



**Are you between 12 and 17 years old?**

**Do you experience high levels of anxiety, worry, or sadness?**

**You and your parent may be eligible to be part of a study about improving health and happiness in teens!**

**Teens who participate have the opportunity to:**

- be part of a 9-week program that includes learning mindfulness skills and weekly, 30-40-minute online sessions with a program coach.
- answer interview and survey questions before, during, and after the program.

**Parents who participate will be randomly assigned (like a coin flip) to either:**

- only answer interview and survey questions before, during, and after the program
- both answer interview and survey questions and take part in the same mindfulness program as their teen.

**Each participant may receive up to \$110 for completing all parts of the study.**

- All parts of the study will be remote, using online surveys, Zoom meetings..
- Interviews and surveys will take a total of ~5 hours, and the mindfulness program will take a total of ~16.5 hours.

**What is mindfulness?**

- The mindfulness program will teach participants skills like:
  - being more aware of their own thoughts and feelings
  - calming down by focusing on their breathing when stressed
  - focusing on things for which they are grateful
- Mindfulness may help people:
  - manage their thoughts and feelings more effectively
  - improve their focus, relaxation, and even sleep
  - be kinder to themselves and to others, and improve relationships

**For more information about the Kind Minds Program, please contact us:**

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