

Mindful Youth

ACTIVE

Age-appropriate mindfulness and emotional awareness practices for young people impacted by the justice system.

SERVES	Young people impacted by the justice system
DELIVERY METHOD	In-person and remote
ELIGIBILITY	Justice-impacted youth and supporting facilities or programs
PROGRAM TYPE	Secular, age-appropriate mindfulness

What It Is

Mindful Youth brings mindfulness and emotional awareness practices to young people impacted by the justice system, adapted for their age and developmental stage rather than repurposed from adult curricula.

The program builds self-regulation, resilience, and connection early, before patterns formed under stress or trauma have a chance to harden into adulthood.

Why It Matters

Early intervention changes trajectories. Giving young people real tools for self-regulation and connection, before the justice system becomes a recurring part of their story, is some of the highest-leverage work BFP does.

How You Can Partner

Juvenile facilities and diversion programs: host Mindful Youth sessions in-person or remotely.

Schools and youth services: refer justice-impacted youth into the program.

Volunteers: facilitators with youth or trauma-informed experience are always needed.

Contact us to discuss bringing Mindful Youth to your program or facility.

May all beings be free.