

# Youth Compass



A free well-being program  
for young people

Register at:

<https://nuortenkompassi.fi/en/>

## Program principles

The Youth Compass has been developed as part of a research project at the Department of Psychology at the University of Jyväskylä.

The purpose of the online program is to increase the psychological flexibility of young people, and its theoretical foundation is in acceptance and commitment therapy (ACT).

The program lasts five weeks and includes a wide range of exercises designed for young people. The young person can use the program independently or with professional support. Teachers can use the Youth Compass in the class, and other well-being professionals can utilize the program in their practice.

## For individual use

### Implementation

School psychologists and other health professionals can use the Youth Compass as part of their work with young people. The young person can register independently or with the help of a professional, allowing for joint planning of the program's use. The professional can help the young person identify how the program's topics support their goals or help address various issues.

### How to use

Program sections can be agreed upon to be done between meetings or reviewed together. Individual exercises can also be assigned as homework or done in-session. The program can also be used to support independent work after regular meetings have ended or during longer breaks and holidays. Working methods can be adapted to fit one's work environment and clients.

## For group use

Teachers or other professionals can implement the Youth Compass program with a small group or an entire class and use the program with the students for five consecutive weeks (one 45-minute lesson per week). Using the program in the classroom does not require additional work from the teacher, as the Youth Compass manual has ready lesson plans, and the students work independently during classes.



**Versatile**



**Interactive**



**Comprehensive**



**Proven effective**

## Psychological flexibility

- **Personal values**
- **Value-based actions**
- **Being present**
- **Acceptance**
- **Self as an observer**
- **Noticing thoughts and emotions**

## Research about the program

Studies show that, with the help of the Youth Compass, it is possible to support the well-being and career planning of young people and increase their tolerance for stress (Kiuru et al., 2021; Lappalainen et al., 2021; Puolakanaho et al., 2019). Especially those young people who experience increased stress, mood decline, or need practice in their psychological flexibility skills benefit from the program (Keinonen et al., 2021). Previous research and experience related to online programs have shown that professional support in using them can further enhance their effectiveness.

**Learn more about the Youth Compass  
research work at:**

<https://www.jyu.fi/nuortenkompassiplus>