



REAL TALK: EVERY GUY (HIGH SCHOOL)

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 youth are approached by predators online. With porn sites attracting more visitors each month than Amazon and Twitter combined, we must equip young men to resist these dangers, break cycles of shame, and embrace their God-given value. Our goal is to prevent exploitation before it happens and restore a sense of worth/purpose to every participant. Every guy/girl deserves to LIVE FREE and experience a REAL TALK! This curriculum builds self-confidence and opens essential conversations that are often missing, especially in faith communities—a place where they should feel safest.

Our Curriculum Goals:


- Empower kids to trust their intuition/discernment.
- Identify gaslighting, healthy vs. unhealthy relationships, the effects of pornography, and vulnerabilities.
- Create a safe space for Next Gen to learn and share.
- Empower Next Gen in their God-given identity and purpose.

REAL STORIES, REAL TALK:

The stories in this curriculum are inspired by true stories. REAL TALK: EVERY GUY/GIRL creates a safe space within the church for youth to connect, grow, recognize safe adults in their lives, and learn to self-advocate. It equips leaders with the tools to truly see and hear the needs of the young men/women in their care.

WHO SHOULD FACILITATE:

This curriculum is designed for the faith community to create a comfortable and empowering environment for teens. The facilitator should be someone the participants trust, but not a parent, as some may feel uncomfortable being fully open with a parent present. The ideal facilitator is relatable, charismatic, and confident in the material. He should make participants feel secure and excited about the freedom, truth, and renewed self-worth they will gain.



Facilitators must be trustworthy, self-aware, and open to discussing topics youth feel is important. They should have walked through their own healing journey, using their testimony to model the transparency and REAL TALK desired in the group. It's important to let participants know the facilitator is a mandated reporter, chosen because they care deeply and are committed to their well-being/safety.

WHO SHOULD PARTICIPATE:

Next Gen from all backgrounds are bombarded with lies about identity and manhood. Predators don't discriminate—even within the church. This group is about helping EVERY GUY/GIRL live in FREEDOM. Whether identified as "at-risk" or not, all should be invited to participate. To ensure meaningful discussions and activities, we recommend that groups be limited to 4-10 participants.

Thank You!

Thank you for saying "yes" to creating a safe and authentic space for the next generation to experience REAL TALK. Your commitment to guiding these youth is making a real difference. By fostering openness and honesty, you're helping them embrace the truth and value God has for them. Your leadership and dedication are truly appreciated, and we're grateful for the impact you're making in their lives.

For more resources and support, contact Freedom@RealTalkCollective.tv.

BEST PRACTICES

TIPS FOR BUILDING TRUST IN RELATIONSHIPS

1. **Ask Questions. Talk Less.**

Listen attentively and try not to interrupt. Communicate that you want to hear what they have to say ... not what you want to say.

2. **Check Your Heart.**

Confirm that they are safe with you - then tell them that they are safe with you. Be sure you can keep confidence!

3. **Accept Them.**

Try not to evaluate or judge what they are telling you. Try to hear them and identify with them first.

4. **Love Them.**

Ask God to fill your heart with love for them!

5. **Model Transparency.**

Be willing to be vulnerable yourself. This is not in contradiction with Tip #1 - this is not asking you to change the focus of the conversation to yourself. This is being ready to be vulnerable in the case that the other person asks you personal questions or if you sense that sharing your own stories may foster greater safety.



BEST PRACTICES

GROUP GUIDELINES

1. **Confidentiality** and anonymity are required from all members of the group. This does not apply to mandated protocol to protect children if they are being harmed.
2. **Say “Yes” To Transparency** and vulnerability; there is no need to rescue.
3. **Participation** is required from all members.
4. **Commitment To Start And End On Time** creates trust and safety for group members. Groups usually last 1.5 hours each and can be hosted virtually or live.
5. **Respect** for others’ opinions and differing beliefs.
6. **Use “I” Statements** and speak from personal experience.
7. **Embrace The Pause** if someone needs a moment to express something, don’t rush them or go into “rescue” mode offering them a hug or tissue. Allow them to take this moment, feel seen, heard and supported.
8. **No Cross Talk**, allowing all members to have equal space to share.
9. **Engage Everyone.** When reading passages, always engage the group, asking who would like to volunteer to read.
10. **Use Wisdom In Group Size.** Typically, the most impactful group sizes are no less than 4 and no more than 10.



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

Guide

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

Emotional Bingo on the following page should be used weekly as an ice-breaker for each session.

Ongoing Support & Resources

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

EMOTIONAL BINGO

CHECK-IN USED AT THE OPENING OF SESSIONS WITH PRE-TEENS/TEENS

This serves as an icebreaker tool to be passed around to all members.

SAD	GLAD	AFRAID	CONFUSED	ASHAMED	LONELY
DOWN	AT EASE	UNEASY	CURIOUS	UNCOMFORTABLE	OUT OF PLACE
SOMBER	SECURE	APPREHENSIVE	UNCERTAIN	AWKWARD	LEFT-OUT
LONELY	COMFORTABLE	CAREFUL	DOUBTFUL	SELF-CONCIOUS	DISCONTENTED
DISAPPOINTED	SATISFIED	ANXIOUS	PERPLEXED	EMBARRASSED	INVISIBLE
WORN OUT	REFRESHED	NERVOUS	DISTRACTED	REMORSEFUL	INSIGNIFICANT
DOWNHEARTED	PLEASED	DISTRESSED	FLUSTERED	REGRETFUL	IGNORED
DISSATISFIED	ENCOURAGED	SCARED	UNFOCUSED	FLUSTERED	NEGLECTED
MOURNFUL	PROUD	SHOCKED	DISMAYED	GUILTY	REMOVED
GRIEVED	CHEERFUL	ALARMED	BEWILDERED	DISGUSTED	DETACHED
DEPRESSED	THRILLED	OVERWHELMED	INSECURE	BELITTLED	ISOLATED
CRUSHED	DELIGHTED	FRANTIC	STUNNED	VIOLATED	UNWANTED
EMPTY	OVERJOYED	NUMB	LOST	HUMILIATED	REJECTED
DESPAIRING	EXHILERATED	PANIC STRICKEN	TORN	DIRTY	ABANDONED
DEVASTATED	WARM	TERRIFIED	BAFFLED	DEGRADED	EXCLUDED

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.

LIE #1:

GUYS SHOULDN'T EXPRESS HOW THEY FEEL OR WHAT THEY'RE STRUGGLING WITH

Takeaways:

- Explain why some things are challenging for us to talk about with others.
- Describe the benefits of authentic community and seeking support for hard things with safe people.
- Describe how numbing doesn't solve our issues, but getting real and opening up can help us get to the root.



STEP 1: SET EXPECTATIONS

Open in prayer, then have members take turns reading the Group Guidelines aloud (page 5 of this Guide). Pass the sheet around and explain each guideline after it is read.



STEP 2: EMOTIONAL BINGO

Each week, have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences. "Good" and "fine" are not feelings. Model this by sharing your screen virtually or distributing the Emotional Bingo card if meeting in person (page 8 of this Guide). Their answers can reflect group-related or personal feelings, acknowledging that everyone is setting aside something to be present.

For example, "I feel fear because I have a test coming up," or "I feel excited because I am going on a fun trip." As the facilitator, answer first and keep it concise to set the tone—one to two sentences. Be comfortable moving the discussion along.



STEP 3: READ SCRIPTURAL ANTIDOTE

Each week, after the Emotional Bingo check-in and prayer, read the scripture aloud to provide context for the discussion.

Consider it pure joy when you encounter trials of many kinds, because you know that the testing of your faith develops perseverance. James 1:2-3



STEP 4: READ TESTIMONIAL

Growing up, it was just me and my mom. My parents were divorced, and my mom worked long hours and drank a lot. I learned early to take care of myself. I hoped to escape and maybe even help her if I worked hard enough.

On the outside, though, our life looked pretty “together.” At least that’s how I tried to act. I certainly wasn’t going to tell anyone otherwise.

I didn’t fit in at school because I wasn’t into partying. I liked my classes, and my teachers liked me, but things changed in my sophomore year. Mom’s drinking worsened, and her anger began to take a toll on me, both physically and emotionally. I kept it to myself and sought an escape. One night, I went to a party. I needed to get away. I was offered a pill by a guy who said it would help me “check out.” That’s exactly what I wanted, so I reluctantly took it.

My life felt small. My mom was all I had, but she was unhappy, and it showed. The same kids who had made fun of me for not partying before became my friends. As I surrounded myself with this new group, my grades started to slip. Instead of participating in class, I slept through the lessons. I started looking at porn almost every day so that I could feel something... I had never really been into that before, but the others in our group kept showing me stuff, and eventually, I gave in.

I felt like I was spiraling and had nothing real to hang on to. The “friends” I thought would stick by me didn’t really care about me or what I was going through. We definitely didn’t talk about anything “real.” The truth is, they were just as lost as I was, and we were all trying to push it down. I hated to admit it, but I was on track to end up just like my mom. I felt alone and anxious often.

Then one of the guys in class invited me to youth group with him. We weren’t close friends, but he had always seemed friendly. He was different, but I wasn’t sure why. I wasn’t sure what you do at youth group, but I went anyway. When I got there, I immediately knew I didn’t fit in. Everyone was so nice, though. They didn’t seem to care about what my reputation had become.



STEP 4: READ TESTIMONIAL (CONTINUED)

That guy inviting me to youth group changed my life. He later shared that he felt like God told him to talk to me and invite me. It took a while. I didn't really know how to act, talk, or who this Jesus is that they spoke of. But something kept drawing me in.

It was the Holy Spirit. One night during worship, I felt something different. Something real. People started to gather around me to pray. I started surrounding myself with those people more and more. I opened up about my home life and how I had used other things to fill my void and make me numb to what I was feeling. One of the leaders there became my safe adult, someone I could trust and who really listened when I shared about my life. He helped me get on the right path, find authentic community, and not repeat the cycle I was set out for.



STEP 5: GROUP DISCUSSION QUESTIONS

As a facilitator, model answers from your own experience to questions to set the tone and depth for the students in your group. Ask the Holy Spirit to guide you in which questions will be most impactful for your group to discuss.

- What were the sources of sadness and anxiety in the Narrator's life? Even if you can't personally relate to his experiences, understanding them will help you empathize with others who exhibit similar behavior.
- Why do you think the Narrator chose to ignore his problems rather than seek help? Have you ever experienced similar pressures or struggles?
- When the Narrator made new friends, why was he unable to share his struggles with them?
- How did connecting with an authentic, God-centered community change the Narrator's life?
- What were some qualities of the Narrator's safe adult? Do you have someone like that in your life? If so, who?
- Is there something in your life that you've tried to keep secret or ignore? How have you attempted to numb it instead of facing it with the help of God and your safe adult?



STEP 6: LESSON OUTLINE

Each lesson includes key components to communicate to your students. You may not hit on every concept. Come into your group time with knowledge of all, but allow the Holy Spirit to guide your communication and discussion time.

In this session, we heard a powerful testimony of someone who sought comfort from people he couldn't confide in about his real struggles and feelings. He tried to ignore the sadness and anxiety in his life, believing it was the easier path. He spoke about how a kind gesture from someone made a significant impact, even before he was invited to the youth group. He also shared how he resorted to actions he never thought he'd take just to escape his painful reality.

The enemy often presents lies and counterfeit solutions, making you believe that you'll always feel stuck or that no one truly cares. It tries to offer escapes through things that won't fulfill you. But God offers the real deal. A genuine relationship with Him fills the emptiness like nothing else.

Society's toxic counterfeit of masculinity often dictates that men should hide their feelings, never ask for help, and seek solace in things like porn or drugs. These are not solutions—they're just numbing agents that compound your issues. There's immense pressure to pretend everything is okay and to appear strong. But this is a false strength crafted by the devil to keep you deceived.

You don't have to repeat the broken cycles from your past or family history. God will empower you to step into your full power, purpose, and identity. The devil will try to manipulate you into believing lies about who you are, but your true identity is not defined by your behavior or experiences. It's who God says you are—created in His image, loved, valued, and empowered to live out your faith even when it's challenging. Your God-given identity will always align with His Word, and the devil will work hard to convince you otherwise.

You deserve a supportive, authentic community where you can be REAL. Safe, transparent people, true friends, and safe adults will help you in times of need, encourage you when you're struggling, and help you walk in who God created you to be.



STEP 7: RECAP THE WALK-AWAYS

These are our key concepts students in your group should take with them as they exit this session... moving them from believing a lie to the truth God has revealed.

- **Acknowledging Difficulties:** Everyone faces challenging and uncomfortable situations. Ignoring or burying these feelings isn't healthy. It's important to confront and express them rather than suppress them.
- **Seeking Help:** Avoiding difficult conversations often stems from fear of judgment or the pain of reliving past experiences. However, opening up to someone safe is the first step toward getting help.
- **Benefits of Sharing:** Talking about what you've kept inside can help you process your emotions and gain an outside perspective. Safe people can offer wisdom, support, and love, helping you navigate through your struggles... authentic, God-centered community is key!
- **Finding Safe Adults:** God will guide you to safe adults who can offer support and understanding. This might include leaders from your REAL TALK group or others in your life. Safe adults respect you, make you feel heard and valued, support you, and help you get safe if you need help.
- **God's Presence:** Remember, God will never abandon you. He will show you who to turn to for help, and sharing your burdens with Him and safe people will provide relief and support.
- **Start the Conversation:** If you need help or just need to talk, reach out to a safe adult. Start with, "I'm going through some hard things and would like to talk. Can we find some time to chat?" They can help you realize you're not alone and guide you to the help you need.



LIE #1 DEBUNKED: YOU DID IT!

LIE #2:

ABUSE OR TRAUMA ONLY HAPPENS TO GIRLS

Takeaways:

- Explain statistics about trauma and abuse toward guys.
- Define gaslighting and its place in causing confusion around abuse.
- Define intuition and how it can be used to give them power to stay safe.
- Identify three safe adults who you feel like you can talk to and trust.



STEP 1: SET EXPECTATIONS

Open in prayer, then have members take turns reading the Group Guidelines aloud (page 5 of this Guide). Pass the sheet around and explain each guideline after it is read. This should be the final week you need to establish this, but if ever you need to return to the guidelines, feel free to do so.



STEP 2: EMOTIONAL BINGO

Each week, have participants choose one or two words from the card that describe their feelings and explain why in one or two sentences. "Good" and "fine" are not feelings. Model this by sharing your screen virtually or distributing the Emotional Bingo card if meeting in person (page 8 of this Guide). Their answers can reflect group-related or personal feelings, acknowledging that everyone is setting aside something to be present.

For example, "I feel fear because I have a test coming up," or "I feel excited because I am going on a fun trip." As the facilitator, answer first and keep it concise to set the tone—one to two sentences. Be comfortable moving the discussion along.



STEP 3: READ SCRIPTURAL ANTITODE

Each week, after the Emotional Bingo check-in and prayer, read the scripture aloud to provide context for the discussion.

The Lord will be a refuge and stronghold for the oppressed...A refuge in times of trouble. He does not forget the cry of the afflicted and abused. Psalm 9:9 & 12



STEP 4: READ TESTIMONIAL

I was a little kid when my older sibling started touching me inappropriately. He said it was a game, but I felt like something wasn't right. Later I felt confused. I couldn't shake those feelings, even though I tried not to ever think about it as I got older.

Could what happened to me even be called abuse or trauma? I thought that only happened to girls. And if it was abuse, was it my fault for letting it happen? Once, I tried to tell someone what had happened to me, but they said there was no way and that I must be remembering things wrong.

I struggled a lot with feeling insecure, but I never let that show on the outside. I tried to appear confident and light-hearted. But the questions never ceased. I wondered if I was gay after experiencing what he did to me. I wondered if something was wrong with me. I felt shocked when it happened, but why didn't I just walk away? I questioned why my life was the way it was, and I even felt tempted to end it once. At times I'd find an escape by connecting with people through gaming or online... but I didn't have anyone I could open up to about this nagging secret.

Faith wasn't a part of my life growing up, and my family always seemed to have some sort of drama. I thought that was just how everyone's life was because I didn't know any other way. That was my "normal." When I was in ninth grade, I started learning about who Jesus is from this account I stumbled upon on social media, and I could feel something start to change in me. I was still broken. I still had questions. I started going to one of the Christian after-school clubs because a friend invited me, and I experienced genuine love and acceptance for the first time. After going a few times, it quickly became my safe space, and the leaders there taught me how loved I am. God forgives everyone... even me. He wants to restore everyone... even me. When I finally surrendered to God, it didn't take away every bad feeling and experience I had immediately, but I found a safe adult to talk to, and it started the process for me to feel the weight of the past lifted. I didn't feel like there was this overpowering secret that controlled me anymore. I learned I wasn't alone; what happened didn't define me, and it wasn't my fault. I finally felt hope and that there was a way forward.



STEP 5: GROUP DISCUSSION QUESTIONS

As a facilitator, model answers from your own experience to questions to set the tone and depth for the students in your group. Ask the Holy Spirit to guide you in which questions will be most impactful for your group to discuss.

- Why was the narrator confused about the abuse/trauma he experienced?
- Gaslighting is when someone tries to make you believe something you know to be true is false (like when the narrator tried to share what had happened to him, and the person told him he must be remembering it wrong). How did being gaslit affect the narrator? Have you ever been gaslit?
- The narrator felt confused and like what had happened wasn't ok or safe, but he didn't know how to process it, which is pretty common when it comes to abuse or trauma. Have you ever felt your intuition telling you something wasn't right, but you weren't sure how to speak up about it?
- Have you ever felt like God didn't care or had forgotten you? What is the truth about how God sees you?
- How did sharing his story with a safe adult help the narrator?
- Can you identify safe adults in your life? What do safe adults do or make you feel?
- Do you feel your voice has been heard or silenced in the past when you tried to express how you felt about something?



STEP 6: LESSON OUTLINE

Each lesson includes key components to communicate to your students. You may not hit on every concept. Come into your group time with knowledge of all, but allow the Holy Spirit to guide your communication and discussion time.

There's a common belief that as a guy, there are things you just don't have to deal with—like being a victim of abuse or trauma. Society often portrays guys as always in control, especially when it comes to sexual experiences, but that's not always accurate. The stigma surrounding guys speaking up about abuse is heavy, but it's important to talk about it.

REAL TALK: IT HAPPENS TO GUYS, TOO. Statistics show that 1 out of 5 guys experience sexual abuse, and 1 out of every 2 kids (male or female) experience a form of trauma in their life). The enemy wants to keep you silent, making you question your purpose, identity, sexuality, self-worth, and whether anyone will believe you if you speak up. Abuse/trauma, whether physical, verbal, emotional or sexual, can leave you feeling confused, ashamed, and isolated.



STEP 6: LESSON OUTLINE (CONTINUED)

If something feels "off," it likely is. Listen to your intuition—that's God's discernment in you through the Holy Spirit, and it's pretty powerful. If you're unsure, talk to a safe adult, and keep speaking up until someone listens and helps. Sharing in a safe space is the first step to breaking the power of secrets and shame.

Sexual abuse doesn't only include physical touch but can also include someone showing you sexual pictures or demanding them from you. Yes, this happens to guys too! Another less commonly discussed form of abuse is called "Sextortion," which is when someone uses sexually explicit pictures of you (nudes) to manipulate you into sending more or doing other things to meet their demands and threatens you with consequences if you don't comply.

The most important takeaway from REAL TALK is this: YOU MATTER! You were created on purpose, for a purpose, and the enemy wants to do everything he can to keep you from realizing that. God wants to use you in great ways in this world, regardless of what you've experienced or the questions you have. The enemy tries to make you believe lies about your identity and value. But remember, his mission is to steal, kill, and destroy your awareness of God's unshakeable purpose and love for you. Even if you haven't been abused or experienced trauma, you might have faced something that made you question if God is really there for you. When life shakes us to our core, whether through betrayal, loss, or shame, it's easy to let the enemy's voice drown out everything else. But you have to fight to become the man God has called you to be. Surround yourself with safe adults and an authentic community to equip you with the right tools and support. Remember, God is your safe place and greatest advocate—He will never fail, abandon, or dismiss you, and He sends safe adults to help you on your journey.



STEP 7: RECAP THE WALK-AWAYS

These are our key concepts students in your group should take with them as they exit this session... moving them from believing a lie to the truth God has revealed.

- **Abuse/Trauma Among Guys Is More Common Than You Might Think:**
The statistics can be surprising, but it's important to understand that it happens. When a guy shares his experience, people might cast doubt or ask questions discouraging him from seeking help. If someone doesn't believe you or tries to gaslight you, trust your intuition—the discernment of the Holy Spirit within you. That inner voice is your most powerful tool to know when something is wrong. Sometimes, you might need to tell more than one person before someone listens.



STEP 7: RECAP THE WALK-AWAYS (CONTINUED)

- **You Have The Power of Consent:** You have the right to decide who has access to you because you are valuable. Just as you should always ask for consent before touching someone else, others must ask for your consent too.
- **No More Secrets:** If something happened to you that you feel is your fault, causing shame or fear, or is weighing on your heart, it's important to talk to a safe adult. Don't keep this unsafe secret. It could be one of your REAL TALK group leaders or someone else in your life. Safe adults are there for you consistently, respect you and your body, and want to protect you. They ensure your safety both inside and out.
- **Create a Triangle of Trust:** Identify three safe adults who make you feel respected, heard, and advocated for. Identify three people (think of a triangle having three points) who will be there for you to listen and help, no matter what. Who is in your Triangle of Trust?



LIE #2 DEBUNKED: YOU DID IT!

LIE #3:

YOU ARE YOUR PAST AND MISTAKES

Takeaways:

- Define shame and how it makes us feel, and explain steps to get free from shame.
- Explain the pressures on guys to go to sex or porn from an early age.
- Understand that our identity, value, and future are not defined by our past.



STEP 1: EMOTIONAL BINGO

Continue your “ice-breaker” opening pattern through Emotional Bingo. As the facilitator, model your answer first and then allow all group participants to do the same.



STEP 2: READ SCRIPTURAL ANTITODE

Each week, after the Emotional Bingo check-in and prayer, read the scripture aloud to provide context for the discussion.

If the Son makes you free, then you are unquestionably free. John 8:36



STEP 3: READ TESTIMONIAL

I grew up in church, surrounded by Bibles and attending youth group regularly, but I struggled behind the scenes. No one ever told me it was normal to struggle... to not be perfect, so I wore a mask at home and church while living a separate life at school.



STEP 3: READ TESTIMONIAL (CONTINUED)

Football was my life, and I started dating a girl right after the season started. I felt self-conscious about never having a serious relationship before.

We got sexually involved, and even though I had heard I was supposed to wait in church, it felt more like rules without reason. No one ever talked about the “why” behind their preaching so it felt disconnected to me.

When we broke up and started dating a friend of mine, I spiraled. I found myself comparing myself to him constantly - what was wrong with me that made her want him more? I was angry and ashamed, and every time I went to church, I felt like a fraud. I scrolled through pornography and even hooked up with a girl who I barely knew from school. It was so not like me, but I hoped it might make me feel better. It only left me emptier. I was living a lie and needed something real. I needed someone not turned off or intimidated by my past.

I almost gave up on church, thinking I was just a fake, and so were the people there. But somehow, these scriptures I had learned as a kid kept coming to my mind—things about Jesus, His freedom, His forgiveness—and I finally opened up to a youth leader about what I’d been going through. To my surprise, he didn’t turn me away. He understood and shared his own struggles. That’s what I needed.

Shame doesn’t control me anymore. I’m not defined by my past or mistakes, and neither are you. I discovered that nothing can make Jesus love you less. His love is based on who He is, not what you’ve done. Now, when shame from the past tries to take over, I fight back with that truth and lean on my leaders—my safe adults—for real talk. They help me feel empowered and encourage me when I need it most.



STEP 4: GROUP DISCUSSION QUESTIONS

As a facilitator, model answers from your own experience to questions to set the tone and depth for the students in your group. Ask the Holy Spirit to guide you in which questions will be most impactful for your group to discuss.



STEP 4: GROUP DISCUSSION QUESTIONS (CONTINUED)

- How did shame negatively impact the narrator's life?
- Have you ever experienced shame? How did that affect you?
- Do you feel there's pressure on guys to engage in sexual relationships or use sex as a way to escape their real struggles or issues (even from a young age)?
- We often fall into the trap of comparing our lives to others' highlight reels, which can intensify feelings of anxiety and shame. Have you ever found yourself comparing your life to others, whether on social media or in person? What kind of pressure does that create for you?
- How could you use your personal story to reach and support others who might be feeling the same way?



STEP 5: LESSON OUTLINE

Being saved doesn't mean you'll never struggle again. You have a very real enemy, the Devil, who is terrified that you'll figure out what he already knows - that you were created on purpose, for a purpose.

There are ways God directs us to live, not because He is just waiting for you to fail and trip up on the "rules," but because He genuinely cares for your heart and protecting your destiny. When you do make a mistake (because we all do) He calls us up, not out, because He knows how vital you are in this world, even when you don't believe that about yourself.

Jesus isn't about quick surface-level fixes; He's about long-lasting transformations. He turns your life around in ways you couldn't imagine and often uses the things you've struggled with most to bring hope to others. What the Devil whispers in your heart that you should be ashamed of and defined by, Jesus says He will not only help you overcome, but use to make a huge impact in this world. Your past doesn't define you; that's a lie the enemy wants you to believe so that you won't ever step into your full identity and power.

Expect challenges—they will come. But even more, keep it real and expect Jesus and the authentic community He leads you to connect with to empower you to overcome them all.



STEP 5: LESSON OUTLINE (CONTINUED)

It's okay to not be okay, but you don't have to stay that way. You don't have to live in defeat or pretend when you're at church or anywhere else.

Jesus isn't intimidated by your past; when He looks at you, He only sees his beloved son. Don't allow the shame of the past to keep you from your relationship with Him or the great things He has planned for you.

It's time. Be open, be real, be forgiven, and release the shame. You don't have to carry your struggles in secrecy or silence. Reach out to a safe adult, share what you've been through, and let them help guide you in your next steps.



STEP 6: RECAP THE WALK-AWAYS

- **Break Free from Shame:** The enemy wants you to feel defined by what you've done or what's been done to you, but your faith gives you the freedom to release, heal, and use your struggles for good.
- **Connect and Open Up:** The first step toward freedom is connecting with God and your safe adult. Have real, honest conversations to begin your journey toward healing.
- **The Truth About Your Identity:** Your identity is not rooted in shame or experiences; it's rooted in the authentic, God-given purpose for which you were created.
- **Embrace God's Plan:** There's so much more that God has in store for you. Are you ready to take that first step into the life He has planned?



LIE #3 DEBUNKED: YOU DID IT!

LIE #4:

IT'S NOT OK TO TALK ABOUT TOUGH TOPICS

Takeaways:

- Describe how faith communities should be a safe place to ask for help.
- Define the characteristics of safe people.
- Explain why it's never in your best interest to keep unsafe secrets.



STEP 1: EMOTIONAL BINGO

Continue your “ice-breaker” opening pattern through Emotional Bingo. As the facilitator, model your answer first and then allow all group participants to do the same.



STEP 2: READ SCRIPTURAL ANTITODE

Each week, after the Emotional Bingo check-in and prayer, read the scripture aloud to provide context for the discussion.

Therefore encourage one another and build one another up, just as you are doing. 1 Thessalonians 5:11

Put away lies and let each one of you speak the truth with his neighbor, for we are members one of another. Ephesians 4:25



STEP 3: READ TESTIMONIAL

I recall two things happening in my life as far back as I can remember. First, my mom always took us to church. And by “always,” I mean we were sitting in the front anytime the doors were open. I was a part of all the church productions and on the worship team; my best friends were there.



STEP 3: READ TESTIMONIAL (CONTINUED)

It felt like the total opposite of our life behind closed doors... but no one at church knew about that (and no one asked). The second thing I remember always being a part of my life is chaos at home.

I don't mean the kind of chaos that happens when family comes in from out of town unannounced or arguing with your siblings. I mean fighting between my mom and stepdad. It was mostly just yelling, but he physically took it out on my mom a few times. It also extended into my own life. He was abusive to my sister and me a few times, too, but we never told anyone (especially at church).

I felt super anxious and depressed, holding all of that inside. I started sleeping over at my girlfriend's house just to get away. Her parents didn't seem to care. I felt like I definitely couldn't tell anyone at church about that. Between sports, friends, being with my girlfriend, or scrolling through pics late at night, I could momentarily forget what was happening with my family. But it only worked short term, and it was just another thing I felt I had to keep hidden from people at church. I was sort of used to that, though.

I felt like church was a place where I couldn't talk about what really happened at home. It was too much. I wanted to tell one of my leaders there, but I didn't want to get in trouble or cause any more problems for my mom. I hated feeling like I lived in two worlds. I was constantly pretending.

I needed help, but I didn't know how to share that. No one talks about that stuff at church, right? Those topics seemed off-limits. A few years later, my mom finally left my stepdad. We got out of that house with all of its secrets and chaos. It was actually someone from our church who helped us get safe. They later became one of my safe adults and helped me open up. I wish I had spoken up sooner, but now I know I'm not alone.



STEP 4: GROUP DISCUSSION QUESTIONS

As a facilitator, model answers from your own experience to questions to set the tone and depth for the students in your group. Ask the Holy Spirit to guide you in which questions will be most impactful for your group to discuss.

- Why was the narrator afraid to talk to someone at church about their struggles or other “tough topics”?
- How do you think the narrator felt keeping that part of their life secret? Have you ever felt like you had to keep your "worlds" separate?
- Have you ever hidden something from people you respect?
- How does it feel when you can be open with the safe people around you?



STEP 5: LESSON OUTLINE

When we come to church or are around people from the faith community, we often put on our best "mask" on and pretend we've got it all together.

The Devil's focus is on convincing us of lies. One of those lies is that you should live in fear and fakeness. You may fear that if your friends and leaders knew about your struggles, fears, addictions, or insecurities, they wouldn't understand or would judge you. We worry they'd see us differently.

Some adults might find it uncomfortable to discuss things like trauma, sex, identity, addictions, or other "tough topics." In church even, some may prefer to focus only on topics that don't come with any follow-up questions. But Jesus is here for you, ready to meet you right where you are. He's placed safe adults in your life—some may even be part of your REAL TALK group—who can provide a safe space to talk about the hard, real issues you face without judgment or pretense. Their priority is to keep you safe, encourage you with truth, and connect you with the help and support you need.



STEP 6: RECAP THE WALK-AWAYS

- **Be Transparent:** You can be open with the safe people in your life—they won't treat your issues or questions as off-limits. A safe faith community and safe adults will encourage you and meet you right where you're at in life.
- **Jesus Was All About REAL TALK:** Jesus never avoided tough topics or turned anyone away because of their struggles. He knew everyone's shortcomings, loved them in them, and helped them grow past them. You don't have to pretend or act perfect with Him or safe people.
- **Building Trust:** Safe adults in your Triangle of Trust (remember, that's three people who are kind, respectful, and who will advocate for your safety) are there for you. They won't make you feel less than or judged for your questions or the things you want to discuss most, so make time to connect with them for some REAL TALK!



LIE #4 DEBUNKED: YOU DID IT!

LIE #5:

PORN CAN HELP ME UNDERSTAND SEXUAL RELATIONSHIPS

Takeaways:

- Describe the negative effects that pornography can have on a guy's perception of a healthy sex life and healthy relationships.
- Explain what Godly accountability is and its benefits.



STEP 1: EMOTIONAL BINGO

Continue your “ice-breaker” opening pattern through Emotional Bingo. As the facilitator, model your answer first and then allow all group participants to do the same.



STEP 2: READ SCRIPTURAL ANTITODE

Each week, after the Emotional Bingo check-in and prayer, read the scripture aloud to provide context for the discussion.

.No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so you can endure it.”1 Corinthians 10:13

For everything in the world, lust of the flesh, the lust of the eyes, and the pride of life, comes not from the Father but from the world. 1 John 2:16



STEP 3: READ TESTIMONIAL

I was first exposed to porn as a kid. I stumbled upon it by accident through an ad that popped up. It became my crutch. Lonely? Porn was there for me. Frustrated with life? Porn was there for me.



STEP 3: READ TESTIMONIAL (CONTINUED)

Can't sleep? Porn was there for me. Porn strolled in casually, and I became increasingly more dependent on it without even realizing it. I remember hearing other guys talk about it. It was normal, right? It felt like if you didn't look at porn or get nudes from a girl at school, something must be wrong with you.

In high school, I got into my first serious relationship. I tried to recreate the things I had seen on screen all those years. But it wasn't going as I had anticipated. She seemed uncomfortable even though she didn't say it. I could just tell.

Porn had twisted what healthy sex is and skewed what God wanted for my sex life. I would ask her to send me nudes. She told me she didn't want to, but looking back, I can see how I pressured her for so long that eventually, she sent me some pics, anyway. I thought that would bring us closer and make me feel happier. It just made her feel used and made me feel momentary pleasure followed by emptiness and shame. Nothing ever really satisfied me, and we eventually broke up.

Porn wasn't setting me up for success. It was setting me up for failure, just showing me images that weren't reality. Even though I knew that, it was getting harder and harder for me to turn it off. I didn't know how to get free from it. I thought I must be the only guy struggling because everyone else seemed to be doing just fine watching porn casually, hooking up with girls, and getting them to send nudes whenever they wanted... everyone else was happy, right?

Now I know I was believing a lie. The world has normalized that lifestyle so much that many guys are repeating the same cycles and trying their best to cover it up. When I finally opened up to my safe adult, they helped me get to the roots of what I was feeling that triggered me to go to porn or other things to "numb" and not really process what I was going through. They helped me set some guardrails and accountability that have made all the difference. I don't want to be controlled by porn or anything else. I don't want to make my girlfriend feel used or pressured. I don't want to live a lie anymore, and you don't have to either.



STEP 4: GROUP DISCUSSION QUESTIONS

As a facilitator, model answers from your own experience to questions to set the tone and depth for the students in your group. Ask the Holy Spirit to guide you in which questions will be most impactful for your group to discuss.

- What impact did porn have on the narrator's relationship with his girlfriend?
- How did the narrator eventually break free from his addiction?
- How do you think porn has shaped our culture, especially in terms of how guys your age view sex and relationships?
- Have you noticed any negative effects in your own life from exposure to porn or the influence of porn culture on guys?
- Do you feel there's pressure for youth to send nudes? How do you think that affects girls?
- Did you know that sexting and sending nudes can have legal consequences? Possessing or sharing explicit images can lead to charges of child pornography and exploitation. If you receive such images, it's best to tell a safe adult, do not to reply and delete them immediately.



STEP 5: LESSON OUTLINE

The average age a boy is first exposed to porn is just 8 years old. The largest consumers of internet pornography are 12 to 17-year-olds, and a third of teens say that most of their friends regularly view it.

It doesn't promote consent, love, or respect. It creates unrealistic expectations of what should happen sexually and what partners will find enjoyable. Porn doesn't value healthy sexual connection; instead, it fuels the sex trafficking industry and profits from exploitation, abuse, violence, racism, sexism, and aggression. You might not know that, though, because it is depicted by actors (many of whom are forced to play the part).

Beyond that, porn can lead to serious physical and mental health issues in life, making it difficult, even impossible, to sexually connect with your future spouse. REAL TALK: sex was God's idea, meant to be enjoyed in a safe and loving connection with your partner. Pornography, as a counterfeit version of healthy sex, threatens to steal that from you. Don't buy the lie, and don't live in secrecy and shame. If you're struggling, talk to your safe adult for help.

With so many guys viewing porn, it can seem "normal." Maybe you've even felt like the odd man out because you aren't looking at it. You are so much more than a label or something you have or have not experienced. Stay the path and connect with your safe adult if you're feeling tempted or pressured.



STEP 6: RECAP THE WALK-AWAYS

- **Identify Safe Adults:** It's important to identify the safe people in your life—those who are consistently there for you, respectful, and protective.
- **Porn's Impact:** Porn is destructive to your mind, body, spirit, and emotions, but there is a way out.
- **True Accountability:** Building a support system of safe adults is the first step toward accountability, breaking the cycle of shame and loneliness, and openly discussing your struggles. Accountability is about finding the right people who will lead you closer to God. God doesn't call you out—He calls you up, reminding you of who you're meant to be.
- **Healthy Steps Forward:** Setting up filters on your devices to block harmful content can be helpful, but it's most important to build relationships with safe adults who will help you get to the root of why you've gone to porn in the first place. You don't have to face it alone. Porn, just like alcohol, drugs, over-spending, over-eating, or social media, can be something you go to in order to "numb" your emotions and not process what's really going on. Don't push it down any longer. Connect with your safe adult and get the help you deserve. You were created for so much more!
- **God's Desire for You:** Porn is not a good way to learn about sex, even though the world may tell you otherwise. If you haven't gotten involved in viewing porn, don't fall for that trap. God designed sex to be free of shame, which is why He wants you to follow His ways for it. If you have viewed porn, God meets you right where you're at and has put safe adults around you to help you get free. God wants you to be supported and to experience a fulfilling, healthy relationship physically and emotionally.
- **Let The Truth Sink In:** When the world is trying to pressure you with lies and negativity, fight back with the truth of God. Whenever you're struggling, having these affirmations in your heart and mind will help guide you back to a place of truth. Don't stop there, though. When you're struggling, don't keep it inside, always share it with your safe adult to help you navigate and gain clarity.
 - God has great plans for my life.
 - I have been uniquely designed for a purpose.
 - I do not have to conform to the world.
 - I can be content and celebrate exactly who God created me to be; He says I am fearfully and wonderfully made.
 - God created me on purpose, for a purpose.
 - I was not only born to battle, I was born to *win* the battle!
 - God had me in mind before I was born.
 - I trust God.
 - God has not given me a spirit of fear but of power, love, and self-control.



LIE #5 DEBUNKED: YOU DID IT!

LIE #6:

IF I'M GOING TO FIT IN, I SHOULD BE HAVING SEX - IT'S NO BIG DEAL

Takeaways:

- Describe attributes of a healthy relationship.
- Describe attributes of an unhealthy relationship.



STEP 1: EMOTIONAL BINGO

Continue your “ice-breaker” opening pattern through Emotional Bingo. As the facilitator, model your answer first and then allow all group participants to do the same.



STEP 2: READ SCRIPTURAL ANTITODE

Each week, after the Emotional Bingo check-in and prayer, read the scripture aloud to provide context for the discussion.

Love is patient. Love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres. Love never fails. 1 Corinthians 13:4-8



STEP 3: READ TESTIMONIAL

I remember hearing other guys in the locker room bragging about their sex lives, and I felt like the odd one out. I was only 15 and embarrassed that I wasn't sleeping around, so I lied about it. Being a virgin felt like a bad thing, like something was wrong with me for not being sexually active.



STEP 3: READ TESTIMONIAL (CONTINUED)

Why did I feel that way? Between the things I heard at school, the stuff I saw online, and what was shown in movies, I learned the false message that sex was “in,” and if you weren’t doing it, you were “out.” For a long time, I got labeled as a “good boy,” and honestly, I just got sick of it.

My parents were great, but they never talked to me about sex. They were really conservative on that topic, so I ended up learning about sex from the world without even trying. I thought that if I hooked up with girls like everyone else, I’d fit in and be happier. On the outside, I acted like I had it all together, but inside, it was a different story. Casual sex became the norm for me, but it wasn’t healthy or fulfilling. When I recommitted my life to God, I started to feel restoration in my heart and mind. It didn’t happen overnight, but I was forgiven instantly and surrounded by people who supported me. These people weren’t afraid to talk about their past, which was refreshing because a lot of them had felt just like I did. I experienced grace where I once felt shame. I realized that I could never experience true love with another person until I first experienced love and an authentic relationship with Jesus.

For so long, I thought sex was just a game, all about momentary pleasure. I didn’t really care about the girl, and I know I hurt them and myself in the long run. Sex comes with serious consequences and emptiness when it’s taken outside of God’s design. Trust me, it’s worth it to have a relationship His way. Whether you’ve never been sexually active or have had many encounters, God will meet you where you’re at. He’ll lead you to safe people where you can find real community, real conversation, and a real way forward.



STEP 4: GROUP DISCUSSION QUESTIONS

As a facilitator, model answers from your own experience to questions to set the tone and depth for the students in your group. Ask the Holy Spirit to guide you in which questions will be most impactful for your group to discuss.

- Why was the narrator feeling empty and unfulfilled at first?
- What pressures around sex have you faced in your life or seen others face?
- Have you ever faced labels by others? This could be around sexual experiences or otherwise (i.e. the “good boy” or “bad boy”). How can labels be harmful?
- How could casual sex and experimentation negatively impact your life?
- What qualities do you believe are essential for a healthy relationship?
- Have you ever experienced an unhealthy relationship? How did that make you feel? Have you talked to a safe adult about it?



STEP 5: LESSON OUTLINE

Relationships shape our lives. Some uplift us, while others leave us hurt or ashamed. We all crave genuine, positive connections, but they can be hard to find. Even good people can end up in unhealthy relationships if they don't recognize their God-given worth.

When you're in a relationship, whether it's emotional or sexual, you can form a "soul tie." As Pastor Michael Todd explains, a soul tie happens when your mind, will, and emotions become deeply attached to someone or something. These ties can be godly or ungodly, constructive or destructive. Ungodly soul ties can lead to delayed destinies, wasted time, emotional stress, trust issues, and more. Another way to look at this is by calling it a negative "soul pattern," something you engage in repeatedly that feels like it has a hold on you and is difficult to break through without God's help. (The good news is, He's always ready to help!)

Engaging in relationships outside of God's design can create unhealthy soul ties, patterns, and wounds. If left unhealed, these can turn into negative patterns, leading you from one dysfunctional relationship to another. If you feel trapped in an unhealthy soul tie, talking to a safe, spiritual leader is the first step toward healing and a fresh start. God isn't angry with you—He wants to restore you and reveal His best for your life!

Today, we're bombarded by sexual imagery and pressures to be in a relationship. This hyper-sexualized culture surrounds us, but God shows us what healthy relationships should be. Remember, God created sex and wants you to enjoy it within the right boundaries. It's natural to have sexual urges, and God's guardrails are there to protect your body, soul, and heart and give you the most fulfilling and healthy relationship possible.

If a boundary has been crossed, remember that Jesus' sacrifice on the cross means you don't have to carry shame. Your worth is defined by God, who loves and forgives you unconditionally and wants to help you move forward. If you haven't been sexually active but are feeling the pressure, don't keep those feelings inside; talk to your safe adult for guidance and understanding.

As you grow, you'll have more control over the relationships you choose. Knowing your worth is crucial. You deserve the kind of love described in 1 Corinthians 13—anything less is a counterfeit!



STEP 6: RECAP THE WALK-AWAYS

- **Healthy vs. Unhealthy Relationships:**

Healthy Relationships Include:

- Mutual respect for values and boundaries
- Trustworthiness
- Honesty
- Individuality
- Anger control
- Understanding
- Consistency
- Honor and respect
- Friendship

Unhealthy Relationships Include:

- Violence of any kind
- Pressure to do anything uncomfortable
- Control
- Dishonesty
- Disrespect
- Dependence
- Intimidation
- Secrecy and shaming
- Gaslighting

Would you add anything to this list?

- **You Are The Boss Of Your Body:** God wants you to be intentional and selective about who you're with. Sex is a serious matter and should be treated with respect. In a healthy relationship, sex can be awesome and sacred, but it should never be casual or careless.
- **Don't Fall For The Counterfeit:** The world often portrays sex differently, but it's essential to follow God's design. Embracing His way for sex is the only way to experience true fulfillment.
- **You Deserve The Best:** Past experiences or family patterns don't have to dictate your future. God desires for you to be in a healthy relationship that reflects His unconditional love. If you feel you have developed a negative/unhealthy soul tie or pattern, talk to your safe adult for help.



STEP 7: CLOSE OUT WITH CELEBRATION

Congratulations on completing your REAL TALK group! Over the past six sessions, you've shown incredible courage, openness, and growth. You've tackled tough topics, supported each other, and built a foundation of trust and authenticity that's rare and valuable.

As we wrap up, let's celebrate how far you've come by reflecting on the journey with these closing questions. Remember, REAL TALK doesn't end here—it's something you can carry into your everyday lives, youth group, and the culture around you. Keep bringing this honesty and support into everything you do, knowing that you're never alone!

- What have you learned?
- What has challenged you?
- What are you most proud of?
- What are you looking forward to in the future?



LIE #6 DEBUNKED: 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.

Additionally, share the adult participant survey with your group members to complete. Their input is crucial in understanding their experiences and ensuring the continued success of REAL TALK.

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

QR Codes & Direct Links to Surveys Below:

[Facilitator's Survey](#)

[Participant'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.

LEARNING GOD'S VOICE

A HELPFUL TOOL TO SHARPEN DISCERNMENT FOR THE GUYS/GIRLS IN YOUR GROUP

<u>God's Voice</u>		<u>Satan's Voice</u>
• Stills you	—————→	• Rushes you
• Leads you	—————→	• Pushes you
• Reassures you	—————→	• Frightens you
• Enlightens you	—————→	• Confuses you
• Encourages you	—————→	• Discourages you
• Comforts you	—————→	• Worries you
• Calms you	—————→	• Obsesses you
• Convicts you	—————→	• Condemns you

God is never early and He's never late.

He's always right on time and His plans for you are good.

God is a God of love and order.

If the voice you are hearing doesn't sound like these examples above,
then they are not from Him.

Take time to question
and evaluate.

WHOSE VOICE AM I HEARING?



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.