



REAL TALK:  
EVERY GUY  
(MIDDLE SCHOOL)

GROUP FACILITATION GUIDE



REAL TALK  
COLLECTIVE

# CONTENTS

## INTRODUCTION:

Welcome Letter .....	2
Best Practices .....	4
Materials Needed .....	7
Emotional Bingo .....	8
Vocab List .....	9

## GROUP SESSIONS:

Lie #1 .....	10
Lie #2 .....	15
Lie #3 .....	20
Lie #4 .....	24
Lie #5 .....	29
Lie #6 .....	33

## ENDING STRONG:

Reporting .....	37
Paying it Forward .....	38

## ADDITIONAL SUPPORT:

Private Pathways & Coaching .....	38
Hearing God's Voice .....	39
Facilitator's Resources & Tools.....	40

# 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](mailto: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](mailto: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](mailto: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](mailto: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:

## I MUST BE THE ONLY ONE WHO FEELS THIS WAY

### Takeaways:

- Explain that all young adults can feel alone and out of place sometimes.
- Explain why some things are easy, and others are hard for us to talk about with others.
- Articulate the purpose of bringing hard things up to safe people and the benefits of seeking support for hard things with safe people.



### 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.

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go. Joshua 1:9



### STEP 4: READ TESTIMONIAL

I watched Alex go down the ramp on his skateboard and land perfectly. He flipped his hair out of his eyes and made a joke that everyone laughed at. He joined four other guys leaning against the wall, and a few of them high-fived him.

He was taller and stronger than the rest of us, and as he leaned back, he looked like he'd never had a problem in his life. It was my turn next, and I felt nervous and scared. It didn't help that everyone had their phones out, trying to capture the action or slow-mo shots of us in the air.

I was smiling and talking to my friends, but my palms were sweating, and I felt kind of nauseous. How was Alex just so cool? Did he ever get inside his own head and doubt himself? Did he ever feel nervous? Did he ever miss a jump? Why was he so tall? His look was just so effortless. I wondered what it would be like to never feel awkward. It was my turn to go, but I just couldn't do it. I thought I might actually throw up. It was such an awful feeling. I pretended to get a call from my mom saying I had to be home for dinner. Thank goodness for my phone. I like to scroll through it when I feel awkward. It gives me a way to look "busy" when I'm not sure what to do.

I told them we'd get a really awesome pic of me in the air next time, but I had to go because my mom was already annoyed. I claimed I was already fifteen minutes late. That wasn't true, but I felt so anxious and self-conscious about the whole thing. I didn't want to be caught on film looking so bad at something that seemed so easy for everyone else. I try my best to fit in, but I often wonder how everyone else sees me and compare myself to them.

Everything in my life seems to be changing at lightning speed since I got into middle school. New body changes, pressure to get girls, having to look a certain way, have certain things—it feels pretty uncomfortable. When I'm scrolling on social media or even when I'm out with friends, it looks like everyone's got it all together perfectly—but I don't. Am I the only one who feels this way? I'm always in my head, and I don't even know how to start talking about how I've been feeling inside. Is this normal?



## 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.

- In the scenario above, what does Alex do that seems so “cool” and how do these things make the narrator feel?
- Do you think Alex’s life is really this perfect? Why or why not?
- Have you ever felt like you didn’t fit in or things just seemed to come easier for someone else?
- Have you ever compared yourself to others in your life or on social media? What pressures does that make you feel?



## 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.

When you think of middle school, one thing always seems to pop up: feeling uncomfortable and unsure of yourself. It’s a common experience. Just ask any adult how they felt back then. Most will tell you about awkward moments and times when they didn’t quite fit in.

A lot of this comes from our changing bodies. Hormones are in overdrive, and it can feel strange and new. Everyone goes through this, but it’s easy to think you’re the only one who feels off. You might look around and think everyone else has it all figured out, that they never second-guess themselves or feel insecure. But the truth? Everyone is trying to figure out who they are.

When people feel insecure, they might try to distract from their own feelings by teasing or making fun of others. That’s often where bullying starts. But here’s the REAL TALK: YOU MATTER, no matter how you feel, what you’ve been through, or what questions you have! The enemy wants you to believe lies about your worth, but his goal is to keep you down and confused. God’s truth is the opposite—He says you have an unshakeable purpose.



## STEP 6: LESSON OUTLINE (CONTINUED)

Even when you feel alone, remember that God is always there. Joshua 1:9 says, “Be strong and courageous...for the Lord your God is with you wherever you go.”

You're never alone, and God loves you no matter what. Feeling insecure is normal, but even those who seem confident have their own doubts. God says we find His strength in our weakness. Opening up about what you're going through helps you see the truth—you don't have to compare yourself to anyone else, because God created you for a powerful purpose.

In REAL TALK, we'll discuss the real issues you're facing, even the things you might not think you could ever talk about, especially in church. It might be hard to admit your struggles, but if we don't address the hard things, they won't get better. Remember, you're not alone—God is with you, and this REAL TALK circle is a safe place to connect and share what's really going on in your life.



## 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.

- **God's Got You:** Take a moment to listen for God's voice. He loves you deeply and brought you to this REAL TALK group to show you a new level of His love. You're not alone in your struggles—God is with you every step of the way.
- **Open Up:** Sharing your struggles with a safe person can help you sort through your feelings and gain a fresh perspective. It relieves the tension of carrying it all by yourself. You don't have to hide behind secrets or pretend you've got it all together.
- **Safe People Matter:** God has placed safe adults in your life to protect, encourage, and support you. These people are here to help you grow, provide accountability, and remind you of your God-given purpose.
- **True Accountability:** Accountability isn't about calling you out. It's about calling you up—to the person God created you to be. It's about surrounding yourself with people who lead you closer to God and remind you of your worth.



## STEP 7: RECAP THE WALK-AWAYS

**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:

## I HAVE TO CHANGE THINGS ABOUT MYSELF TO FIT IN SO PEOPLE WILL LIKE ME

### Takeaways:

- Explain how insecurities can become vulnerabilities that can be exploited.
- Describe the love God has for you no matter what.



### 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.

Am I seeking the approval of people or of God? If I were still trying to please man, I would not be a servant of Christ. Galatians 1:10



### STEP 4: READ TESTIMONIAL

I've always had friends, but I've never been as popular as I wanted to be. Sometimes I see pictures of people hanging out on social media, and I didn't even know they were getting together. I know it happens to everyone, but it still stings.

My mom won't let me have my phone after 8 PM, so I miss out on a lot of the late-night chats. Often, everyone's talking about the latest Nike drop or a new album, and I just want to be part of it.

There's this girl, Gianna. She's really cool, always on the chats, and she's into fashion and style. She's pretty, always dressed so well, and I think the other girls look up to her. It's kind of obvious that I like her, and I'm sure everyone knows she's my dream girl. She often tags Rasheed, who's like her fashion counterpart in our grade. He has that same effortless style. They're just friends, but I can tell she thinks he's super cool. I figured if I could be more like him, maybe Gianna would notice me.

Then something crazy happened. My algebra teacher, Mrs. McMillian, switched our seats, and now I sit next to Rasheed. His shoes are always so fresh. I swear he never wears the same outfit twice. Meanwhile, I'm rocking my old Vans and a shirt my mom probably picked up at Goodwill. I'm okay with it, but it's clear Gianna isn't impressed—she's never tagged me in anything. Rasheed is definitely the coolest guy in our grade. I thought if I could hang out with him, maybe I'd finally get Gianna's attention.

So when Rasheed asked me to come over for his weekly gaming hangout on Thursday, I was pumped. He mentioned Gianna would be there too, and he also asked me to bring my math project so he could "see my work." Of course, I brought it. I felt a little bad about doing his homework, but getting an invite to his place and seeing Gianna after hours felt like a win. I even got a few answers wrong on purpose so our teacher wouldn't catch on.



## STEP 4: READ TESTIMONIAL (CONTINUED)

The next week, I tried to hang out again, but Rasheed told me there wasn't enough room because too many people were already coming. I felt so stupid—like I was just being used. But then, when the final exam came up the following week, suddenly Rasheed had room for me again. Surprise, surprise. I didn't want to be involved in cheating, but I took him up on the invite, hoping that eventually, maybe they'd really start to like me for me.



## 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 was the narrator seeking that he didn't already have? How did this create a vulnerability?
- How did the "friendship" with Rasheed seem to fulfill what the narrator wanted? In what ways did this resemble manipulation? Was Rasheed truly a friend? Why or why not?
- What was the narrator willing to compromise to fit in with his peers?
- Have you ever felt pressured to do something you didn't really want to do? Has anyone ever crossed your boundaries?
- Have you ever felt like you had to compromise your values or principles to fit in? This could include something you've kept secret or wish you could undo. How did that experience make you feel?



## 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.

Growing up can be tough, and sometimes it feels like you need to change who you are or what you believe to gain others' approval. But here's the truth: God's approval is all you need. You don't have to change your authentic self or your beliefs for anyone.



## STEP 6: LESSON OUTLINE (CONTINUED)

In the scenario above, the narrator is willing to do anything to gain Rasheed's acceptance. But where does it stop? It might seem harmless because Rasheed is just a peer, and it's "only cheating on some math homework," but manipulation can start small and seem innocent while quickly becoming dangerous.

That can actually happen in many situations, which seem small at first but can quickly get out of control. Have you ever been there?

The narrator wants Gianna and Rasheed to like him, which is a natural feeling. But Rasheed has identified this as a vulnerability—a weak spot that others can exploit. Just like sharks can smell prey from miles away, deceptive people can spot insecurities or fears and use them against you. They might offer you something you want, but their real goal is to use you for their own benefit. "Exploit" means to treat someone unfairly to get something you want.

Everyone has insecurities, even adults. Whether it's wishing you were more attractive, popular, or had the latest iPhone, these insecurities can lead to vulnerabilities that others might exploit. It's important to trust your intuition—your gut feeling—because that's often the Holy Spirit guiding you. If something feels "off" or one-sided, it probably is, and you should talk to your safe adult about it.

As long as we chase others' approval, we'll always feel like we're not enough. God's approval is what truly matters. In the situation above, Rasheed is using the narrator's insecurities to get him to do his homework. It might just be homework now, but it could escalate. A clear sign that this isn't a friendship worth pursuing is that Rasheed asks him to keep it a secret. The narrator deserves friends who genuinely like him for who he is. He doesn't need Rasheed or Gianna's approval—he already has God's, and God will lead him to true friends who won't ask him to compromise in order to gain acceptance.



## 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.



## STEP 7: RECAP THE WALK-AWAYS (CONTINUED)

**Understand Vulnerabilities:** Reflect on what "exploit" means—how others might take advantage of your weaknesses. Knowing your vulnerabilities helps you protect yourself from those who might try to manipulate or use you. It's important to be aware and stay guarded against tricky people.

- **Talk About It:** It's okay to talk to God or a safe adult about your vulnerabilities. Ask for strength to seek God's approval rather than that of manipulative people. Sharing your struggles with someone you trust can provide guidance and support.
- **God's Unconditional Love and Your Identity:** Remember, you don't need to do anything to earn God's love—it's already yours. He created you in His image and loves you just as you are. As you follow Him, remember that you don't have to be perfect (no one is!). He will empower you to continue to step into your full power, purpose, and identity. The Devil tries to manipulate 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 (created in His image, loved, valued, powerful, empowered to walk out your faith even when it's challenging, forgiven, courageous, created on purpose for a purpose). Remember, your God-given identity will always align with God's Word, and the Devil will *always* work hard to convince you of the exact opposite about yourself.
- **REAL Friendships:** You don't have to change yourself or do things you're uncomfortable with to gain the approval of others. The right people, true friends, will accept and love you authentically and continue to walk with you toward the things God is calling you to... and those people might be right here in your REAL TALK group.



**LIE #2 DEBUNKED: YOU DID IT!**

# LIE #3:

## I SHOULD FEEL ASHAMED OF WHAT I'VE SAID, DONE, OR EXPERIENCED

### Takeaways:

- Define shame and how it makes us feel.
- Define consent and what it means for your body.
- Describe the trap that shame is, and how God wants us to be free from shame.
- Explain how shame plays a role in perpetuating abuse and keeping victims silent.
- Describe God's consistent message to the world: I am with you.



### 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.

He does not punish us for all our sins; he does not deal harshly with us, as we deserve. For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. He has removed our sins as far from us as the east is from the west. Psalm 103: 10-12

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. Isaiah 41:10



## STEP 3: READ TESTIMONIAL

I am so embarrassed. Ugh, I can't believe I let that happen. It feels like it's all my fault. Last week I was at basketball camp. And I was having a great time.

We got to meet some players that go to Clemson and they gave us some pointers. We've been learning lots of new plays, and I think it will really help me if I decide to try out next year when I get to high school. But then everything got messed up.

We were in the showers, and I was minding my own business when Jason ripped my shower curtain back. Instead of hiding myself, I jumped around to see what was going on, and he was standing right there staring at me. I froze. I didn't even know what was happening. And he took a video of it. Then he started laughing and talking about my naked body... I can't even repeat what he said. I turned around again to hide, but it was too late; everyone in the showers heard, and there was a video.

He said, "Relax, bro! It's just a joke...but if you make a big deal about this, I'll share it with the whole camp." That night I just laid in my bed wishing I could disappear or go back in time. Why did I turn around? Why did I just freeze when I saw the phone? Why didn't I grab the phone? What am I going to do? "Hey, coach, can you help me get this video of my naked body back?"

Yeah right. That's never happening. I don't even want to go to practice in the morning; maybe I'll call my dad and fake being sick. I don't know what to do. I just feel so stupid and so ashamed that that happened to me.



## 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.

- How would you define shame?
- Why do you think the narrator is feeling so ashamed?
- In this situation, who should actually feel remorse, and why?
- Why do you think the narrator hesitates to tell a safe adult about what happened?
- Have you ever experienced something that made you feel ashamed? Were you able to share it with a safe adult?



## STEP 5: LESSON OUTLINE

Shame is a tricky thing. Feeling guilty about something you've done is normal and can guide you toward what's right. But shame goes deeper; it's not just about doing something wrong but believing you are inherently "bad" or "damaged" at your core because of it.

Shame is that heavy, painful feeling that you're flawed and unworthy of love or belonging. It can make you hide, withdraw, and even distance yourself from God or others. But here's the truth: you're never responsible for the harm someone else does to you. That shame isn't yours to carry, and God wants to set you free from it—starting now.

In the narrator's case, there's no reason for him to feel ashamed... but as we said, shame is something the Devil does to trick us into believing lies about our identity and worth. Shame says, "You are what you did or what you experienced." God says, "Nothing can separate you from my love and purpose for your life." The narrator was wronged. Jason invaded his privacy and crossed a serious body boundary. Remember, body boundaries can be violated by anyone—an adult or a peer—and it's never okay. What Jason did isn't a joke; it's wrong, and it's a crime.

It can be hard to tell a safe adult when something like this happens. You might wonder, "What will they think? Will they blame me? What if they don't believe me?" But don't let fear or shame silence you. If someone crosses your boundaries, speak up. If the first adult doesn't listen, keep speaking until someone does. Keeping this hidden is an unsafe secret that could harm you further, and you deserve so much better.

**REAL TALK:** You are the boss of your body, and you have the right to advocate for yourself. Consent is key—everyone must get and give permission when it comes to touch. The moment Jason pulled back that curtain, he was in the wrong. The narrator should tell a safe adult, not just for himself but to prevent Jason from hurting others. Unsafe secrets lead to shame, but Jesus wants to lift that burden from you. The Bible says, "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." -Isaiah 41:10. God can help you shine a light on what's happened, and it's never too late to talk about it. Secrets lose their power when shared in a safe space, especially in God's presence.

Sometimes, we're the ones who mess up and do things we know we shouldn't. Maybe you've tried vaping, cheated on a test, viewed pornography, stole, sent nudes, or something else. When you ask God for forgiveness, He gives it freely and instantly.



## STEP 5: LESSON OUTLINE (CONTINUED)

What the world says you should be ashamed of, God says He can work through you to use for good. Your struggles and your story, no matter how messy, can help someone else in their time of need.

Your past doesn't define you; it positions you to help others find freedom in Jesus. No more secrets, no more shame—just being real and having some REAL TALK so God can show His strength in your weakness. It's okay to not be okay, but Jesus won't leave you that way. What was done to you was not your fault, and what you've done can be forgiven and healed.



## STEP 6: RECAP THE WALK-AWAYS (CONTINUED)

**Reflect on Shame:** Is there something you're holding onto that makes you feel ashamed? How does it impact you? Do you find yourself trying to suppress it, only for it to resurface when you're alone, stressed, or anxious?

- **Seek Support:** Remember, you don't have to carry this burden alone. Talking to God can provide strength and hope, while a safe adult can help you navigate your feelings. offer guidance and resources to move forward. Sometimes, an outside perspective can bring clarity and help you see the situation differently.
- **Break Free:** If you're carrying shame, it's time to release it! It might not be easy, but it's crucial and always worth it. Pray, reach out to a trusted adult, eliminate distractions, and carve out time for some REAL TALK. This is your path to stepping into your full power and purpose with no more hiding or shame from the past!



**LIE #3 DEBUNKED: YOU DID IT!**



# LIE #4:

## IF I SPEAK UP, NOBODY WILL BELIEVE ME

### Takeaways:

- Identify the best settings to have hard conversations.
- Describe how to start the conversation using sentence stems.
- Identify signs that it's safe to keep sharing.
- Identify signs that it's not the right person to talk to and it's time to end the conversation.
- Explain what to do if an adult does not help you when you ask for help.
- Describe the strength God offers us when we feel afraid.



### 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.

...Do not worry about what you will say or how you will say it. The words will be given to you when the time comes. It will not be you who will speak the words. The Spirit of your Father will speak through you. Matthew 10:19-20



### STEP 3: READ TESTIMONIAL

I am so embarrassed. Ugh, I can't believe I let that happen. It feels like it's all my fault. Last week I was at basketball camp. And I was having a great time.



### STEP 3: READ TESTIMONIAL (CONTINUED)

We are at the age where our parents give us more alone time. Instead of playdates, we are starting to plan hangouts online or through text, and our parents drop us off or pick us up.

It's cool to feel a little older and more independent, but it's gotten me into a tricky situation with Jay. He's put me in a really weird situation. We have been friends for years, and our parents are good friends. In fact, our families BBQ a lot together and always camp for holidays. Now I don't know what to do; if I say anything, it'll ruin our family trips, and I'm not even sure they'd believe me. Maybe they'd even be mad for letting something like this happen. I have slept over at his house 100 times, and it's always been fine. Except for this last time. Now what?

Last night, I spent the night, and everything was going fine. We played video games and watched YouTube. Then we made some funny videos and sent them to our friends. I went to get a snack, and when I came back upstairs, Jay was on a website with nudes and a bunch of stuff I knew we shouldn't watch. Jay's mom was downstairs and had no idea. I have heard about sending nudes and about pornography. I hear kids talk about it all the time at school, including my older cousin. But I haven't actually sat and watched it. I guess I've been too scared to get caught. But also, it makes me feel weird inside... I was kind of uncomfortable watching it, but also, the more I saw, the more I wanted to see. It was weird because I also knew it wasn't right. My parents had even talked to me before about how dangerous watching that was, so how could I tell them now what I had done? And how could I tell them who had started the whole thing? And why couldn't I get those images out of my head?!

I wanted to go tell his mom because I wasn't sure what else to do. But I didn't even know if she'd believe me because it was her kid. What if she thinks I pulled the video up? What if she thinks I'm just lying because I'm a teenager? Okay, so I lie sometimes about stupid things like whether I actually made my bed in the morning, but I wouldn't lie about this. I mean, what would I even say, "Hey, your son showed me porn, and I'm feeling all kinds of stuff? I feel sort of scared, sort of confused. I don't even totally know what I'm feeling, but it isn't good." Oh yeah, it's totally believable. Smooth. I'm also worried because if I tell someone, it could really mess up our family vibes. What if she calls my mom, and my mom doesn't believe me? I could get in trouble. Or what if it causes a fight between our families, and we don't even hang out anymore? I can't get those images out of my mind and I don't know what to do with that, either. I definitely wasn't expecting that to happen



## 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 happened that made the narrator feel uncomfortable?
- Why didn't he want to tell a safe adult?
- Have you ever wanted to tell someone something but didn't know how to start the conversation or feared what would happen once you did speak up?
- How do you think porn influences our culture? How do you think it's influenced kids your age, views of sex/relationships, expectations, etc?



## STEP 5: LESSON OUTLINE

Opening up and talking can be tough, but there are steps you can take to make it easier. The first key is finding the right people—your "safe adults." Safe adults will:

- Make time to listen to you.
- Respect you and make you feel secure and valued.
- Believe you and help if you're unsafe or uncomfortable.
- Avoid shaming or doubting you when you ask for help.

Examples of safe adults in your life could be a parent, teacher, counselor, pastor, or family member. If one person doesn't believe you or take you seriously, find another safe adult. Keep sharing until someone believes you and helps you. Sometimes, you may need to tell more than one adult before someone listens. The good news is, you get to choose who your safe adults are!

While it might seem scary at first, remember that God is with you and wants you to be safe. He can help you find the right words when you can't. The Bible says, "...do not worry what you will say or how you will say it. The words will be given to you when the time comes. It will not be you who will speak the words. The Spirit of your Father will speak through you." -Matthew 10:19-20.

The narrator feels afraid and uncomfortable, so he should keep telling safe adults until someone believes him and helps him. Jay needs help, too; those images will confuse him and could lead to addiction, harmful patterns, and dangerous situations in the future.



## STEP 5: LESSON OUTLINE (CONTINUED)

Maybe you were at a friend's house and saw some nude images. Maybe you got curious and have been searching for more or looking on social media, and now you feel uneasy about it. This is what we call “unsafe screens.” Visual material with explicit sexual content, intended to stimulate, is called “pornography.”

It's something you might encounter, so it's important to know the consequences of consuming it, how to say no, and how to speak up to a safe adult if you see it. Pornography can confuse you and make it harder to have healthy relationships because it fills your mind with fake or unauthentic images. Another word for “fake” is counterfeit. The enemy is always trying to sell you a lie. Just like an unsafe person would try to deceive you, so does the devil. Something counterfeit is designed to look as close to the real thing as possible. If you want to know the truth about your identity and God's plan for your life, it will always 100% line up with the truth of His Word and His character.

Pornography is like a counterfeit for healthy relationships and can even become addictive (or make you feel like you have to do what's portrayed on a screen). The enemy doesn't want you to know that, but you deserve the truth. God loves you too much to leave you in that space if you've started looking at pornography. He's not mad at you; He just wants to help! Many guys get exposed to those types of images, even at a young age, without seeking them out because we live in a world where technology, social media, and pornography are rampant and often intertwined. There can also be a lot of pressure to imitate these images or videos or send/request nudes. REAL TALK—you're not alone, and you don't need to hide if you've experienced this. A lot of guys your age have been there too.

Finding the right words can be hard when you're dealing with something difficult. If you're unsure how to start the conversation, you could use these sentence starters:

- “I'd like to tell you something, but I feel a little uncomfortable, so it might be hard to share. Can we talk? Do you have time to listen?”
- “I'm confused about something that's happened; can you help me sort through it?”
- “I'd like to talk to you privately about something that feels wrong or unsafe. Can we schedule a time?”
- “You're my safe adult, and I need to talk to you about something important. Are you open to that?”

What other conversation starters would you recommend?



## STEP 6: RECAP THE WALK-AWAYS

**Safe Adults:** Think about the safe adults in your life. A helpful way to know if they are safe is by how they make you feel (secure, valued, and protected), and what they do (listen when you speak, respect and encourage you). If there's something on your mind or heart, you should talk to them. God will give you the strength to do so, and our sentence starters are a great place to get the conversation going.

- **You're On Common Ground:** Everyone faces difficult and uncomfortable situations. Everyone encounters struggles of their own. Although trying to ignore and push these feelings down may seem easier, it's not healthy to keep them inside, and eventually, they will cause other issues and struggles in your life.
- **Open Up:** We often avoid talking about painful things because of fear, shame, or the pain of reliving them. But God wants you to always talk to Him about what's on your heart and mind and to seek help by opening up to a safe adult. Sharing your burdens can bring relief, helping you sort through your emotions and reminding you that you're not alone.



**LIE #4 DEBUNKED: YOU DID IT!**

# LIE #5:

## ADULTS ARE ALWAYS RIGHT

### Takeaways:

- Define intuition and how it can be used to give them power over unsafe situations.
- Define gaslighting and its place in causing confusion around abuse.
- Identify three safe adults that you feel like you can talk to and trust.
- Define the characteristics of safe people.
- Describe the love and power that they have in the eyes of God.



### 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.

.Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.'  
Matthew 19:14



### STEP 3: READ TESTIMONIAL

Before camp, my dad told me to talk to the counselors if I needed anything. I've had an amazing two weeks—basketball and soccer have been my favorite. Everything was great until last night, and now I don't know who to trust. I thought adults were supposed to keep us safe, but what do I do when the person causing trouble is my counselor's best friend?



### STEP 3: READ TESTIMONIAL (CONTINUED)

Yesterday, after dinner, I was playing ping-pong with my bunkmates in the rec room. We were having fun, and I hit a few balls out, which got lost. This other counselor, who's close to mine, told me to get replacements.

When we went to the equipment closet, he suddenly grabbed my genitals. I froze, shocked. I thought maybe it was an accident, but then he did it again. I asked, "What are you doing?" He brushed it off, saying if I made a big deal, I'd get kicked out of camp. I felt so confused and scared. I felt like it was my fault we went to the closet for the replacement equipment, and I didn't want my parents to be mad. This camp was expensive, and I didn't want to risk getting kicked out. I felt confused and upset, and honestly, I felt frozen. I didn't know what to do next and was fearful of telling anyone.

Before we left the small, dark room, he saw my fear and said, "You did this. Don't act like this is my fault. You better not tell anybody." Wait, what? That's not what happened. How could an adult I thought was safe do this?



### 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 did the narrator initially believe about the adults who were counselors, and how was this belief challenged?
- How did the counselor manipulate the situation to make the narrator more vulnerable?
- In what ways did the counselor try to confuse and manipulate the narrator into doubting their own experience? (Gaslighting occurs when someone distorts reality to make you question what really happened, making you feel confused or "crazy" about what you know to be true.)
- What should the narrator do as a next step after his experience?
- Have you ever felt alone, like you couldn't talk to anyone because they might not understand or might judge you?
- Have you ever experienced a time when someone you trusted, especially an adult, betrayed your trust, didn't protect you as they should have, or turned out to be unsafe?
- Have you ever felt uncomfortable or hurt by an adult or peer but felt powerless to speak up because they were supposed to be safe?



## STEP 5: LESSON OUTLINE

**REAL TALK:** Adults are meant to protect kids, but sometimes they don't. It's deeply traumatic when someone you trust causes you harm. This can be confusing because we're taught to trust and listen to adults. You matter to God, and He wants you to be safe and treated well.

You also have something inside you called intuition—God's voice, the discernment of the Holy Spirit. If something feels off, trust your gut. Even if the person is well-liked or respected, don't ignore your intuition. If a peer or adult crosses a body boundary, they might try to confuse you or make you doubt yourself. This is called "gaslighting," like when the counselor told the narrator he wanted to be touched.

No one wants their body boundaries to be crossed. If this happens, you can say "stop," find a safe adult, and tell them what happened. Keep telling until you get the help you need—never keep it a secret out of fear or shame. If you feel frozen in the moment, this is something commonly called "shock." Remember, even if something happened a long time ago, it is never too late to speak up to a safe adult about it. If someone doesn't help and believe you, keep speaking up until someone does.

If you feel confused or ashamed, something is likely wrong. It's not just in your head. Listen to your intuition—it's the Holy Spirit guiding you. If you're unsure, talk to a safe adult to get clarity. A safe adult will never shame you for seeking the truth. Telling a safe adult and getting help through your experience is the best gift you can give yourself.

What happened does not define you. You are worthy of freedom from that experience and how it has affected your heart and mind. God designed you to live free from secrets and shame and never overlooks your pain.



## 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.

If someone you trust crosses a boundary by touching you inappropriately, showing you sexual images (or demanding them from you), or making you feel uncomfortable, don't keep this unsafe secret. There are safe adults in your life who will believe you and help you.





## STEP 6: RECAP THE WALK-AWAYS (CONTINUED)

**You Might Have Questions:** If you've been hurt, you might have questions like, "Was it my fault?" or "What does this mean for me?" If it was done to you by someone of the same gender, or even if it was done by someone of the opposite gender, you may now feel confused and wonder if you're gay. When this kind of betrayal enters, it could open up a lot of feelings, questions, and confusion; don't keep them pushed down inside. Your safe adult can guide you through these feelings and provide clarity. Remember, God is not mad at you; this is not your fault.

**Trust Your Intuition:** If something feels wrong or unsafe, it's important to talk about it. If something has happened and you haven't spoken up yet, it's never too late. Ask God for strength, and He will help you find the words. Remember, you are not alone, and God's Kingdom belongs to you. God has given you the gift of your intuition, the discernment of the Holy Spirit, to navigate through life. It's like your superpower to help guard you! The Devil *hates* that you have this power inside of you and is so scared that you'll figure out what he already knows - that you were created on purpose, for a purpose. This is why he will try everything he can to stop you from walking in your God-given identity and freedom!



**LIE #5 DEBUNKED: YOU DID IT!**

# LIE #6:

## I SHOULDN'T EXPRESS BIG EMOTIONS, I SHOULD JUST PLAY MY PART TO GET BY

### Takeaways:

- Describe attributes of healthy friendships.
- Describe the benefits of authentically expressing emotions to safe people.



### 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



### STEP 3: READ TESTIMONIAL

I have a lot of friends, and I'm pretty popular. I'm in eighth grade, start on the basketball team, and date Kelsey, the hottest girl in school. People are always trying to hang out with me. But despite all this, the last month has been incredibly hard. Sounds crazy, right?



## STEP 3: READ TESTIMONIAL (CONTINUED)

My dad is really sick with stage four cancer, and I'm not okay. He's my everything, and I'm terrified he won't make it. I'm angry, hurt, and confused.

Yes, I have a lot of followers on social, and I know a lot of people, but does anyone really *know me*? I want to talk to someone, but none of my "friends" seem to care about my real feelings. I've realized being well-known and *truly* known are not the same thing. I tried to open up to someone on my team, and they just told me to keep my head up and sort of quickly moved on to talk about another subject. Another friend said that I shouldn't be so emotional. But how can I not? He's my dad. I feel like I'm starting to shut down.

How can I be surrounded by people and still feel so alone? Why do I feel like I have to push my feelings down? I want to ask for help, or at least vent, but there's no one who will listen without trying to fix it. I get why my mom drinks so much—it's her escape. But she's just getting sadder. I have no escape. Sometimes I get so angry and down that I wonder if I should end it. I want to stop the pain and not feel so alone. I want to feel like it's okay to be talk about this stuff, to grieve. Why is everyone so uncomfortable when I try to share what's really going on inside me? Is there anyone who will actually be there for the real me?



## 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 does the narrator not think he can talk to his friends?
- What does a healthy friendship/relationship look like to you? Have you ever experienced an unhealthy friendship/relationship?
- How has social media influenced how you or others act or feel? Have you ever felt pressure to live up to the images or lifestyles portrayed there?
- Have you ever felt like you couldn't talk to someone because of what they might think about you?



## STEP 5: LESSON OUTLINE

Society often pressures men to act a certain way—never showing emotions, asking for help, or talking about struggles. But this is a toxic and false version of masculinity.

God's Word shows us what a real man after God's heart should be and how our relationships should look. The Bible says, "Therefore encourage one another and build one another up" (1 Thessalonians 5:11). God wants us to experience authentic community where we can turn to each other for support, help, and true friendship.

You're in this REAL TALK circle to do just that—to talk about the real, hard things that might feel off-limits, even in church. But being with other believers is exactly where you should always be comfortable being transparent. The best friends are those who sit with you in discomfort, let you be open with your struggles, and remind you of God's truth and love. They lift you up, hold you accountable, and draw you closer to Jesus. They are safe people—maybe even in this group now.

The Bible says, "For where two or three are gathered in my name, there am I among them" (Matthew 18:20). God sees when we gather in His name and is with us to help and love us. As men, there's pressure to pretend everything is okay, to be strong, and to keep people at a distance. But if we want REAL TALK, we need a brotherhood that points us in the right direction. We need safe, Godly people in our circle where we can be authentic and transparent in our struggles. If the narrator had someone he trusted to open up to, he wouldn't feel so alone, helpless, or hopeless.



## STEP 6: RECAP THE WALK-AWAYS

**Establish Friendship Best Practices:** True friendships are built on honesty and transparency. A real friend listens, empathizes, and respects what you're going through.

Being comfortable expressing what you're going through isn't reserved for girls—it's what real, healthy friendship is about. God wants us to have friends and safe adults in our lives who we can trust, who help us, and who we help in return. Does this describe your current friendships? If not, what can you do to change that? Are you being the type of friend you'd want in return?



## STEP 6: RECAP THE WALK-AWAYS (CONTINUED)

**Reflect:** Take time to reflect on your friendships. If you're not already doing so, start talking to your friends and safe adults about real, authentic experiences and connect regularly. Consider meeting for prayer, accountability, or just honest conversation. Remember, God is always with you, and REAL TALK doesn't have to end when this group does!



## 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 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](http://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](mailto: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](https://RealTalkCollective.tv).
- Safety tips and resources: Visit [TheFoundationUnited.org/statsandresources](https://TheFoundationUnited.org/statsandresources) to safeguard your family.
- Learn about porn's impact and addiction help: Visit [RaisedOnPorn.com](https://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](https://JoinOneLove.org) and [LovelsRespect.org](https://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.