in this classroom I learned something new. Not just yoga and breathing techniques but also life skills that we can apply to our daily life.”

“I feel that I am improving in my state of emotional being (I got out of depression), and my overall mood (I am much more positive). YES! also helped me significantly in my overall education (my grades improved, I enjoyed being in school, I paid more attention, I was happier).”

“The breathing techniques are so powerful. They helped me to sleep better, feel healthier, be more aware, be more proactive, less aggressive. YES! was life changing.”





San Francisco Bay Area Success Story

EDUCATOR QUOTES

“I took the YES! course myself. I also deal with stress and the YES! course gave me, as an adult, the time to stop and reflect and really understand what’s important to me. It helped me to put life in perspective, and remember what I can and cannot do and be okay with that. But without the strategies taught on YES! this is hard to do. So I would encourage teachers and educators to take this program as well, so they can find a moment in their busy lives to introspect.”
 Mr. Vito Chiala, Principal, William C. Overfelt High School



“I had the opportunity to participate in the IAHV Educators Course a little over a month ago. Similar to the students, the stress level for staff is very high. Having been in this profession for many years, I can’t emphasize enough the need for self-care. In addition to regular exercise and healthful eating, I have adopted the daily breathing practices and, as a result, I feel more relaxed and focused throughout the day.”
 Ms. Jeanine Davis, Counselor, William C. Overfelt High School

SERVICE PROJECT

At Calaveras High School, YES! students participated in a random acts of kindness project that encouraged sharing and caring for others. In the project, the YES! teachers baked cookies, took them to class, and gave a cookie to every student. However, the students were told not to eat the cookies. Instead they had to give the cookie to someone as a random act of kindness, without the other person knowing who gave the cookie, and without expecting anything in return. The results were amazing. The students experienced the joy of giving, sharing and caring for others. And many of the school teachers, staff and principals received anonymous cookies!

YES! PROGRAM RESULTS

For the last three years, YES! has been taught at Yerba Buena High School, in the East Side Union School District of San Jose. During this 2011-2012 school year, the program was taught to the entire freshman class of 450 students. The post-course survey results show significant improvement in six areas: mood and feelings, calm state of mind, focus and concentration, anger and frustration, ability to sleep, stress and worry.

I feel better	90%	My sleep is improved	80%
I stay calm	93%	My focus is improved	85%
My anger and frustration is improved	79%	My stress (worry) is improved	80%





Youth Empowerment Seminar (YES!) is a program of
the International Association for Human Values.

