How the Ambassadors of Compassion Works

Our Youth Are In CRISIS

"The mental health of our youth has never been more stressed."
CDC YOUTH RISK BEHAVIOR SURVEY, 2019

81% of teens (ages 13–17) experience more intense stress associated with schooling due to COVID-19. (The American Psychological Association-APA)

More than 1-in-4 youth seriously contemplate suicide. (National Alliance on Mental Health, 2022)

58% of teens are concerned about their own emotional health and well-being. (Forbes, 2020)

Children are experiencing a significant sense of isolation and loss, which is negatively impacting their learning and grades. (Washington Department of Health, Feb 2021)

There is a Solution

Emotional Resilience and connectedness are protective factors for suicide prevention and the promotion of positive behaviors. (CDC Youth Risk Behavior Study, 2019)

Emotional Resilience is the ability to understand and manage our emotions, recognize and release unresolved hurt and pain, and turn negative circumstances into motivation for positive action. It is learned behavior that can be improved with practice.

When students don't feel emotionally safe and are struggling with hurt and pain, they are not emotionally resilient. Their ability to learn, perform, or even cope, is drastically diminished.

Ambassadors of Compassion Promotes Emotional Resilience

The Ambassadors of Compassion programs provide a safe space for students to address their real-life issues in a positive way. Fostering self-awareness, purpose, connection, and hope, and effectively minimizing the out-of-classroom distractions and emotional obstacles that can prevent learning from occurring or lead to mental health issues, self-harm, or violence.

Independent research validates that our evidence-based programs improve grades and attendance, and reduce anger, distraction, disciplinary actions, and self-harm; buying back teaching time for educators and ultimately allowing students to take responsibility for their own learning process.

Schools report better performance after students go through the Ambassadors program because they are more comfortable and confident with themselves, better connected to their classmates, and less distracted by emotional issues. All of which allows them to make healthy decisions and perform at their best.

- 52% fewer unexcused absences
- 88% fewer assertive disciplinary infractions
- 37% increase in A's
- 48% decrease in F's

(Source: Lathrop High School, Santa Ana, CA)

AMBASSADORS OF COMPASSION®

How the Process Works

1. **The Ambassadors of Compassion program starts with a 2-hour Kickoff Event**
   - Creates emotional connection between students and models the program for the next 9-weeks
   - Program content is introduced, and powerful intimate small group conversations begin

2. **Followed by 9-weeks of Ambassadors of Compassion weekly small group discussions**
   - Students meet in safe, confidential small groups to process deep real-life issues in an integrated, immersive format
   - Students work through guided journaling that prompts the weekly small group discussion and calls-to-action where real-life decisions are made

   LIFE Journal – Labor, Influence, Forgiveness, Experiences (High School)
   RISE Journal – Responsibility, Initiative, Service, Expectations (Middle School)

   As a result of the 2-hour Kickoff, weekly small group discussions, and guided journalling, remarkable things begin to happen in students' lives (Independent Study by the Resiliency Initiative):

   - **96% increase** in understanding the meaning of forgiveness and how to apply it
   - **91% increase** in feeling more control over their lives and futures
   - **85% increase** in feeling confidence for choosing positive influences

3. **During the 10-week program students also participate in an Ambassadors Service Project**
   - That resonates with the students, reinforcing learning and equipping students to impact their communities
   - Gives hope and purpose by having students involved in serving something bigger than themselves

4. **The journey ends with an Ambassadors of Compassion Honor Event**
   - Students are recognized and affirmed for what they have accomplished
   - Receive a diploma they can use for college admissions or job applications
   - Reflects real life: if the student doesn't finish the course, they don't participate in the recognition event

What Students, Educators, and Experts are saying about the Ambassadors of Compassion Program

"I've witnessed the results from students who have completed the Ambassadors of Compassion program. They are **transformational** and **stellar**."

GENE BEDLEY – School Administrator, National Outstanding Educator of the Year

"I was kicked out of **16 schools in 4 years**. I would get into at least one fight every day, maybe even more. I am extremely grateful to Ambassadors of Compassion for **giving me a chance to understand many parts of myself** that I never thought existed."

YISEL – Student, Went on to graduate with honors, University of Alabama

"In my 25 years working with complex students, **the Ambassadors of Compassion Program results are the most positive I've ever seen**. The Ambassadors of Compassion journey adds that missing component of **developing character**. It develops youth from the inside out."

DR. WAYNE HAMMOND – CEO/CSO, Resiliency Initiatives

If you'd like more information about Ambassadors of Compassion, or would like to speak with a representative, please visit our website: ambassadorsofcompassion.com.

Also, if you know a school or para-school group who would benefit from the Ambassadors of Compassion Program, please share this information with them or direct them to our website.

AMBASSADORS OF COMPASSION®

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