

IT TAKES COURAGE!

Resource Guide

Introduction

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 toolkit—a collection of information and stories designed to be mixed, matched, and integrated to meet your needs. These resources entertain, promote discussion, and help build relationships. With this toolkit in hand, you will be better-equipped to engage young people in discussions about their lives, build mentoring relationships, and create opportunities for youth to act with courage and character.

Integrated into your relationships with youth, these resources will facilitate:



STRONG RELATIONSHIPS

between young people, parents, and caring adults



YOUTH DEVELOPMENT STRATEGIES

that focus on the entire person: physically, mentally, socially, emotionally, spiritually, and occupationally



THE RELATIONAL SKILLS

necessary to identify and avoid dangerous people and situations, and establish meaningful relationships and healthy families



HOPE, OPTIMISM, AND VISION

for the future

Who Can Use It?

PASTORS

It Takes Courage! provides resources to enrich Bible study, teaching, counseling, and curriculum development at your church. Use the concepts, activities, and stories in this guide to develop and enhance:

- Sermon illustrations
- Bible study topics and illustrations
- Youth curriculum
- Youth classes and events
- Devotionals
- Youth counseling

YOUTH LEADERS, MENTORS, AND COACHES

It Takes Courage! provides resources to enrich your interactions with youth. Use the concepts, activities, and stories in this guide to develop and enhance:

- Small groups
- Youth camps
- Retreats
- Team building activities
- Motivational talks
- Mentoring relationships

MISSIONS DIRECTORS

It Takes Courage! provides resources to enrich missions experiences with youth. Use the concepts, activities, and stories in this guide to develop and enhance:

- Awareness of issues related to HIV/AIDS in international settings
- Missions team building activities before and during the trip
- Devotionals during missions trips

PARENTS AND GRANDPARENTS

It Takes Courage! provides resources to help you make meaningful connections with the youth in your life. Use the concepts, activities, and stories in this guide to:

- Develop family devotions
- Teach, illustrate, and develop key character traits and life skills
- Add impact to your day-to-day communication

TEACHERS

It Takes Courage! provides resources to enrich your formal and informal interactions with youth. Use the concepts, activities, and stories in this guide to develop and enhance:

- Lessons on character development
- Interactions with at-risk youth
- Lessons on life skills

TRAINERS

It Takes Courage! provides resources to enrich your interactions with youth. Use the concepts, activities, and stories in this guide to develop and enhance your presentations.

HEALTH PROVIDERS, SOCIAL WORKERS, AND COUNSELORS

It Takes Courage! provides resources to enrich your interactions with youth. Use the concepts, activities, and stories in this guide to develop and enhance:

- Formal presentations to youth
- Discussions with youth
- Mentoring relationships with youth
- HIV/AIDS awareness and education

How Do I Use It?

MIX IT UP

Search for information, activities, and stories by the life skills or character traits listed here. Mix, match, and integrate resources into your existing relationships.

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.

ADAPT IT

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.

INTEGRATE AND ILLUSTRATE THE GOSPEL

Character is moral as well as spiritual. In essence, the character traits outlined in this guide are the fruit of spiritual transformation, the work of God in lives that have been submitted and surrendered to Him. As such, the concepts, activities, and stories in this book are grounded in spiritual principles and can be used to illustrate and apply Biblical truth. Use the activities and stories from this guide to enrich and enhance interactions with youth, including:

- Studies of Biblical characters
- Sermons, devotionals, and presentations
- Youth curriculum and class materials
- Youth meetings, camps, retreats, or talks
- Preparation for short-term missions trips

CHARACTER

(is) the fruit of spiritual transformation.

What's In It?

INTERACTIVE LEARNING OPPORTUNITIES

Following each section overview are numerous activities which use a variety of interactive learning methods to help convey the points related to the topic. Each activity begins with a purpose and an overview statement so you can quickly determine if the activity fits your instructional need. Each activity also identifies two core character traits and a corresponding life skill that are taught in the activity. 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.

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.

FIFTEEN CORE CHARACTER TRAITS

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

CHARACTER AND COURAGE CONNECTIONS

Two common threads run through this guide: character and courage—essentials for any good decision-maker. In addition to the character concepts sprinkled throughout the text, each section includes a Character Connection, which will explore a character trait that is essential to the concepts in that section. Each section also includes a box labeled *It Takes Courage!* Until young people have the courage to make wise decisions, they will falter. These boxes explore how courage relates to the section topic.

Section Overviews

It Takes Courage! is divided into the six sections listed here.

CREATING A VISION FOR LIFE

Many young people go through life aimlessly, without an idea of where they want to end up. We believe that many young people engage in risky behaviors out of a sense of hopelessness and an inability to see that they are unique, exceptional, precious in the sight of God, significant, and free to make their own choices in life. This section will help youth to identify who they want to become as individuals and to begin to discover how their unique giftedness can make a difference in the world.

COMMUNICATING EFFECTIVELY

The ability to communicate effectively is the key to meaningful relationships and greatly impacts our success in life. Good communication skills are essential to getting our ideas, needs, and interests across to others and to understanding what others are saying. Teaching young people to communicate well can positively influence almost every area of their lives. This section focuses on the different forms of communication and the verbal, nonverbal, and listening skills that will help youth to become good communicators.

BUILDING HEALTHY RELATIONSHIPS

The desire for community is something we all have in common. Relationships are what make our lives interesting and meaningful. They are also the cause of our greatest challenges in life as we struggle to understand and get along with others. Our relationships with ourselves, our families, and our community require commitment on our part if they are to be strong and long-lasting. This section will help young people discern the difference between healthy and unhealthy relationships and will describe practical steps anyone can take to build and maintain a healthy approach to all of their interactions with others.

THE DESIRE

for community is something we all have in common.

MAKING WISE DECISIONS

Our lives are shaped by the decisions we make. We create a path for ourselves one choice at a time, and few of us are aware of the direction until experiences in life make that path obvious. The goal of this section is to enable young people to live purposeful lives—to see the effect their current choices are having on their lives and to recognize that unhealthy choices, such as alcohol or drug abuse, and early sexual involvement, may quickly sabotage their dreams. This section will help young people to focus their decisions toward realizing their dreams and becoming people of character.

PREVENTING HIV/AIDS

This section turns the spotlight on the unique challenges of living in a world with HIV/AIDS and what it means to “love your neighbor as yourself” when it comes to those who are suffering. This section focuses on the practical information everyone should know about HIV/AIDS and prevention. Topics include HIV transmission, infection with HIV, living with someone who is infected, and avoiding infection through abstinence until marriage and faithfulness in marriage.



TEACHING THROUGH STORYTELLING

The telling of stories is one of the most effective ways to communicate moral messages. They help to clarify abstract concepts and make them easier to understand. Perhaps this is why Jesus communicated so often through parables. A good story presents a non-threatening way for young people to identify with common life events and the impact of one's choices. This section contains favorite stories from around the world, organized by character traits or topics. It also includes teaching strategies to help you maximize the effectiveness of any good story. These stories are one more vehicle you can use to communicate the concepts in the other sections.

How Do I Get It?

We're here to serve you. Please call the Kerus Global Education offices with your question, 540-438-8782, or email us at kerus@kerusglobal.org. You can purchase single copies at the Kerus website, www.kerusglobal.org. Or call Kerus Global Education offices for ordering information. Bulk rates are available.

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ABOUT KERUS GLOBAL EDUCATION

Based in Harrisonburg, Virginia, Kerus Global Education has established itself as a world leader in character-based curriculum development and training. We have promoted abstinence among youth and faithfulness within marriage in more than 50 countries around the world over the last 12 years. Drs. Cerullo and Ball bring a unique blend of giftedness, expertise, and experience to the daunting task of addressing HIV/AIDS prevention. Dr. Ball, a former professor at James Madison University, earned her doctorate in health education. Dr. Cerullo, whose academic specialty is cross-cultural communication, is a former faculty member at Azusa Pacific University. Drs. Ball and Cerullo, along with an international network of professionals, have taught more than 30,000 professionals and reached over two million students around the world.