

STANDARD SECTOR INDICATOR CODE: YD-006-C	Emotional Health: Number of youth the Volunteer/partner worked with, who described new positive coping strategies for dealing with stress and emotions such as articulating personal growth or lessons learned from difficulties they encountered; identifying positive peers or adults with whom to talk, identifying at least 3 self-care strategies. (YD-006-C)	
Type: Outcome	Unit of Measure: Youth	Disaggregation: Sex: Male, Female Type of Youth: In-School Youth, Out-of-school Youth
Definitions: <ul style="list-style-type: none"> • Youth – While Peace Corps define youth as ages 15-24, some agencies define youth as 10–29. Volunteer reporting against youth indicators should reflect the ages of youth the project is designed to reach. PMs/APCDs may adapt a locally appropriate definition of youth, and should clarify for Volunteers this target youth age. • Partner/s – Local counterpart who is co-facilitating emotional health activities with the Volunteer. • Self-care strategies – Common positive behaviors that youth can implement in their own lives to enhance their wellbeing, such as getting enough sleep, eating nutritious foods, exercising, pursuing hobbies, spending time with friends and seeking out social support. 		
Rationale: An increase in the number of youth who demonstrate and describe positive coping strategies for dealing with stress and emotions reflects an increase in the likelihood that youth can apply these strategies to optimize their overall health. Positive coping strategies are life skills that enhance a young person’s wellbeing, help them avoid risky behaviors, and prepare them for their role in adult life.		
Measurement Notes: <ol style="list-style-type: none"> 1. Tools and Methods: A post should select the most appropriate tool for the post, and adapt it at the post level for their Volunteers’ use. Recommended methods for gathering data form individuals to show progress toward achieving this indicator include observation, interview and journal/ diary. 2. Activity-Level Baseline Data Collection: Baseline data is required for measuring change and progress toward indicator achievement for this outcome indicator. Volunteers are asked to maintain a record of youth with whom they are working (TOTAL) and baseline and follow-up measures for each youth. Please note that successful documentation of a life skills change requires a period of relationship and trust-building with young people, and an understanding of cultural norms and gender relationships. It is recommended that a level of trust be developed before taking initial baseline measures for this indicator, and that the “program” of activities adopted begin following this baseline measure. 3. Frequency of Measurement: Please note that successful documentation of a behavior change or new practice may not be immediately apparent following the completion of activities and may need to be planned for at a later time. Volunteers should report in their VRF once at least one individual has achieved the indicator. Indicator achievement per individual can be reported only once per fiscal year in the VRF. 4. Definition of change: The minimum change to report against this indicator is a new positive coping strategy for dealing with stress and emotions used by each young person the Volunteer/partner works with. Regardless of which skills the youth already applied, demonstrating one new skill for that young person after working with the Volunteer/partner is the change identified in this indicator. 		
Alignment with Summary Indicator: YOUTH HEALTH		