



INSPIRING YOUNG PEOPLE TO CREATE THEIR OWN OK

OK You offers free arts-based wellness projects and resources that support young people in navigating big emotions and staying connected to their OK selves. Designed by diverse artists, our resources are used by more than 30,000 youth supporters nationwide to engage youth in practices that build resilience and self-care habits.

“With this program anxiety has become less of a big deal in my life.”

—Student Leader

SUPPORTING THOSE WHO SUPPORT YOUTH:

We believe we can have greater impact as a program by supporting those in trusted, culturally-specific roles with young people, and we are committed to providing free resources that anyone can use without barriers to access or implementation.

Our “Social Emotional Learning Meets the Arts” framework works in coordination with CASEL, MTSS, and the National Core Arts Standards.

WHAT WE OFFER:

- Free online projects and workshop guides
- Professional development trainings
- Youth leadership opportunities
- Free monthly zoom support sessions

“OK You helps kids predict their worry and interact with it head on in a cool and dynamic way.”

—Kevin Ashworth, Clinical Director, NW Anxiety Institute