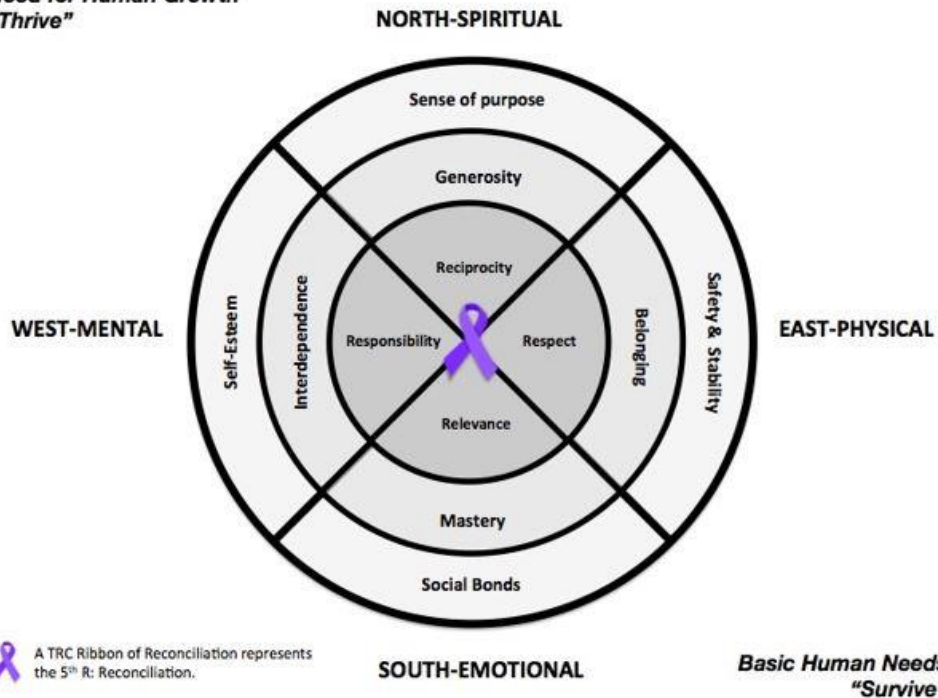



Rec and Read Theoretical Model: Linking the Circle of Courage®, Four Rs and the Medicine Wheel Together

*Need for Human Growth
"Thrive"*



 A TRC Ribbon of Reconciliation represents the 5th R: Reconciliation.

*Basic Human Needs
"Survive"*

Supplementary Figure 1. The theoretical framework for IYMP was developed by Métis scholar and team member Dr. Heather McRae. It is based on the Indigenous medicine wheel and includes the teachings of two leading Indigenous scholars, Drs. Martin Brokenleg and Verna Kirkness. The inner circle depicts Dr. Kirkness' Four R's of learning that guide IYMP. Through its programming, IYMP strives to create an environment that fosters respect, relevance, reciprocity, and responsibility. The second ring describes Dr. Brokenleg's Circle of Courage and the four key elements that mentors are asked to bring to IYMP. IYMP builds on the strengths, enthusiasm, and experiences of youth to create opportunities for youth to experience belonging, mastery, independence, and generosity. Finally, the outer ring describes the well-being and health-related outcomes that emerge from the inner circles and that IYMP provides: Safety and Stability, Social Bonds, Self-Esteem, and Sense of Purpose.