

REAL TALK: EVERY KID

GROUP FACILITATION GUIDE




REAL TALK
COLLECTIVE

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WELCOME TO THE JOURNEY

THE PURPOSE:

1 in 3 girls and 1 in 5 boys are sexually abused, and 1 in 7 kids encounters predators online. The average age for first exposure to porn and sexting is eight. 92% of children know their abuser but don't report due to fear of trouble, disbelief, or being taken from home. Our mission is to equip kids to speak up for themselves and peers, and build a protective community around them. We aim to prevent exploitation and identity attacks *before* they happen, instilling a foundation of God-given value, purpose and authentic acceptance in every child.

Our Curriculum Goals:

- Empower kids to trust their intuition/discernment.
- Identify safe adults, touches, and screens.
- Create a safe space for Next Gen to learn and share.
- Empower Next Gen in their God-given identity and purpose.

WHO SHOULD BE A FACILITATOR:

This faith-based curriculum is for K-5 kids, promoting empowerment, connection, and spiritual growth. Facilitators should be trusted, charismatic, and familiar with the material—but not the parent/caregiver of a participant, to ensure kids feel safe to open up. Facilitators must also be mandated reporters, ready to act on any harm disclosed.

Facilitator Requirements:

- Trustworthy and self-aware.
- Able to handle tough questions and issues.
- Have experienced REAL TALK for Adults and undergone their own healing journey to avoid being triggered by the material.

For support, contact Freedom@RealTalkCollective.tv. Each week features engaging, interactive sessions designed for EVERY KID:



TRUTH



SCRIPTURE



ACTIVATOR



SKIT



LESSON



DISCUSSION

BEST PRACTICES

1. **Stick to Guidelines:** Share and adhere to group rules.
2. **Experience First:** Join a REAL TALK adult group before leading.
3. **Pray:** Pray individually and with your team. This is essential for navigating deep, uncharted territory.
4. **Be Authentic:** Share your own experiences and testimony. Lead by example and let the Holy Spirit guide you.
5. **Normalize Topics:** Approach sensitive topics confidently so students don't see them as taboo.
6. **Use Humor:** Meet students where they are. Lighten the mood with laughter and guide them back gently.
7. **Fidgets for Focus:** Use fidgets to help students stay engaged. Take breaks to reset if needed.
8. **Offer Resources:** Provide next steps and connect them with support. Email freedom@thefoundationunited.org for more info.
9. **Follow Safety Protocols:** Ensure your organization has a safety plan. If not, reach out to us for help creating this.
10. **Build Relationships:** Focus on trust, authenticity, and transparency. This is about lasting relationships, not just leadership tasks.
11. **Celebrate Wins:** Acknowledge and celebrate their bravery and progress each week.
12. **Embrace Culture Shift:** Regularly roll out REAL TALK to keep kids safe, protect your ministry, and build authentic relationships with Jesus.

For additional support, contact freedom@RealTalkCollective.tv.





MATERIALS NEEDED

Visuals

For the Every Kid curriculum, there are additional visual slides that may be used if desired.

Props

If you choose to play the activator games or perform the short skits in the Every Kid curriculum, minor props and supplies may be needed and are specified for each session.

Guide

This Facilitator's Guide includes 6 lesson outlines and additional resources to create the most effective REAL TALK atmosphere and experience possible.

Ongoing Support & Resources

For additional support, including ongoing coaching, private pathways, live cohorts, and teaching resources, please contact us at Freedom@RealTalkCollective.tv.

VOCAB LIST

Safe Adult: Trustworthy adults who can help kids experience the safe, free, amazing life He has created for them to live. Grown-ups who make the kid feel safe, and loved, and who listen when they talk to them. They may be a parent, grandparent, teacher, or one of the leaders at church

Triangle of Trust: Three "safe adults" in the kid's life who they could go to if they need help or feel unsafe

Safe Touch: Touching that we are comfortable with and give permission for such as a high five, fist bump, or hug

Unsafe Touch: Someone touching you or a kid in their "bathing suit zone," or telling you to touch their bathing suit zone

Bathing Suit Zone: The private parts of your body/genitals that your bathing suit covers

Unsafe Secret: Unsafe secrets make you feel uncomfortable, confused, alone, and scared

Surprise: Surprises make you feel happy and excited to tell your friends/family when they eventually learn about it

Safe Screen: Conversations, images, or videos that you watch on TV, your tablet, or phone that are pre-approved by an adult

Unsafe Screen: Conversations, images, or videos that a kid watches on TV, tablets, or phones that include the bathing suit zone and/or people you do not personally know and have pre-approved

Consent: Permission. You must get permission to touch someone, and they must get permission to touch you. You are the boss of your body.

Body Boundaries/Body Safety Rules: The guidelines to protect your body and mind from exploitation/abuse, etc., built upon consent, intuition, and understanding of your God-given value/identity.

TRUTH #1:

I AM WHO GOD SAYS I AM

Takeaways:

- God created you uniquely
- You are special to God
- Your identity is rooted in who God says you are - not who the world says you are



STEP 1: ACTIVATOR

Select 3-5 kids and have each of them use an inkpad on their fingertip (remind them not to press too hard, or they will have too much ink on their finger!) Have each of them gently press their inked finger on a balloon. Then, blow up the balloon.

This game illustrates that each child's fingerprint is uniquely different, as they are each uniquely different.



STEP 2: SKIT

Cast: Narrator, Mail Carrier, Extra 1, Extra 2

Narrator: Once there was a Mail Carrier. They loved delivering the mail because everyone loves getting something special sent just for them!

Mail Carrier: "Today I have a very special package to deliver!"
(carries box)

Extra 1: "That box doesn't look like anything special! It looks so lame! I bet it's just a box of trash!"

Mail Carrier: "Oh no! This is a very special package meant for a very special person!"



STEP 2: SKIT (CONTINUED)

Extra 2: “No way! That box looks all busted! Whatever is inside is probably broken and useless!”

Mail Carrier: “That’s just not true! This is a very special box meant for a very special person! Sometimes, as we’re out making deliveries, the boxes get bumped and shaken, but that doesn’t mean what’s inside isn’t unique and important.”

Extra 1: “I think you’re crazy! It looks like you should just throw it in the trash! Here, give it to me!”

Extra 2: “No! Give it to me! I’m going to burn it up in my firepit - looks like that’s all it’s good for!”

Narrator: They didn’t know what the Mail Carrier knew - it’s what’s inside that matters most!

Mail Carrier: “Now listen to me! This is a very special message for a very special person! Hands off! I am going to get this to them no matter what!”

Narrator: Finally, he arrived at this destination. (Have the Mail Carrier walk up to several kids in the audience to open the package and pull out a card or piece of paper that says:

- “I am loved”
- “I am important”
- “I am respected”
- “I am never forgotten”
- “I have a purpose”
- “I am unique”

Narrator: You see? Sometimes, our life seems to shake us all up, and others might say hurtful things about us... sometimes, they say it so much that we begin to believe it is true! But the only thing that is really true, is what God says about who you are! This was a very special package for a very special person - YOU... and you, and you, and you, and you, and you... (point to each child saying this.)



STEP 3: LESSON OUTLINE

Power Verse: (Have kids repeat this scripture after you) "I praise you because you made me in such a wonderful way." Psalm 139:14

Scripture Story Passage: (Read out loud) "Joseph was the youngest of eleven brothers. One day, Joseph said, "I had a dream. We were all working in the field, tying stacks of wheat together. Then my stack got up. It stood there while all of your stacks of wheat made a circle around mine and bowed down to it." His brothers said, "Do you think this means you will be a king and rule over us?" His brothers hated Joseph more now because of the dreams he had about them. Joseph's brothers continued to be jealous of him, but his father thought about all these things and wondered what they could mean. One day, his father sent him out to check on his brothers, who had gone to watch after their flocks of sheep. Joseph's brothers saw him coming from far away. They decided to make a plan to kill him. They said to each other, "Here comes Joseph the dreamer. We should kill him now while we can. They were so jealous of Joseph that they made a plan that eventually led him to be sold into slavery, put in prison, and lied about. But no matter what happened, Joseph held onto the truth about what God had spoken to him earlier. Eventually, he became one of the most powerful men in the country, saving many lives from a famine that struck the land (that means there wasn't enough food), and his father and brothers did come and bow down at his feet!" Genesis 37

Joseph's Story and Your Identity

Joseph was used by God in powerful ways. God called Joseph loved, favored, seen, heard, purposed, not forgotten, respected, and unique—just like He calls you. God even spoke to Joseph through dreams about his future. But his brothers were jealous and treated him terribly instead of celebrating him. They used their energy to try to destroy what God had blessed in Joseph.

The enemy works the same way. The Bible says Satan comes to "steal, kill, and destroy," but also that "God made you in a wonderful way." You are a unique, one-of-a-kind creation, and this scares the Devil. When you stand in the truth of who God made you to be, you are more powerful than the enemy.

Joseph didn't always feel powerful or special, especially when his family mistreated him. Sometimes, he might have felt forgotten by God. But God never forgets or leaves us. The Devil tried to steal Joseph's hope, kill his faith, and destroy his purpose. Joseph had to remember that his identity was in what God said about him, not what others said. Holding on to that truth made him unstoppable.



STEP 3: LESSON OUTLINE (CONTINUED)

Remember the Mail Carrier in our skit? People tried to convince him that his package wasn't special or important, but he was determined to deliver it. That's like Jesus with us. He made you a gift to the world, special inside and out. The Devil tries to trick you into believing lies about your identity. Your identity is not based on your behavior or experiences, it is who God says you are and who He created you to be (see below.)

Lies the Devil Might Tell You:

- You're good for nothing
- No one cares about you
- You're annoying, no one wants you around
- You're not smart/cool/pretty enough
- Everything is your fault
- You can't tell anyone about what's happened to you
- You were born to be something else
- God doesn't love you

Ask the kids if they would add anything else to this list.

These lies often come as thoughts. It's important to know God's truth about you to counter them. Talk to a safe adult if you feel confused about your identity.

Here's what God says about you:

God's Truth About You:

- You are loved
- You are important
- You are respected
- You are never forgotten
- You have a purpose
- You are born exactly as you should be
- You are celebrated by God
- You are unique

Ask the kids if they would add anything else to this list.

When you stand on these truths, you are unstoppable. You may face hard times, just like Joseph, but remember the truths we learned today. Just as God was with Joseph, He will always be with you, loving you through life's ups and downs.



STEP 4: DISCUSSION BREAKOUTS

Let's review with some questions:

- What happened to Joseph in our story?
- Joseph went through some very hard times. Did God ever leave him or forget about him during those times?
- What are some things the Devil tries to trick you into believing about your identity?
- What is the truth that God says about your identity?
- What is one thing you really like about how God created you? (i.e. you love sports, you like to laugh, you're a good artist, you're kind, etc.)
- What was the most important thing you learned from today's lesson?



TRUTH #1: YOU DID IT!

TRUTH #2:

GOD LOVES ME NO MATTER WHAT

Takeaways:

- There is nothing that you can do that will separate you from God's love.
- You will make mistakes, but God will always forgive you.
- God wants us to be safe, and if something has happened in your life that isn't safe, He wants you to tell a safe adult.



STEP 1: ACTIVATOR

Split the kids into two teams and give each team a large pitcher filled with water. One team gets sand to mix into their pitcher; the other gets powdered lemonade mix. Have the kids vote on which they think will dissolve in the water. Set a timer for 1 minute and let the teams stir as hard as they can during that time. When the timer goes off, stop stirring and observe the results: the lemonade mix dissolves completely, blending with the water, while the sand settles at the bottom, not mixing in.

This game shows how we often misunderstand God's love. We might think our actions or circumstances separate us from God's love, like sand in water. But God's love is like the lemonade mix—nothing can separate us from it. He's never mad at you and always loves you, no matter what.



STEP 2: SKIT

Cast: Narrator, Dad, Kid

Narrator: Once there was a boy who lived in a loving home with his Dad. Each week his Dad gave him an allowance for doing his chores. They had decided to save up their money each week together to pay for a trip to Disney World the upcoming summer.



STEP 2: SKIT (CONTINUED)

Dad: "Here's your allowance, son. Thanks for helping out around the house! Keep up the hard work and you'll have plenty of spending money for Disney!"

Son: "Dad, I've decided I want an advance on my allowance. I'll take all of the money you were going to give me for chores for the rest of the year, right now."

Dad: "I don't think that's a safe idea, Son. If I give it to you now, you have to be responsible with it."

Son: "Don't be such a "Dad," Dad. I won't spend all of it, I know I need to save for Disney. But there are some things I just have to have right now!"

Narrator: And so the Dad gave his son a year's worth of allowance. His son wasn't responsible, though. He spent the money on arcade games, candy, and Pokemon cards. For a while, he thought life simply couldn't get any better... but then, he remembered what he was saving for. He had no money left for Disney. How would he buy souvenirs? How would he buy endless amounts of Mickey Mouse shaped snacks?

Son: "Why didn't I listen to my Dad?! I wasn't responsible at all and now I have NOTHING! I bet my Dad is so mad at me, he probably wishes I wasn't even his son. I know! I'll beg him to let me do double the chores for more money."

Narrator: And so the son went to go find his dad and beg for forgiveness.

Son: "I'm so sorry! I know you must be so mad at me!"

Dad: "Mad? Why would I be mad at you?"

Son: "Because I did something irresponsible. I spent all the money on silly things and now I don't have anything to bring to Disney with us. You were counting on me to help out and I blew it. I know you must be so disappointed in me."

Dad: "You are my child. There is nothing in this world that you could ever do, or that could ever happen to you, that could make me stop loving you."

Narrator: Then, the Dad and his son embraced in a long hug. And the Son realized that no matter what, His father would always love him.



STEP 3: LESSON OUTLINE

Power Verse: (Have kids repeat this scripture after you) "Can anything ever separate us from Christ's love? No! Victory is ours through Christ who loves us." -Romans 31:35 & 37

Scripture Story Passage: (Read out loud) "Jesus said, 'A man had two sons. The younger son said to his father, 'give me my share of the inheritance now.' Then the father divided his estate between his sons. The younger son took his inheritance and went on a trip to a land far away. He wasted his wealth through wild living. When he had used up his money, a severe food shortage arose in that country and he began to be in need. He had no money left, so someone hired him to feed their pigs. He was so hungry that even the pigs' food looked good to him. Finally, he came to his senses and said, 'My father's servants have more than enough food, but here I am, I'm starving to death! I will get up and go to my father and say, "Father, I have sinned against heaven and against you. I no longer deserve to be called your son. Take me on as one of your servants so I can eat.' While he was still a long way off in the distance, his father saw him and was moved with compassion. His father ran to him, hugged him, and kissed him. He said, 'Quickly, bring out the best robe and put it on him! Put a ring on his finger and sandals on his feet! Fetch the fattened calf and cook it. We must celebrate with feasting because my son was dead and has come back to life! He was lost and is found!' And they began to celebrate." Luke 15:11-24

The Prodigal Son and God's Unconditional Love

The story of the Prodigal Son teaches us powerful lessons about God's love. In the story, the son represents us, and the father represents God. Ever felt like God was mad at you? Maybe you did something you regret or something bad happened to you. Here's the awesome truth: GOD LOVES YOU UNCONDITIONALLY! Nothing can separate you from His love.

Sometimes, we make choices that aren't what Jesus wants for us. Even if they seem fun at first, Jesus guides us to stay safe because He loves us. Choices that won't benefit us for the better might include sneaking cookies or teasing someone. They could even be unsafe for us, like looking at unsafe screens.

What's an Unsafe Screen?

- It could be videos or pictures of people's "bathing suit zones." These are the private parts of your body/genitals that your bathing suit covers.
- It could make you feel uncomfortable and icky or have a lot of questions about what you saw.
- Sometimes, the choices of others affect us in an unsafe or negative way. An example of this could be someone, another kid or an adult, showing you pictures or videos that are unsafe, confusing or uncomfortable.
- If you see this, tell a safe adult. They'll help you navigate what happened and get safe.



STEP 3: LESSON OUTLINE (CONTINUED)

Everyone makes mistakes, but God always forgives us. He sends safe adults to help us, too. The Prodigal Son story shows that God celebrates us when we come to Him, no matter what mistakes we've made. If you lied, were unkind, or watched an unsafe screen, just ask God for forgiveness and tell a safe adult.

If you're not sure and are feeling confused about something that happened, that is ok! Talk to a safe adult, and they will point you in the right direction. A safe adult will never get mad at you for clarifying. Most importantly, God will always forgive and celebrate for you for coming to Him.

Feelings of Shame

- Sometimes, we think God is mad at us for things beyond our control. This isn't true. God never punishes you for things that happen to you. He also is always ready to forgive when we make mistakes (And everyone makes mistakes!)
- Shame makes us believe we are what we did or what was done to us. God's truth helps us know that our identity is who God says we are (loved, valued, unique, purposed, etc.), not based on our behavior or experience.
- If you feel shame, talk to a safe adult. God wants you to live in His peace and joy.

Unsafe Touch

- No one should touch your "bathing suit zone," except in certain situations like a doctor's visit with your parent/caregiver present or when you're a baby and your parent/caregiver helps you get clean in the bathtub.
- Understanding safe vs. unsafe touch:
 - Safe Touch is touching that we are comfortable with and give permission (consent) for, such as a high five, fist bump, or hug.
 - Unsafe Touch is someone touching you or another person in their "bathing suit zone" or telling you to touch their bathing suit zone or another person's.
- If someone touches you in an unsafe way, it's not your fault. Tell a safe adult.
- Safe adults listen, believe you, and help you feel safe. Keep telling until someone helps.

Just like the father in the Prodigal Son story, God loves you no matter what. Whether you've made wrong choices or been affected by others' actions, God is always ready to help and celebrate you.



STEP 4: DISCUSSION BREAKOUTS

Let's review with some questions:

- In the story of the Prodigal Son, who does the father represent? Who does the son represent?
- In the story how do you know that the father still loves the son and isn't upset with him?
- What does this story teach us about God's love for us?
- Have you ever worried that God was mad at you?
- What was the most important thing you learned from today's lesson?



TRUTH #2: YOU DID IT!

TRUTH #3:

GOD NEVER LEAVES US & GIVES PEOPLE TO HELP

Takeaways:

- You can always talk to God about your problems.
- God has placed safe adults in your life that can help you if you have a problem.
- God wants you to ask the safe adults in your life for help if you need it.



STEP 1: ACTIVATOR

Lay two sturdy yoga mats at the front and pick one child for each mat. Challenge them to get to the other side of the room without using their arms or legs, staying on the mat. After 1-2 minutes, invite eight more kids to help, four for each mat, to carry their friend across the room.

This game shows how much easier it is to get help with support. It's important to have a trusted support system. God places "mat carriers" in your life to help you when you need it.



STEP 2: SKIT

Cast: Narrator, Kid, Friend 1, Friend 2

Narrator: There once was a kid who loved to dance. This kid thought that nothing in the world could make them happier than dancing... until one day as they were taking a walk, they found a jump rope that someone had left behind.

Kid: "OH MY GOOODNESS! I have always wanted my own jump rope! I've never done this before, I'm going to give it a try. Whenever I see other kids jumping rope, they always look SO COOL!"



STEP 3: LESSON OUTLINE (CONTINUED)

But they could not get to Him because of the crowd. So they went to the roof above Jesus and made a hole. Then they lowered the mat with the paralyzed man on it.

Jesus saw that these men had great faith. So He said to the paralyzed man, "Young man, your sins are forgiven." Some of the teachers of the law were sitting there. They saw what Jesus did, and they said to themselves, "Why does this man say things like that? Only God can forgive sins." At once Jesus knew what they were thinking. So He said to them, "Why are you thinking these things? Which is easier: to tell this paralyzed man, 'Your sins are forgiven,' or to tell him, 'Stand up. Take your mat and walk?' I will prove to you that I, the Son of Man, have authority on earth to forgive sins." So Jesus said to the paralyzed man, "Stand up. Take your mat and go home." Immediately the man stood up. He took his mat and walked out while everyone was watching him. The people were amazed and praised God. They said, "We have never seen anything like this!" Mark 2: 1-12

Safe Adults & True Friends

Who here has a best friend? (Have the kids raise their hands.) What's your best friend's name? (Call on a few kids.) What do you like to do with your friends? (Call on a few kids.) Awesome! One of the best things about friends is that we can trust them when we need help. Godly friends will always be there for us. In the Bible, a man in need got to Jesus because his friends carried him and even made a hole in the roof to get him there! God gives us friends and trustworthy adults to support us, just like the friends who held the corners of the man's mat.

God wants you to have great friends and safe adults who help you live a safe and amazing life. Safe adults are people you can trust and who make you feel heard and cared for, protected, and who believe you when you share you need help. This could be, but doesn't necessarily have to be, a parent/caregiver, grandparent, teacher, or church leader. Safe adults don't hurt you, make you question something that made you feel unsafe, or make you feel uncomfortable or icky.

Take a minute to think about who your safe adults are. Can you make a triangle with your hands? It has 3 points, just like the 3 "safe adults" in your Triangle of Trust.



STEP 3: LESSON OUTLINE (CONTINUED)

Sometimes it's hard to speak up about something that happened to you or something you did. You might feel confused, scared, or unsure how to start the conversation.

Here are some sentence starters to help:

- “You’re my safe adult, can we talk?”
- “Do you have time to talk? I need to tell you something important.”
- “I’m confused about something that happened, can you help me?”
- “I felt unsafe when something happened and need help.”

Can you think of any other sentence starters?



STEP 4: DISCUSSION BREAKOUTS

Let’s review with some questions:

- How did the friends help the man on the mat in our story?
- What did Jesus do when he saw the man?
- What does this story teach us about friendships and people who are safe? How do safe adults make you feel?
- Who are some safe adults in your life who are willing to help you?
- What are some sentence starters you can use if you need to talk to your safe adult?
- What was the most important thing you learned from today’s lesson?



TRUTH #3: YOU DID IT!

TRUTH #4:

GOD CREATED ME WITH A STRONG HEART & MIND

Takeaways:

- You can always talk to God about your thoughts and feelings.
- God wants you to listen to your heart if you think something is wrong.
- The Holy Spirit is with you, even when times get tough.



STEP 1: ACTIVATOR

Spread out and start the music! Each player has a number. When the music plays, everyone dances around the room. When it stops, quickly find your matching number no matter where you are.

This game shows how the Holy Spirit is always near and comes close to us!



STEP 2: SKIT

Cast: Narrator, Dad, Brother, Sister

Narrator: One weekend, a Dad went to his son to give him his allowance for doing his chores.

Dad: "Great job this week, buddy. Thanks for cleaning your room and taking out the trash. Here is your allowance, \$5.

Son: "Thanks, Dad."

Narrator: The boy's little sister was just a toddler, so she didn't have any chores yet. But when she saw his \$5 bill, she wanted it for herself and snatched it from his hand.

Brother: "Hey! That's mine sis!"

Sister: "No! Mine!"



STEP 2: SKIT (CONTINUED)

Brother: "Now stay right here. That's the money that I worked hard for. Don't mess with it, ok?"

Sister: "OK..."

Narrator: But the little sister just couldn't resist. She snuck up behind her big brother as he was reading a book and snatched the money away.

Brother: "Sis, I told you, that's mine!"

Sister: "No! Mine!"

Narrator: Quickly she crumpled it up and tried to hide it in her fist.

Brother: "Give it back! Please don't touch it again. It's very valuable. I'm saving it for some new legos."

Sister: "OK..."

Narrator: But once again, she just couldn't help herself. She snuck up and snatched the money away again. This time, she doesn't just crumple it up, she rips it in half!

Brother: "No! Sis, give that back right now!"

Sister: "No! Mine!"

Brother: "Daaaad! Sis took my money and ruined it!"

Dad: "Oh my! Honey, give me that."

Brother: "First she took it away, then she crumpled it up, then she ripped it in two! Dad, now I won't be able to get my new legos!"

Dad: "Buddy, it's not so bad, really. Watch this." (Tape the money-back together and smooth it out.) Do you see? This \$5 is worth \$5 no matter what. Sure, it got beat up a little, but no matter what happens to it, it will always be worth \$5."

Brother: "Really?"

Dad: "That's right. Its value doesn't change just because of those things that happened. And you don't have to worry about things like that because I will always be here to help and guide you."



STEP 3: LESSON OUTLINE

Power Verse: (Have kids repeat this scripture after you) “When you believe in Jesus, the Holy Spirit comes to live in you.” -Acts 2:38

Scripture Story Passage: (Read out loud) “While Jesus was on Earth a lot of people believed in Him and followed Him. After He died on the cross he came back to life and visited his followers. He told them to wait in Jerusalem until they received a special gift- the Holy Spirit. Then Jesus was taken up to Heaven. The believers were all waiting for the gift, then one day it came. All of the believers were together in one place when suddenly there was a sound from Heaven like the roaring of a mighty wind storm and it filled the house where they were sitting. Then what looked like flames appeared and settled on each of them. Everyone present was filled with the Holy Spirit.” Acts 2:1-4

Learning To Listen to the Holy Spirit

Jesus said that He would send the Holy Spirit to live inside you as a gift to always guide you and give you power. Have you ever felt uneasy, like something was “off”? Maybe you thought someone was following you, or a stranger asked you personal questions online. That uneasy feeling is the discernment of the Holy Spirit, your intuition, telling you something is wrong. Trust it—your thoughts, feelings, and voice matter!

Sometimes we ignore that voice because we don’t want to upset someone or feel confused about what to do. Maybe what started as a game with a grown-up or another kid made you feel uncomfortable, someone touched you in your bathing suit zone or told you to keep an unsafe secret. No matter who it is, it’s never okay, and your intuition/discernment will alert you by giving you a feeling that something just isn’t right. Remember, **YOU ARE THE BOSS OF YOUR BODY!** If something feels off, don't ignore it. The Holy Spirit is your special gift from God to help keep you safe. Always tell a safe adult—they won’t be mad and will help you.

God has given you a strong heart, mind, and the gift of His Holy Spirit—these are like superpowers inside of you. That makes you like a superhero! Because you have this amazing power and purpose that God planted inside you, challenges will come, just like for superheroes. God created boys and girls uniquely and differently, but you **ALL** have this superpower inside you!

The villain, the devil, will try to take you down because he knows how special and important you are. It actually scares him to know how **AWESOME** God created you to be! But remember, you are **MORE THAN A CONQUEROR** because the Holy Spirit lives in you. Even when hard times come, remember that you were born to battle, not to be beaten down, and God has a special, important purpose for creating you!



STEP 4: DISCUSSION BREAKOUTS

Let's review with some questions:

- The Holy Spirit is God's guiding Spirit inside of us. How does this help us?
- How are you like a superhero? Who is the villain, and what does he do?
- How can our intuition/discernment help keep us safe?
- What should you do if you think something isn't safe?
- What was the most important thing you learned from today's lesson?



TRUTH #4: YOU DID IT!

TRUTH #5:

GOD GAVE ME A VOICE SO I CAN ASK FOR HELP

Takeaways:

- You can always talk to God about your problems.
- God wants you to ask the safe adults in your life for help if you need it.
- God wants you to keep asking for help if someone doesn't believe you until you get the help you need.



STEP 1: ACTIVATOR

Before kids arrive, hide coins around the room—some easy to spot, others a bit trickier but still visible. Split the kids into teams of 1-5 and challenge them to find as many coins as possible in 1 minute (extend the time if needed). The team with the most dimes wins!

This game shows that even when we feel small or unnoticed, God always sees us, says we are valued, and cares enough to send help our way.



STEP 2: SKIT

Cast: Narrator, Pastor, Worship Leader, Bike Rider, Bully 1 & 2, Kid

Narrator: Once there was a kid who went for a ride on their new bike at the local park all by themselves.

Kid: "What a beautiful day for a bike ride!"

Narrator: The kid rode their bike happily through the park, listening to the birds chirp and smelling the fresh air. They didn't notice two bullies walking in their direction.

Bully 1: "What do you want to do today?"

Bully 2: "I don't know. Hmmm.... we could go stir up trouble at the mall."



STEP 2: SKIT (CONTINUED)

Bully 1: "No... we always get caught. I want to go on a bike ride!"

Bully 2: "Well we don't have a bike!"

Bully 1: "Hey, see that kid riding towards us?"

Bully 2: "Yeah...?"

Bully 1: "Let's take their bike for ourselves!"

Bully 2: "Yea, let's do it!"

Narrator: While the bullies were forming their vicious plan, the kid was riding blissfully unaware toward them. Suddenly, they heard...

Bully 1: "GET 'EM!!!"

Narrator: Suddenly, the kid was under attack! The bullies were kicking them, hitting them, and throwing them to the ground! They lay there hurt and unable to get up to fight back as the bullies rode away on their new bike. Soon after they left, a pastor of a local church was walking by, praying to God to make Him a better leader for his congregation and community.

Kid: "Excuse me, sir, can you help me? I'm hurt, and bullies stole my bike."

Pastor: "I'm sorry, I'm too busy praying to help you today."

Narrator: Another person comes along, a local Worship Leader, singing to themselves.

Kid: "Excuse me, sir, can you help me? I'm hurt and some bullies stole my bike."

Worship Leader: "I'm sorry, I've got too much singing to do to help you today."

Kid: "God, please send someone to help me, someone who won't just step over me."

Narrator: Now, God always sees our needs and cares about what may hurt us, whether it hurts our bodies or our feelings. And God always sends us someone who can help us get safe and free from the hurt, so we can be the AWESOME boys and girls He created us to be! Just after the kid said their prayer, another person they had seen around at school came up riding a bike of their own."



STEP 2: SKIT (CONTINUED)

Bike Rider: "Oh my goodness, you look like you're hurt! Here, let me help you!"

Narrator: The bike rider hopped off of their bike and leaned down to the kid to help them up.

Bike Rider: "It's going to be ok, kid. Here, hop on the pegs on the back of my bike and I'll take you somewhere you will be free and safe from the bullies who hurt you. I'll help you get the care you need."

Kid: "Thanks. I'm so glad God heard my prayer and sent you to help me."



STEP 3: LESSON OUTLINE

Power Verse: (Have kids repeat this scripture after you) "Do not fear, I will help you." -Isaiah 41:13

Scripture Story Passage: (Read out loud) Read out loud - Jesus told this story. There was once a man traveling from Jerusalem to Jericho. On the way, he was attacked by robbers. They took his clothes, beat him up, and went off, leaving him half-dead. A priest was on his way down the same road, but when he saw him, he crossed to the other side. Then a Levite, another religious man, showed up; he also avoided him. A Samaritan traveling the same road saw him, and his heart went out to him. He gave him first aid, disinfecting and bandaging his wounds. Then he lifted him onto his donkey, led him to an inn, and made him comfortable. In the morning, he took out two silver coins and gave them to the innkeeper, saying, 'Take good care of him. If it costs any more, put it on my bill.' Luke 10:30-35

God Sees You and Sends Safe People To Help

When Jesus was asked what it means to be a "good neighbor," He explained that it's about being like Him—helping those in need. Sadly, not everyone acts like Jesus. In our skit, the bullies, the robbers in the scripture, and even the Priest and Levite, who were supposed to be helpers, missed the mark. Sometimes, even those we should be able to trust the most may not make us feel safe or loved.

This brings us to the second lesson: if something happens that makes you feel unsafe, hurt, or gives you that "icky" feeling, never keep it a secret. Unsafe secrets are different from surprises—surprises make you excited, but unsafe secrets make you feel uncomfortable, confused, and scared.



STEP 3: LESSON OUTLINE (CONTINUED)

One example of an unsafe secret is if someone touches you in your "bathing suit zone" or asks you to touch theirs. Remember, YOU are the boss of your body. A surprise could be something like a birthday gift or party.

You have the power to say "no" to anything that makes you uncomfortable. If someone tells you not to tell anyone, you should immediately talk to a safe adult. Maybe something happened a long time ago that made you feel unsafe or uncomfortable. Guess what? It's never too late to tell a safe adult, and they will help you! A safe adult will never ask you to keep an unsafe secret. They are kind, helpful, and there to protect you.

Safe adults and safe kids practice consent, which means asking for and giving permission before touching someone. Safe touches, like high fives, fist bumps, or hugs, should only happen if both people feel comfortable. Giving someone permission to hug or fist bump you is called giving consent. It's a good habit to always ask for and give consent before touching anyone. It helps everyone feel safe and respected and allows you to use the power of your voice to speak up about what you want or don't want. If you don't want someone to touch you, it's okay to say "no," no matter who it is!

In the story, the man tried to get help from the Priest and the Levite, but they didn't help him. Finally, the Good Samaritan passed by and helped him get safe and free. If you tell someone and they don't help you, just like the man in our story, keep telling safe adults until someone helps!

You are important, and you are never alone! Jesus sees you, loves you, and will always send someone to help you. Always speak up if you feel unsafe because your voice has power!



STEP 4: DISCUSSION BREAKOUTS

Let's review with some questions:

- What does it mean to be a good neighbor?
- What did the Good Samaritan do when he saw the hurt man on the road?
- What does this story teach us about asking for help?
- What is consent and what can you do if someone touches you without your consent?
- What should you do if you ask someone for help and they don't help you?
- What was the most important thing you learned from today's lesson?



TRUTH #5: YOU DID IT!

TRUTH #6:

EVERY KID CAN DO BIG THINGS FOR GOD

Takeaways:

- You are never too young or small to be used by God.
- God will use you to make a big impact in the world.
- Your dreams and desires are important to God.



STEP 1: ACTIVATOR

Set up three clear cups at the front: one with water, one with dry Orbeez, and one with Orbeez that have soaked overnight. Have a kid stir the dry Orbeez into the water and share how they'll eventually expand and grow into what they were meant to be because they were filled with water. Let kids guess the number of Orbeez in the cup—closest guess wins them as a prize!

This game shows that when we fill ourselves with God's truth, we grow into who we were created to be, no matter how small we start!



STEP 2: SKIT

Cast: Narrator, Jesus, Kid 1, Kid 2, Kid 3 and Kid 4

Narrator: Jesus was going to play a basketball game with the angels and it was time to pick who He wanted on his team.

Jesus: "All right, kids, this is going to be a big game! I need some solid players on my team! Has anyone played basketball before?"

Kid 1: "Well, no. But I just learned to tie my shoes! I really want to be on your team"



STEP 2: SKIT (CONTINUED)

Jesus: “Yes, even though all of those things. I choose all of you! You know why? Because you all showed up. You all said yes to coming to be on my team. And because I care about each and every one of you. I see how amazing you are and all you can be. Let’s get started training. I’ve got big plans for you!”

Narrator: And they all walked out with Jesus to the basketball court and He taught them everything they needed to know. And of course, they won the game because if you’re on Jesus’ team, you can’t be beat!



STEP 3: LESSON OUTLINE

Power Verse: (Have kids repeat this scripture after you) “Do not keep the little children from coming to me. The kingdom of Heaven belongs to them. Matthew 19:14”

Scripture Story Passage: (Read out loud) Read out loud - Jesus soon saw a huge crowd of people coming to listen to Him. Turning to Philip, he asked, “Where can we get food for all these people?” He was testing Philip, for he already knew what he was going to do. Philip replied, “Even if we worked for months, we wouldn’t have enough money to feed them!” Then Andrew, Simon Peter’s brother, spoke up. “There’s a young boy here with five barley loaves and two fish. But what good is that with this huge crowd?” “Tell everyone to sit down,” Jesus said. So they all sat down on the grass. (The men alone numbered about 5,000.) Then Jesus took the loaves, gave thanks to God, and distributed them to the people. Afterward, he did the same with the fish. And they all ate as much as they wanted. After everyone was full, Jesus told his disciples, “Now gather the leftovers so that nothing is wasted.” So they picked up the pieces and filled twelve baskets with scraps left by the people who had eaten from the five barley loaves. When the people saw him do this miracle, they exclaimed, “Surely, he is the one we have been waiting for!”

Discovering Your God Dreams

You might feel small and powerless sometimes, but remember—Jesus is always on your side, cheering you on! He knows you're young, but that won't stop Him from doing big things through you.

Jesus placed bright desires in your heart for a reason! Even when tricky or unsafe people, maybe even adults you trust, make you feel like you can't do big things, remember the truth: Jesus is always with you, listening and caring deeply. The world might try to make you feel otherwise, but Jesus loves kids—He loves YOU!



STEP 3: LESSON OUTLINE

Just like the boy who gave Jesus his small lunch, which was multiplied to feed thousands, your "little" offerings can lead to great big miracles! Don't ever think you don't have enough to give. Jesus takes whatever you offer and uses it in amazing ways.

So, what do you want to give to Jesus? What dreams has He placed in your heart? Dream big! Even your wildest dreams aren't too big for God—they're "God dreams," and He's ready to make them come true through you. When you step into your dreams, whatever they are, to bring honor to God, NOTHING IS IMPOSSIBLE, no matter who you are, where you come from, or what has happened in the past.

Remember how the Devil gets scared when you walk in Jesus' truth? That's because Jesus is stronger, and when you stand with Him, the enemy can't win (kid, you're kind of a BIG DEAL!). The Devil might try to bring hard things against you, but it's only because he's terrified that you'll figure out how powerful God's purpose is for you and that you'll pursue the God dreams He's put in your heart. Stick close to Jesus, and He'll always use you to shine His light in the world.

If something feels wrong, unsafe, or just not right, don't keep it inside! Talk to your safe adult and tell Jesus how you feel. He's always listening and will never leave you or shame you. If someone doesn't believe you, keep speaking up until someone does. It's never too late! The enemy wants you to believe you can't do big things because of what's happened to you, but that's a lie. What's true is that Jesus is always on your team, no matter what! All you need to do big things is to give Him your "yes," follow after Him, and walk in the confidence of who He created you to be (the one and only amazing YOU!)



STEP 4: DISCUSSION BREAKOUTS

Let's celebrate our last week of REAL TALK by dreaming big and rooting each other on as Jesus roots for us! Give each of the kids in your group a word of affirmation and ask if they would like to share something encouraging with the group.

- What is one thing you want to do for Jesus in this world? This is your "God-dream!"
- Can kids do big things for Jesus, even though they're young? What story is an example of this in the Bible?
- What should you do if something makes you feel icky, unsafe, or like God can't use you or doesn't love you anymore?
- What was the most important thing you learned from today's lesson?



TRUTH #6: YOU DID IT!

REPORTING

After you have completed your group, please take a few moments to fill out the facilitator's survey. Your feedback is invaluable in helping us improve and support future groups and is crucial in understanding your kids' experiences through REAL TALK.

Thank you for your dedication and commitment to fostering meaningful connections and growth.

QR Codes & Direct Links to Survey Below:

[Every Kid Facilitator's Survey](#)



PAYING IT FORWARD

HELP MINISTRIES AROUND THE WORLD LAUNCH REAL TALK

We invite you to pay it forward by supporting The Foundation United financially. Your gifts go 100% toward sustaining this vital ministry and the organizations that REAL TALK empowers worldwide.

Donations can be made online at www.thefoundationunited.org or by mailing a check to The Foundation United, P.O. Box 5576, Sarasota, FL 34277.

Your generosity helps us continue to make a meaningful impact in the lives of many. Thank you for your support!

PRIVATE PATHWAYS & COACHING

Individualized next steps are important. We hope that through your REAL TALK experience, the Holy Spirit revealed areas for further development and exploration. We offer a network of confidential next steps globally for individuals, couples, and those seeking premarital or marriage resources. We call these “Private Pathways.” There is always more to discover. We would love to help you find the best next steps—email freedom@realtalkcollective.tv for more information.

If you need additional coaching, healing resources, or training, please contact us at the same email address. We are here to support you every step of the way, ensuring you have the tools and guidance necessary for your journey.



TOOLS & RESOURCES

NEXT GEN TOOLS

- Get trained in REAL TALK for Next Gen: Learn more at RealTalkCollective.tv.
- Safety tips and resources: Visit TheFoundationUnited.org/statsandresources to safeguard your family.
- Learn about porn's impact and addiction help: Visit RaisedOnPorn.com and Fight the New Drug.
- Good Pictures, Bad Pictures by Kristen Jensen: Teach young children (ages 3-6) how to respond to internet dangers with this age-appropriate guide.
- Discuss healthy relationships: Visit JoinOneLove.org and LovelsRespect.org.
- Learn about grooming and protecting your child: Resources available online.
- Clicker The Cat by Kyla Cullinane: Empower kids to manage screen time and build healthy habits.
- Chosen: Discover the true stories of teens lured into trafficking and learn to protect others.
- PAXA Pointers Curriculum: Effective strategies for keeping kids safe in various scenarios.
- The Cool Aunt Series: A home-based experience that teaches teens about the risks leading to sex trafficking.