



Authentic Youth Retreat Outline

Theme

The theme of the day is taken from the direction of the school. Depending on issues within the year group, as well as from the first activity of the day that will determine what topics we speak on.

Our retreat days are faith and issue based talks. We might talk on the topic of 'Choice' but have a faith element. Likewise, we might talk about 'Doubt' but also incorporate doubt in faith and how faith effects life. During the day, we facilitate a space for the students to draw pictures which reflect their lives. These pictures gave us information about the students which can then be tailored to suit them. This way the day is relevant and specific to the issues then and there.

Opening Session

Introductions – We explain who we are, the reason for the day, have some 'banter' with the girls. At the start of every day we say that we are a Christian group and that even though we have our beliefs, we don't force them upon anyone, and we respect all other people's beliefs. However, our day is influenced by the Christian faith and we say that on the outset.

Ice Breaker Game/s – Gives us an opportunity to break the ice with the group, help them relax and get to know them a bit better and for them to see a fun side of us as a team.

My Life So Far – This is a meditative, reflective aspect where the students draw pictures that reflect aspects of their life that have been both positive and negative. They also get the chance to, through drawing, give us an idea of where they stand with God and if they believe or not. They can also ask any questions to do with faith etc.

This is then followed by a clip of a montage of pictures that show a variety of issues that teenagers face in these days and after that a testimony by one of the team.

Break time: 20mins

Middle Session

Game – A music quiz involving guessing the film from the soundtrack or something like that.

Debate/Discussion – During the debate/discussion we put up a statement or a question on the screen and in groups the students debate whether they agree or disagree. Topics differ due to maturity, age and size of group. Examples are: 'Is doubt always a negative thing?' 'Revenge is always justified.' 'Should how someone looks, stop us from being their friend?' 'Uniforms should be disbanded in schools.' 'Sex is overrated and the Church's beliefs should wake up and get relevant.' 'Violence in films is linked to violence at home.'

'Which came first, the chicken or the egg.' 'Does God exist.'

During the debate, the students have their own say. It is not a time where we give our opinion, unless asked directly. We believe it is good for the students to debate between themselves.

Lunch: 45/50mins

Afternoon Session

Testimony – Another member of the team, and will focus on a relevant topic for the group.

Game – Interactive. A time for the team to go around the smaller groups and get to know them better.

End Talk – Will focus on a relevant topic as well as challenging them in their faith, their choices or their lifestyle, helping them to see a hope or a better way than the one they might be choosing.

Q&A - Depending if they have asked questions, this is a time where they will be answered or they can ask them at this moment.

End of day

*There are options to do many other games, both in smaller groups or as one big group as well as some other interactive activities that will engage them in a topic rather than just listening to a talk.