

IT TAKES COURAGE!

Resource Guide

Quick Start

The *It Takes Courage! Resource Guide* is loaded with information and activities designed to help youth build character, life skills, and the motivation and courage they need to put it all into practice in the face of peer pressure. The resource guide is designed with the flexibility to accommodate the needs and interests of pastors, youth leaders, teachers, trainers, parents, mentors, coaches—anyone seeking to invest in the lives of youth today.

This is not a curriculum to be taught lesson-by-lesson. It is a cookbook—a collection of information and stories designed to be mixed, matched, and integrated to meet your needs. This guide is a unique blend of:

- ▶ **TEACHING/CONCEPTS**
- ▶ **GAMES**
- ▶ **ACTIVITIES**
- ▶ **DEMONSTRATIONS**
- ▶ **ILLUSTRATIONS**
- ▶ **QUOTES**
- ▶ **SELF-EVALUATIONS**
- ▶ **ROLE-PLAYS**
- ▶ **STORIES AND POEMS**
- ▶ **AS WELL AS DETAILED NOTES FOR FACILITATORS.**

THE RESOURCE GUIDE

... is designed (for) anyone seeking to invest in the lives of youth today.

But how do you make all these resources work together?

Getting Acquainted with your Resource Guide

This guide will acquaint you with your resource guide and will help you develop a strategy for using the wealth of information and activities you now have at your fingertips.

STEP 1: GET THE BIG PICTURE

Scan quickly through the *Contents* of your resource guide, pages 5-7, and the *Preface*, pages 9-10. Note that your guide is divided into an *Introduction* and six sections. Begin to think about how the themes of sections connect with the youth in your life.

STEP 2: BRING IT INTO FOCUS

Read the section titled *Using this Manual*, pages 15-27. Here you'll find a detailed *Section Overview* that describes each portion of the guide. You'll also find charts that show you which activities you can use to teach specific character traits. Use these charts to search for information, activities, and stories by the life skills or character traits listed below. *Suggestions as You Begin* on pages 26-27 offers practical suggestions for connecting with and motivating youth.

Character traits

Empathy, excellence, fairness, forgiveness, gratitude, honesty, kindness, loyalty, patience, perseverance, respect, responsibility, self-control, and service.

Life skills

Creating a vision for life, communicating effectively, building healthy relationships, making wise decisions, and preventing HIV/AIDS.

STEP 3: UNDERSTAND THE FOUR CORE ESSENTIALS

Read the *Introduction*, pages 31-40. This section gives you a more in-depth look at the goals and values of *It Takes Courage!* Specifically, it introduces the four core essentials that will help young people achieve healthy, meaningful, and productive lives:

1. Character development
2. Courage to make difficult decisions
3. A vision for life that includes a proper understanding of health and wellness
4. The ability to execute core life skills

STEP 4: IDENTIFY CONTENT AND ACTIVITIES THAT ARE A FIT FOR YOU

Steps One through Three have provided a framework for you—an outline of what’s ahead. Now it’s time to dive into the content. Each of the five major sections that follow provides teaching material and experiential activities.

	<i>Teaching Content</i>	<i>Activities</i>
Creating a Vision for Life	Pages 43-55	Pages 57-102
Communicating Effectively	Pages 105-120	Pages 121-176
Building Healthy Relationships	Pages 179-195	Pages 197-240
Making Wise Decisions	Pages 243-260	Pages 261-332
Preventing HIV/AIDS	Pages 335-367	Pages 370-432

For each section

1. Begin by reading the teaching material. This section is your textbook—your source material for teaching. It includes two features: *Character Connection* and *It Takes Courage!* *Character Connection* boxes explore specific character traits. *It Takes Courage!* boxes explore how courage relates to the section topic. You’ll also find lots of quotations that you can use.

2. Review the activities for each section. These activities offer a variety of opportunities to teach concepts in interactive ways and bring concepts to life. Begin by reading the sections listed below to get a sense of how an activity might (or might not) fit your target audience and available resources:

- Purpose
- Overview
- Life Skill
- Group Size
- Cultural and Age Considerations
- Materials
- Application and Insight

If the activity seems like one you might use, read through the entire activity. Make any notes about how you might use the activity as you read.

STEP 5: TEACH WITH STORIES

The final section of your resource guide is titled *Teaching Through Storytelling*. Read the introduction to get some ideas about how to use these stories to increase the power of the messages you are communicating to young people. Then read through the stories to see which ones are the best fit for your needs. The character traits featured in each story are indicated at the top of the page. Each story ends with a series of questions you can use for discussion.

Building a Sample Lesson

Now that you're familiar with your resource guide, it's time to put this material to work in a way that works for you. Based on your needs, pick and choose the content, activities, and stories that will bring home your message to youth. Remember, this isn't a curriculum to be used lesson by lesson. It's your cookbook, your toolkit, for creating more meaningful interactions with young people.

▶ CHOOSING AND USING ACTIVITIES

All the details you need are included: the estimated time, appropriate group size, preparation, instructions, and applications. There is even a section called "Going Deeper" for those who would like to explore the concepts more fully. Where necessary, handout masters are supplied.

As you begin to think about which activities you might use and how you might use them, first consider how the following factors might influence your choices:

- The **AGE GROUP** you're addressing
- The **SIZE** of your group
- The **SPACE** you have available
- The **TIME** you have available
- The **FREQUENCY** of your meetings
- The **SUPPLIES AND RESOURCES** available to you
- Your **OBJECTIVES** — the particular character traits or life skills you want to teach

THE RESOURCE GUIDE

... is your cookbook, your toolkit for creating more meaningful interactions

This resource guide is easily adapted across cultures, across age groups, and in both traditional and non-traditional educational settings. It is neutral in cultural orientation and cross-culturally versatile. Activities are simple and require little preparation. The content can be applied to youth and adults, and the methodologies can be changed easily to meet the developmental needs of your learning environment. The introduction to each activity will help you know how to use or adapt the material for your specific needs.

▲ PUTTING A LESSON TOGETHER

With a better sense of your needs and the activities that will work best for you, you're ready to choose materials. You can add and integrate activities and stories into existing teaching opportunities and curriculum. Or you can use the resource guide to design your own lessons. Consider the following example. Remember, there's no one right or wrong way to design your lesson. This is just one idea.

Step . . .	Go to . . .	Choose . . .
Write your Objective		"Provide an introduction to character and the factors that influence character growth."
Choose your Teaching Resource Material	<i>Contents</i>	<i>Character Development</i> Pages 32-34 <i>Creating a Vision for Life</i> Pages 43-51
Choose an Opening Activity	<i>Activities to Teach Specific Character Traits</i> Pages 18-22	<i>Character Match</i> Page 80
Choose an Illustrating Activity	<i>Activities to Teach Specific Character Traits</i> Pages 18-22	<i>The Flower Pot</i> Page 76
Choose a Story	<i>Stories to Teach Specific Character Trait</i> Pages 23-25	<i>The Merchant and the Builder</i> Page 475
Discuss and apply Key Concepts	<i>Activities to Teach Specific Character Trait</i> Pages 18-22	<i>Hot Seat Interviews</i> Page 502

Need More Help?

We're here to serve you. Please call the Kerus Global Education offices with your questions, 540-438-8782. Or email us at kerus@kerusglobal.org.

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