



REAL TALK: EVERY GIRL (HIGH 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	28
Lie #6	32

ENDING STRONG:

Reporting	38
Paying it Forward	39

ADDITIONAL SUPPORT:

Private Pathways & Coaching	39
Hearing God's Voice	40
Facilitator's Resources & Tools.....	41

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.
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. **Honor Time.** Groups usually last 1.5 hours each and can be hosted virtually or live. Be sure to start and end on time.
11. **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:

GIRLS 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 was sending nudes to a guy I hung out with at the party... I had never really been into that before, but the others in our group did it all the time, and eventually, I gave in to the pressure.

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 girls in class invited me to youth group with her. We weren’t close friends, but she had always seemed friendly. She 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 girl inviting me to youth group changed my life. She later shared that he felt like God told her 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. She 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 her problems rather than seek help? Have you ever experienced similar pressures or struggles?
- When the Narrator made new friends, why was she unable to share her 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 she couldn't confide in about her real struggles and feelings. She tried to ignore the sadness and anxiety in her life, believing it was the easier path. She spoke about how a kind gesture from someone made a significant impact, even before she was invited to the youth group. She also shared how she resorted to actions she never thought she'd take just to escape her 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 for girls often dictates that they should always appear beautifully filtered and perfectly proportioned and push down how they feel, seeking reassurance in things like popularity or sexualization. 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:

WHAT HAPPENED WAS MY FAULT AND I SHOULD KEEP IT SECRET

Takeaways:

- Define shame and how it makes us feel.
- Explain how shame plays a role in perpetuating abuse and keeping victims silent.
- Define intuition and how it can be used to give them power over abuse.
- Define gaslighting and its place in causing confusion around abuse.



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 wasn't raised in church, but I started getting involved in a youth group in high school and was really involved. My reputation as a youth leader among my peers grew.

I never had a serious boyfriend before, but I wanted one. I had seen many relationships crumble in my family, and I wanted the exact opposite of that. I loved God and wanted a boyfriend who loved Him, too. I met my first boyfriend at youth group. I thought he must be safe, a good guy, and a Christian because he went to church, right?

I quickly noticed that he wanted to move faster physically than I was ready for. We would be in his car, and he'd put his hand down my shirt or try to unzip my pants. Even though it felt good, and I loved him, it wasn't a line I was ready to cross. I'd try to move his hand away, but he acted like he didn't notice. One night, I told him, "Just wait," and pulled back, but he didn't listen or respect what I said. I felt like I had lost control and didn't know what else to do. He said I was his girlfriend and I loved him, so this was ok.

It wasn't ok. Shortly after that night, we broke up. I told him that I never really wanted to do what we did. He said that I would have gotten up and left if I didn't want him to do that. He claimed I was remembering it all wrong and making a big mistake. His response made me feel crazy. Was I remembering it all wrong? Was this my fault?

I reflected again and again on the night. I wasn't asking for it. It didn't matter that he was someone from church or someone I trusted; what happened was abusive and violated my body boundaries. If I could tell other girls one thing, it's this - YOUR VOICE MATTERS, AND YOU ARE THE BOSS OF YOUR BODY! I felt ashamed about that night for a long time. Finally, I told one of my safe adults about what had happened. I was nervous. For a long time, I felt like I couldn't talk about anything sexual in church unless it was abstinence... I thought I had to keep this mask on like I was perfect. I expected to be dismissed or judged. But something else happened. She was there for me and connected me with people who helped me process and heal from what I'd gone through.



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 do you think the narrator felt unable to discuss anything related to sexuality in church?
- Gaslighting is when someone tries to make you believe something you know to be true is false. How did being gaslit by her boyfriend affect the narrator? Have you ever experienced gaslighting, pressure, or manipulation around your body boundaries or anything else?
- Have you ever felt the need to put on a "perfect" facade in church or around people you respect?
- Can you recall a time when your intuition or discernment signaled that something was wrong? Did you try to push that feeling down?
- When considering the power of your voice, do you feel you've been heard or silenced in the past?



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.

Gaslighting occurs when someone tries to make you doubt what you know to be true. People often deceive others to get what they want or to harm them. Gaslighters aim to create confusion. If you feel confused or ashamed about a situation, it's likely because something is wrong. That's the Holy Spirit giving you discernment and urging you to trust your intuition. The narrator's boyfriend gaslit her to shift the blame off himself and to make her feel shame for what he forced upon her.

Trust your intuition. It is like the superpower of the Holy Spirit, giving you discernment about a situation or person and signaling when something is off. If you're uncertain, talk to a safe adult. A safe adult will never get mad or shame you for clarifying something.



STEP 6: LESSON OUTLINE (CONTINUED)

Remember, abuse can happen to anyone, from anyone. It could be someone you should be able to trust, a peer, or an unsafe adult. Sexual abuse happens to 1 out of 3 girls, and trauma occurs in the life of every 1 out of 2 kids. You shouldn't keep this unsafe secret, but instead, share it with a safe adult. If they don't help you, keep speaking up until someone does.

YOU ARE THE BOSS OF YOUR BODY! Your voice matters, and no one has the right to cross your boundaries by touching you or viewing photos of your body. Your identity is not based on anything you've experienced. It is based upon who God says you are and created to be: loved, forgiven, valued, and highly called. You deserve to be selective about who gets access to you. This is called consent, and it's a powerful right you have. If a boundary has been crossed, no matter who did it, you don't have to carry shame, pretend to be perfect, or feel like talking about sex is off-limits.



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.

- **Gaslighting is Emotional Abuse:** It can damage your self-esteem, create shame over things that aren't your fault, and make you doubt yourself. Trust your intuition—the Holy Spirit's discernment in your heart—as your best defense.
- **Don't Carry Shame Alone:** If something happened that's causing you shame, fear, or a heavy heart, don't keep it a secret. Talking to a safe adult, like one of your REAL TALK group leaders, can help you heal.
- **Identify Safe Adults:** Safe adults are consistently there for you, respectful, kind, and protective. They care about your safety inside and out. Think of three people who fit this description—they belong in your Triangle of Trust (triangles have three corners, so this is an easy way to remember who you can go to for help.)
- **Your Triangle of Trust:** Identify three safe adults you can turn to when you need to talk. These are the people who will listen to you no matter what.
- **Abuse Can Happen to Anyone:** Abuse can come from anyone, including people you trust, peers, or unsafe adults. Sexual abuse affects 1 in 3 girls, and trauma affects 1 in 2 kids. Don't keep it a secret—share it with a safe adult. If they don't help, keep speaking up until you find someone who will.



LIE #2 DEBUNKED: YOU DID IT!

LIE #3:

TELLING SOMEONE WHAT HAPPENED WILL MAKE IT WORSE

Takeaways:

- Identify the pressures that drive us to hide things that feel uncomfortable.
- Describe the roles of a child/youth and a responsible caregiver when it comes to keeping secrets.
- Explore the benefits of disclosures 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.

The Lord sees those who are righteous, and his ears are open to their prayer. He is against those who do evil. 1 Peter 3:12



STEP 3: READ TESTIMONIAL

I never knew my dad, and My mom remarried when I was young. My stepdad was a church leader but didn't act like a good father. Growing up, we were to be “seen and not heard.” It was all about appearances.



STEP 3: READ TESTIMONIAL (CONTINUED)

A few months after they married, he started coming into my room at night and putting his hands all over me. I tried to talk to my mom, but she immediately changed the subject or said I must remember that wrong.

The last time I tried to tell her, she got mad at me for bringing it up, so I just shut down and stopped trying. He was well-respected in the community. My mom didn't want this to ruin our family's reputation.

In high school, I got into writing and found that it helped me process what was going on in my life since I felt like I couldn't talk to anyone about it. I had a teacher who didn't just give me assignments and rush to her next task. She spoke to me like she cared. She asked questions. I felt safe with her. One day, I accidentally left my notebook in her class. Maybe on some level, I wanted her to find it and discover the pages where I wrote about what my stepdad had done. The next afternoon when I got home, there was a child welfare worker at my school. It started the journey of me and my siblings being in and out of "the system." Then, I had no one to talk to.

A few years later, while living in a foster home, a friend invited me to a youth group. I was terrified to go. The person who had hurt me the most was from church. How could I feel safe there? She persisted, and eventually, I decided to go. It was fun, and I knew other kids there, but I wasn't so sure about this "Jesus" they always talked about. How could I ever trust a man if I had been so hurt before? After the message, the pastor said we could go to the front if we wanted prayer. I didn't know what I wanted prayer for, but I knew something was drawing me forward. When I got to the front, one of the youth workers said, "Jesus wants you to know that He sees and knows what happened to you. He wants to heal your broken heart." How did they know?!

I started to feel something new inside. This Jesus was real and different from all the men I had known before. I finally spoke about the things that had happened, and this time, I was met with validation and love. Before that night, I had never told anyone at church about my past. After I let it out, Jesus began a healing miracle in my life. He used safe adults in my life to get me the help I needed.



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.

- Which adults in the narrator's life pressured her to keep unsafe secrets?
- Why did the narrator feel compelled to keep these secrets hidden?
- How did the narrator's life change, and what emotions did they experience after speaking out about what happened in a safe environment?
- Have you ever hidden the truth to protect someone else?
- Why do you think the enemy wants you to keep unsafe secrets, and why does Jesus encourage you to share them with a safe adult?



STEP 5: LESSON OUTLINE

The enemy uses silence and secrets to keep you trapped and often believing lies about your identity and worth. Sometimes, even from a young age, we learn to hide the truth, fearing the consequences if it comes out.

The enemy wants you to believe that telling the truth will destroy everything—your life, your family, and the person you should've been able to trust, but who violated that trust. You're not alone in this; even biblical figures like Adam and Eve, Abraham, Esther, and David struggled with speaking up about secrets, fear, and shame.

Secrets isolate us and seem powerful, but the truth is, you are NOT alone, and there is One who is far more powerful. When you speak up, the secret loses its power. It's not your responsibility to protect those who cross your boundaries, whether they are adults or peers. You don't have to be a secret carrier for others any longer Jesus sees you and led you to this group to hear this truth. If someone has violated your boundaries—whether sexually, physically, emotionally, or verbally—tell your safe adult. They care about you and will help you find get the help you need. Jesus isn't angry or disappointed with you; He loves you and wants to restore you. If the first person you tell doesn't believe or help you, keep speaking up until someone does. It's time for secrets to lose their power!



STEP 6: RECAP THE WALK-AWAYS

- **No More Secret-Keeping:** Have you ever felt pressured to keep a secret to protect yourself or someone else? If so, you're not alone. No adult should ever ask you to hide something unsafe or harmful that has happened. It's not your job to protect them or keep their secrets.
- **Keep Speaking Up:** It's common to feel scared or conflicted, especially if the person who hurt you is someone you once trusted. But remember, keeping their secret isn't your responsibility. If the person who hurt you is well-liked or respected, it might feel like no one will believe you. But don't give up—keep telling a safe adult until someone listens and takes action.
- **Step Into A New Level:** Jesus is inviting you to live in the truth—you no longer have to carry the burden of secrets or shame. Safe adults are here to support you and help you find the support you need.



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 grew up in church and had a strong relationship with Jesus from a very early age. Coming from a big family, I often felt overlooked and left to myself. One day my older cousin was babysitting me.



STEP 3: READ TESTIMONIAL (CONTINUED)

She was my favorite and always showed me special attention. Something happened on this day, though, that shocked me. We were playing, and she started making the dolls do sexual things to each other.

Then she did those things to me, and I froze in shock. I did not know what to do or say. What she did seemed to feel good but wrong at the same time. She told me not to tell anyone about our game. That it was our secret. I loved her and she had influence over me, so I followed her instructions, but a nagging shame and confusion became rooted inside me that day.

Following that, over the years, I found my dad's porn stash, which was pretty openly left around the house. I started viewing images and reading articles that hooked me without knowing what I was looking at. I found myself repulsed but also drawn to it. The images stirred feelings in me, and combined with what my cousin had done, I started to wonder if I was gay. I thought there was no way I could tell anyone about what I was looking at, what had happened to me, or the questions about my identity. This wasn't something "normal" girls were dealing with, right? I started to hate who I saw when I looked in the mirror. I felt so much shame and confusion. What I didn't know was that 1 out of 3 girls is sexually abused, typically by someone they know and trust, and that it often happens with a family member. It also could happen with someone around their age, many times because that person had also experienced abuse. I also didn't know that many girls struggle with porn addiction, just like me. That isn't something only guys deal with. I looked around at other girls, and their lives looked perfect.

Those early experiences compounded my confusion about my identity and self-worth and reframed my view of what love is. I felt suicidal sometimes. I struggled with an eating disorder. I wanted to talk to someone about it to try and sort things out, but I didn't know how to start the conversation. What if I chose the wrong person? What if they didn't believe me?

God put a safe adult in my path who I trusted to help me open up about things I had never discussed. I wasn't met with judgment but with love. I realized that love was what I was genuinely needing and chasing after all along. They helped me see myself how God sees me. I learned to trust God first, that He had a plan for a good future for me, and that His truth is THE truth. I had bought into so many lies and counterfeit messages of the world before, but none helped me. Nothing and no one else filled my heart like He did. It wasn't about religious rules but a relationship with Him. I had many questions and many things to work through, but just having the starting point of talking to my safe adult and embracing the resources she shared to help me was the first step of many toward my healing.



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 events from the narrator's past were causing them shame? Why was it challenging to talk about their experiences?
- How did those experiences shape the way the narrator saw and felt about themselves?
- How did speaking to someone help the narrator move forward in a positive way? What positive changes have you noticed in your life after having a difficult conversation?
- How do you think porn has influenced our culture, especially in shaping the views and expectations of kids your age regarding sex and relationships?
- We often compare our lives to others' highlight reels, which can increase our anxiety and shame. Have you ever compared yourself to others, whether in real life or on social media? What pressures does that create for you?



STEP 5: LESSON OUTLINE

Struggles related to our sexuality are rarely discussed in church or within the context of our relationship with God, which makes it easy for the enemy to deceive us with counterfeit truths.

Difficult topics like sexual abuse (especially peer-on-peer, which can lead to questioning our sexual identity), pornography, eating disorders, and suicidal thoughts often remain unspoken, even though they deeply affect us.

REAL TALK is about tackling the tough stuff because we need to have these conversations. Here's the truth: God wants to meet you exactly where you are, but He loves you too much to leave you there. He wants to help you break free from anything that's holding you back from the incredible purpose He has for you.

One of the most important things to take away from REAL TALK is this: YOU MATTER, no matter what you've experienced, what questions you have, or how you feel. The enemy tries to make you believe lies about your identity, value, and experiences. That's his tactic—he lies, confuses, and twists the truth, aiming to steal, kill, and destroy your awareness of God's unshakeable love and purpose for your life. God's plan for you is different from what the world offers. He gives you hope and a bright future. It may not be easy, but it's worth it. The narrator found someone they could trust, and it changed their life. Finding the right safe adults and authentic, god-centered community can change yours, too.



STEP 6: RECAP THE WALK-AWAYS

- **Opening Up Is Brave:** Sharing your struggles is one of the most vulnerable things you can do, but it's essential for help and healing. Finding the right safe person to talk to is crucial. Remember your Triangle of Trust—the three safe adults you can go to for REAL TALK. If someone responds with doubt or shame, they aren't safe. Keep speaking up until someone believes you and helps you.
- **Girls Struggle Too:** It's a misconception that only boys struggle with porn. Many girls do too, and it's important to have a support system to help you build accountability, end shame, and talk openly about why you're going to porn in the first place (that's called getting to the root!). Your REAL TALK Leader or someone in your Triangle of Trust could be a great place to start. 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.
- **Taking 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!
- **Reach Out:** If you're going through tough times and 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 #4 DEBUNKED: YOU DID IT!

LIE #5:

IF I'M GOING TO FIT IN, I SHOULD BE HAVING SEX LIKE EVERYONE ELSE

Takeaways:

- Define shame and how it makes us feel.
- Describe the pressures that teens feel to be sexually active.
- Use positive affirmations to remove doubt and shame.



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.

My child, if sinners try to lead you into sin, do not go with them.
Proverbs 1:10

You must not follow the crowd in doing wrong. Exodus 23:2



STEP 3: READ TESTIMONIAL

Growing up, I was always known as the “good girl.” I got good grades and stayed out of trouble, and my parents kept me pretty sheltered. My dad was in the military, so we moved around a lot.



STEP 3: READ TESTIMONIAL (CONTINUED)

I loved my school. I had lots of friends and felt like I fit in. But that summer, we discovered we had to move again, and I started a new school. Everything changed.

Making friends was hard because I felt so different than everyone else. The girls at my new school had boyfriends, and I'd hear them talking about things they were doing sexually that I was totally inexperienced with. I felt embarrassed, ashamed, and like something was wrong with me. Social media made it worse—everyone else seemed to have guys liking and commenting on their looks. They seemed so glamorous, and I felt really alone and awkward. Sometimes, I lied about my experiences just to fit in with them.

I didn't know who to talk to. I couldn't confide in the girls at school—they wouldn't understand that I hadn't even kissed a boy yet. And I couldn't talk to my mom because I was sure she wouldn't get it either. I started to think there was something wrong with me... why was I so late to the game?

Months into the school year, I finally made a friend. We had a lot in common and hung out all the time. When I was at her house, we'd often talk with her older sister, and I shared how I felt about being labeled "the good girl." I hated that label—it made me feel weird and overlooked, especially when I saw the attention others got. I was always the guy's "friend" they'd talk to about other girls... great.

But my friend's sister was so reassuring. She said there was absolutely nothing wrong with me. She reminded me that I'm the boss of my body and that I shouldn't make decisions based on what everyone else is doing or the pressure I feel. I'm not just "the good girl." I don't have to fit into any label or title.

She talked a lot about how the world tries to make us believe lies about who we are and how we should act, but that's all counterfeit - fake and empty! No one should be reduced to a label - "good girl," "bad girl," or anything in between. I'm me, and God has a unique, specific purpose for exactly who I am, just like He does for you, regardless of what you have or have not experienced.



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 did the narrator feel out of place in her new school among her peers?
- How can labels be harmful? Have you ever experienced being labeled, and how did that make you feel?
- Why did the narrator think like she couldn't talk to anyone about her feelings? Have you ever felt like that?
- What did she discover that helped her navigate the challenges she faced?
- Have you ever felt pressured to be sexually active or do something you weren't comfortable with?
- Where do you think the pressure for girls to be sexually active or appear sexy comes from, even at a young age?



STEP 5: LESSON OUTLINE

Pressure is a powerful force, especially when you're young and trying to find your place.

It's tough not to get overwhelmed with feeling different or left out when everyone around you seems to be sexually active, popular, and more experienced than you. You might think you'd be happier if you joined in. But remember, you were not created to follow where others lead. God made you strong, giving you a mind to think for yourself. You are the boss of your body. You have the power to choose wisely and wait for the right person, the one God will reveal in His perfect timing. You are worthy of protecting your heart and not rushing into sex or anything else. And if you have been sexually active or had your body boundaries crossed, you don't have to live in shame about that, either. You can start over right now.

It's not about fitting into a label. You are so much more. Your identity is based on who God created you to be, not on what you have or have not experienced. Take control of your narrative and walk confidently, knowing you have great power and purpose inside you.



STEP 6: RECAP THE WALK-AWAYS

- **No More Believing Lies And Labels:** Have you ever felt like you didn't fit in or that you weren't as experienced as the girls around you? Or maybe you felt like you were being judged by others *because* of what you've experienced. Sometimes, negative self-talk and self-doubt can cloud your vision, making it hard to see that you are enough, just as you are. That's the enemy's plan - to get you to believe lies about your identity and worth.
- **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 WE'RE IN LOVE, IT'S NOT ABUSE

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

My parents immigrated to the U.S. from Brazil a year before I was born. While they occasionally mentioned God, faith was never a central part of our lives. They worked tirelessly, and my dad drank heavily when he got home.



STEP 3: READ TESTIMONIAL (CONTINUED)

Every morning, we'd all pretend everything was fine—my parents went to work, and I headed to school. My mom never confronted his behavior, and looking back, I realize I learned from her to accept far less than I deserved. It wasn't a healthy relationship.

I started dating a guy, and my parents didn't seem to mind that he was several years older. He was polite, complimented my mom's cooking, and showed my dad respect, which made him seem like my Prince Charming... for a while. But as time went on, he became increasingly controlling, always wanting to know where I was and who I was with. He pressured me to skip school to be with him and grew jealous if I spent time with anyone else. Even though I had moments of doubt about our relationship, I convinced myself that this was just what love looked like. Right?

One day he asked me to send him nudes. I had done it before, but I wasn't comfortable with it. I told him I didn't want to do it, and he quickly replied, demanding pics. I told him I loved him, but no. That's when everything shifted. He told me I'd better do what he said; if I didn't, he'd post my past photos all over social media. I had no idea that sexual abuse doesn't only include physical touch but can also include someone showing you sexual pictures or demanding them from you. Another less commonly discussed form of abuse is called "Sextorcion," which is what I was facing. It happens 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.

I knew it would get all over school and back to my parents, so I gave in. He rotated from controlling and manipulating me to telling me that I was his girl and that he loved me. It took me a long time to get away from him and even more time to realize that our relationship wasn't based on love, at all. Over time, I've discovered that I was created for a healthy, safe relationship based on God's best for 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 did the narrator's upbringing affect her understanding of what a healthy relationship should be before she met her boyfriend?
- What led the narrator to initially give in to her boyfriend's demands?
- Have you ever felt pressure in a relationship, or noticed it in the relationships of others? How did that make you feel?
- What qualities do you believe are essential for a healthy relationship? Have you ever been in an unhealthy one? How did it make you feel, and did you talk to a safe adult about it?
- Are you aware that sexting or sending nudes can have serious legal consequences? Possessing or sharing sexual images can lead to charges of child pornography and exploitation. If you receive such images, it's important not to reply and to delete them immediately.



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!



STEP 5: LESSON OUTLINE

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



STEP 6: RECAP THE WALK-AWAYS

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.



STEP 7: CLOSE OUT WITH CELEBRATION (CONTINUED)

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.