

# YOUTH CONNECTIONS STRENGTHEN TOTAL FITNESS

The Youth Connections program creates opportunities, consistent with Marine Corps Total Fitness domains, for youth to connect with each other and their communities. Youth Connections provides positive experiences that combat the risk of isolation, depression, and loneliness that can be associated with relocation.



## SOCIAL FITNESS

Partnering with groups to host events and volunteer opportunities for youth to increase fulfillment in service learning, prevent youth risky behavior, and engage in positive relationships with peers, mentors, family members, and their community.



## SPIRITUAL FITNESS

Working with groups to offer youth-specific events, workshops, and retreats that guide youth in discovering their higher purpose, coping and resiliency skills, empowerment, and inner strength.



## MENTAL FITNESS

Collaborating with organizations to help youth build strong intellectual and emotional habits, develop a growth mindset and positive self-identity, increase school achievement, and create strategies to manage stress in youth and parents.



## PHYSICAL FITNESS

Partnering with programs for youth-friendly activities to build leadership skills, confidence, and sportsmanship.

