

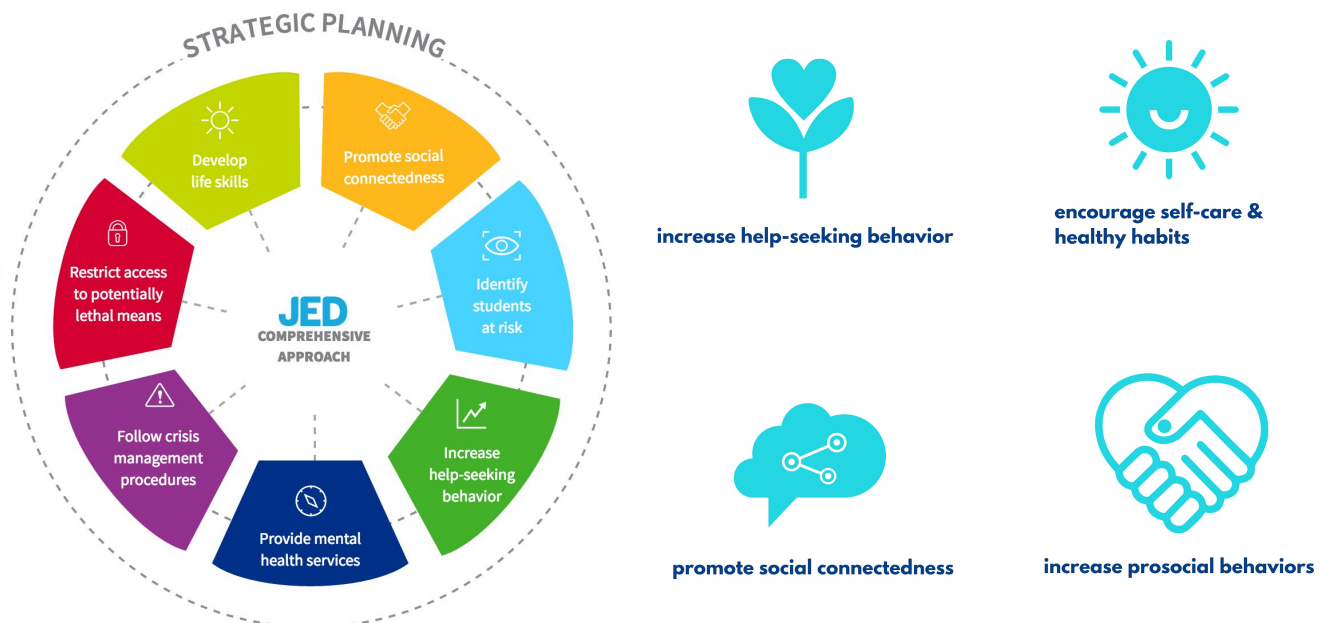
Our Minds Matter

CASEL Core SEL Alignment

What is Our Minds Matter?

Our Minds Matter (OMM) is an upstream suicide prevention model based on resiliency research and the power of peer-to-peer influence amongst adolescents.

OMM took priorities from the Jed Foundation's Comprehensive Approach to Mental Health Promotion and Suicide Prevention to inform the curriculum development to be suitable for a high school audience. The four program outcomes include: increasing help-seeking behavior, encouraging self-care & healthy habits, promoting social connectedness, and increasing prosocial behaviors.



How does Our Minds Matter programming develop core SEL competencies?

Our Minds Matter curriculum addresses the CASEL Core SEL competencies: self-management, self-awareness, social awareness, responsible decision-making, and relationship skills. This [chart](#) illustrates how program elements in the Our Minds Matter curriculum align with CASEL's core social-emotional learning (SEL) competencies.



If you are interested in utilizing the OMM curriculum please submit this [form](#) to gain access to the curriculum. In your message state you are interested in accessing SEL curriculum. Once you complete the form you will be given a username and password so you can access all of the OMM activities.

By offering Our Minds Matter programming in compliment to your existing SEL curriculum for grades 8-12th you will be enhancing a sense of safety and respect grounded in the social-emotional health and well-being of the entire school.

OMM is continuously adapting it's program to be up to date on relevant research and is dedicated to being a data-driven program. Please reach out to program@ourmindsmatter.org if you have any follow up questions.