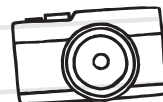


## CONNECT WITH US...



### EMAIL

[juniorthigh@marinerschurch.org](mailto:juniorthigh@marinerschurch.org)  
[highschool@marinerschurch.org](mailto:highschool@marinerschurch.org)



### INSTAGRAM

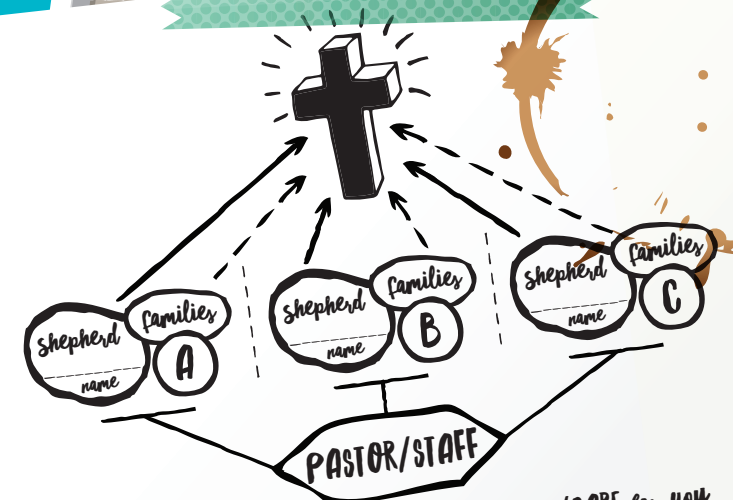
JHM @juniorhighministry  
HSM @marinershsm



### TEXT

JuniorHighVolunteers  
to 99-000

# LEADERSHIP TOURIST GUIDE TO CALIFORNIA BEACHES STUDENTS



— RESOURCE you — TRAIN you — SUPPORT/CARE for you

The "UNDER-SHEPHERD" Model  
(1 Peter 5:2-4)

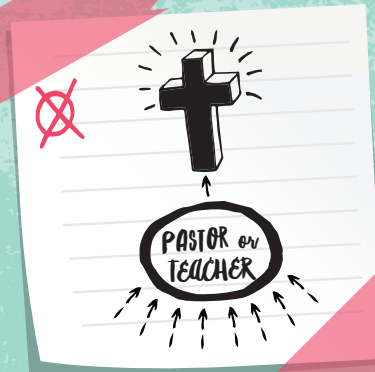


MARINERSCHURCH



# shepherd

## 3 MODELS OF DISCIPLESHIP



### THE ONE-MAN SHOW MODEL

All arrows point to one pastor or teacher.

**PROBLEM:** That one person does not have the capacity to care for and disciple all the students of the church community. Leads to shallow ministry where students are not truly known. Leaders given menial tasks and not trusted with much.

### THE UNDER-SHEPHERD MODEL

Leaders see themselves as **Under-Shepherds** and Jesus as the **Chief Shepherd**.

Leaders remove the focus from themselves and point their students to Jesus as the primary discipler, caretaker and source of life.

They play a major role in God's plan by walking alongside, caring for and guiding their students to Jesus.

As shepherds journey with students, they listen and look for God on behalf of their students.

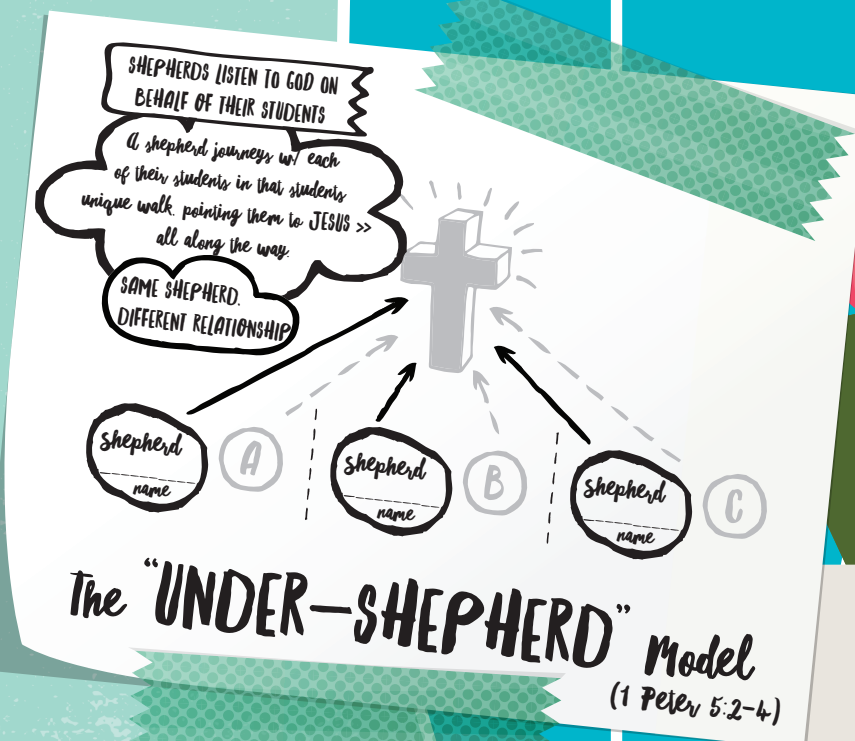
Understands each student as unique, with unique needs and a unique story that Jesus has been (and will always be) a part of.



### THE DIVIDE AND CONQUER MODEL

The load of care and discipleship is divided up between many leaders through small groups. Arrows point to many different leaders.

**PROBLEM:** Heading in the right direction, but still falls short. Relies too much on the strength of the leader of the small group and the weight of discipleship falls on a finite person who cannot be present with them forever. Students are known but longevity is an issue.



## WHAT'S A SHEPHERD?

Circle, underline, and highlight what stands out to you.

Be shepherds of God's flock that is under your care, watching over them—not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve; not lording it over those entrusted to you, but being examples to the flock. And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away. [1 Peter 5:2-4](#)

### WHAT DOES IT MEAN (OR NOT MEAN) TO BE A SHEPHERD ACCORDING TO THIS PASSAGE?

In the passage above, God invites us to join him in watching over those in **HIS** flock that He has placed under our care. Often, we envision this role of Under-Shepherd being best filled by vocational ministers or pastors. But God calls far more of us to share His shepherding heart. As we journey alongside our students as under-shepherds, let us lead them to the only true source of transformation and life, the Good Shepherd, Jesus.

### 5 WAYS TO BECOME A GREAT SHEPHERD

- 1. RELY ON GOD:** Listen to and look for God on behalf of your students. You cannot do it without Him. Rely on His strength rather than your own. Call on Him often. Let Him guide you as you lead.
- 2. BE RELATIONAL:** Your role is not to run a killer program. Your role is to walk alongside your students as they journey through life with God. Laugh and cry. Play and pray. Be present predictably and randomly. Relationship is key.
- 3. BE INTENTIONAL:** This means making the most of the time you have with your students. Don't let an important moment to teach, pray, encourage, challenge, listen, or care for a student pass you by. Be bold as the Holy Spirit leads you.
- 4. KNOW YOUR SHEEP:** The better you know your students the better you can care for them and help them grow spiritually. Know your group, those in your group, their story, and ask God what they need.
- 5. ALWAYS POINT TO JESUS:** At the end of their time in junior high or high school, it is not enough that your students know and love you. Help them to know and love the only true source of transformation and life, Jesus.

### LIST THE PEOPLE WHO HAVE BEEN A SHEPHERD TO YOU:

- 1.
- 2.
- 3.
- 4.

# how to shepherd on the weekend

JHM MEETS  
Saturday 5pm and  
Sunday 9:15am  
HSM MEETS  
Sunday 11am

## GROW IN ROWS

The Weekend Service exists to **CONNECT** with **ALL** students, so we can build **FRIENDSHIPS** with them and ultimately **POINT THEM TO JESUS**.

### WHAT ARE WEEKEND SERVICES?

Weekend services serve as a front door to our church for Junior High and High School. We welcome **ALL** students no matter their background, way they look and what they did the night before. Anyone... that's right... **ANYONE** is welcome! This means that many students at the weekend service are new, unconnected and may act like they don't know Jesus, because they won't. Our Volunteers make the weekend a loving and welcoming place for all students. You create the environment that God works in!

### QUALIFICATIONS OF A WEEKEND LEADER:

1. **LOVE JESUS.**
2. **LIKE STUDENTS.**
3. **COMMIT TO CONSISTENTLY ATTEND OUR WEEKEND SERVICE IN ORDER TO HELP CONNECT AND BUILD RELATIONSHIPS WITH STUDENTS IN JHM OR HSM.**
4. **COMPLETE AND PASS THE APPLICATION, BACKGROUND CHECK AND INTERVIEW PROCESS.**

### WHAT DOES A WEEKEND LEADER DO?

A weekend leader helps **ALL** students **BE PART OF IT**, rather it games, hanging out in the student center, worship and worship and a lesson Jesus. This is accomplished through friendship, being yourself, fun (church can be fun), sitting **WITH** students, pursuing students to hang outside of JHM or HSM.

### RESPONSIBILITIES OF A WEEKEND LEADER

1. **LIKE AND WELCOME STUDENTS.** Many students will decide if they want to continue attending the weekend service after only showing up **ONCE**. If they feel disconnected, they may never come again. We need volunteers who are committed to finding each student and welcoming them. Be friendly and look for students to talk to.
2. **BUILD FRIENDSHIP.** Look for opportunities to bring students together. Have fun before and after service. Basketball, jenga, ninja, foosball, jump rope, whatever. Help students build **FRIENDSHIP** with each other and ultimately with Jesus through fun and worship.
3. **STAY ENGAGED DURING SERVICE.** Model what it looks like to participate in the weekends. If it's worship, then worship, if it's Bible then take notes, if it's fun then **HAVE FUN**. Do what they do. New leaders and students will be watching for cues of what to do in the room.
4. **POINT THEM TO JESUS.** They will have questions, we want you to be the one to answer them. Look for chances to share your story with them, to ask to hear their's and always feel welcome to tell students about Life Groups and other ways they can **TAKE A STEP** in their faith with Jesus.

## ATTENTION LIFE GROUP LEADERS!

The weekend service is a great place to connect with your students outside of your regular Life Group meeting. It also will help your students get better connected with the larger church community.

## WHAT A WEEKEND SERVICE LOOKS LIKE

### ELEMENTS OF THE WEEKEND SERVICE:

Each element of service is intentional and is **ALL ABOUT** Pointing Students to Jesus.

**GAMES AND FUN:** Experience Jesus through fun and community. Bits, videos, goofy skits, crazy antics and yes, **GAMES!** *Fun is uniquely the language of Students.*

**ANNOUNCEMENTS/WEEKLY UPDATE:** Experience Jesus through an invite to join in on what is happening in JHM and HSM.

**WORSHIP:** Experience Jesus through music and expressing our hearts to Him. We have **AMAZING** student bands that are putting their faith into action.

**LESSON:** Experience Jesus through hearing a relevant, engaging and bible-centered message. Something that, come Monday, our students can put into practice.

**RESPONSE:** Experience Jesus through a call to action and life change as they head into their week.

### 8 GREAT WAYS TO GREET AND MEET A NEW STUDENT:

1. **PUT YOURSELF IN THEIR SHOES:** Think back to a time that you were a new student in a big place. You felt awkward, weird and wanted to leave as soon as you could. Remember, that is how a new student feels. Put yourself in their shoes before talking with them.
2. **GO TO THEM:** Don't wait for students to come to you. Break the ice by greeting them first. Look for unconnected students on the fringe. They might be sitting by themselves or on their phones. Be bold!
3. **TAKE ANOTHER STUDENT WITH YOU:** Grab a student you might already know and have them say hi to the new student with you. A great student to take with you is a student leader.
4. **BE WARM AND FRIENDLY:** Don't be shy. Students want a warm welcome to know that we are a community that cares about them.
5. **LET THEM SHINE:** Allow the student to brag on themselves by talking about their talents and things they are interested in. Whether it's video games, ribbon dancing, or pig wrestling, students love talking about what they are good at.
6. **ASK THEM QUESTIONS... LOTS OF QUESTIONS:** For example: What school do you go to? Have you been here before? What grade are you in? What do you like to do? The more questions the better, especially if a student is new they often won't talk a lot, so be willing to pull them along by asking them questions.
7. **PAY ATTENTION:** Listen to them and ask them follow up questions about their answers. Show eye contact. Listen. Smile. All this will communicate that you care.
8. **IF ALL ELSE FAILS, JUST SAY HI AND WE ARE GLAD YOU ARE HERE:** It's simple. But true. We are glad every student came to church today, so just communicate that to them.

### LEADER TIP:

We have services every single weekend. Join us 30 minutes early for our weekly leader meeting. Grab some tips and grab some food!



# how to shepherd in life groups

GROW IN CIRCLES

Life Groups exist to give students **PEOPLE TO KNOW AND A PLACE TO GROW.**



## WHAT IS A LIFE GROUP?

A Life Group is a small community of friends committed to living life together and growing closer to God. We utilize fun, food, friendship and bible study to create the best possible environment for students to grow. The standard Life Group consists of 8-12 students led by 2 adult leaders meeting weekly all across Irvine and Newport.

## QUALIFICATIONS OF A LIFE GROUP LEADER:

1. **LOVE JESUS.**
2. **LIKE STUDENTS.**
3. **COMMIT TO CONSISTENTLY INVESTING IN AND CARING FOR YOUR FEW FOR AT LEAST A YEAR.**
4. **COMPLETE AND PASS THE APPLICATION, BACKGROUND CHECK AND INTERVIEW PROCESS.**

## WHAT DOES A LIFE GROUP LEADER DO?

Shepherd your specific few, investing in their lives to encourage authentic faith. You win when students have meaningful interactions (during and outside of your meeting time) that influence their faith in Jesus and deepen their relationships with others.

## RESPONSIBILITIES OF A LIFE GROUP LEADER

1. **SEEK TO KNOW, LOVE, CARE FOR, SERVE, SUPPORT AND GIVE DIRECTION TO YOUR STUDENTS.**
2. **MEET WITH YOUR STUDENTS ONCE A WEEK.** Be early, prepared, and respectful of your host home.
3. **HELP YOUR STUDENTS BE A PART OF THE JHM AND HSM COMMUNITIES.** Weekend service, events, camps. If you're there, they're there.
4. **CONNECT WITH STUDENTS REGULARLY OUTSIDE OF CHURCH ACTIVITIES.** Hang out, have fun together, throw parties, send texts, grab a meal, send postcards and meet up on their turf.
5. **BE AVAILABLE TO WALK THROUGH DIFFICULT ISSUES WITH YOUR STUDENTS IF AND WHEN THEY ARISE.**
6. **COMMIT TO LEAD YOUR GROUP FOR AT LEAST ONE YEAR.**

## REMEMBER TO LEAD SMALL!

**BE PRESENT:** Connect their faith to a community by showing up predictably, mentally and randomly.

**CREATE A SAFE PLACE:** Clarify their faith as they grow by leading the group, respecting the process and guarding the heart.

**PARTNER WITH PARENTS:** Nurture an everyday faith by cueing the parent, honoring the parent and reinforcing the family.

**MAKE IT PERSONAL:** Inspire their faith by your example by living in community, setting priorities and being real.

**MOVE THEM OUT:** Engage their faith in a bigger story by moving them to someone else, moving them to be the church, and moving them to what's next.

see page 8&9 or get a  
Lead small book from  
the JHM or HSM  
Leader Loungs.

## LIFE GROUPS: MORE THAN A MEETING

Remember you are tasked with shepherding a **GROUP OF PEOPLE**, not planning a **WEEKLY PROGRAM**.  
Your weekly meeting is vital, but so much more goes into leading a group well.

## HERE ARE SOME GREAT WAYS TO SHEPHERD YOUR STUDENTS BOTH IN AND OUTSIDE OF OFFICIAL JHM OR HSM ACTIVITIES:

### HAVE FUN TOGETHER

A healthy and regular dose of fun can change the whole dynamic of your group. The relational collateral you can build by having fun together is invaluable to your group's ability to bond and ability to grow as a spiritually mature group. Goof around, hang out, throw parties, eat together, play together.

### SERVE TOGETHER

We are never more like Jesus than when we are serving those in need. Serving as a group will be immensely impactful for your students' spiritual growth. Both JHM and HSM have regular opportunities for you to serve together.

### ENCOURAGE THEIR SPIRITUAL GROWTH

We have tons of resources to help students grow spiritually on their own time. Encourage them to look for resources that will help them in their unique spiritual walk. You as their shepherd can also recommend what resource you believe might be helpful to them spiritually.

### PRAY FOR THEM

Both when they are around and when they are not. It will have a huge impact! And teach them to pray for each other. It seems simple, but this is generally the first thing that gets forgotten when life gets busy. Join with God...

### NEVER STOP GROWING

As a leader it is important that you are a life-long learner. Read, learn, grow. Trade ideas with other Life Group Leaders. Ask the Student Ministry staff for recommendations. Note when your next leader training is and don't miss it. The important thing is to never stop growing as a leader.

Go to  
marinerschurch.org  
click inwine, search  
JHM serve or  
HSM serve

see spiritual  
Resources section  
page 19.



LIFE GROUP: LEADING YOUR MEETING

do's

HAVE FUN

This is key. Fun breaks down walls, creates connection, and makes memories. Plan it and let it be spontaneous. It is something a weekly meeting shouldn't be without.

MAKE THE MOST OF MOMENTS

Remember, a shepherd is intentional. Be on the look out for when a student needs you to affirm, challenge encourage or pray for them.

FACILITATE DISCUSSIONS

Don't spoon-feed your group everything. Your group will learn and grow far more through engaging with each other. When they have to form thoughts, ideas, and observations for themselves, it is far more likely to stick. Questions are often more valuable than answers.

UTILIZE CURRICULUM

Curriculum can save you time and energy. Student Ministry has access to tons of great curriculum for you to use. Take time to think and pray about what curriculum your group will get the most out of?

BE PREPARED

Take time to prepare for your weekly meeting. Where do you want your group to end up this week? What will it take to get them there? Review curriculum, email parents, text students, connect with your co-leader and, most of all, **PRAY!**

BE PATIENT

Give allowances for things that do not jeopardize the safe place you are trying to create. A certain amount of goofing, joking, and going off topic is fine as long as the safe and kind environment is maintained.

dont's

TAKE YOURSELF TOO SERIOUS

Laugh at yourself and try not to take things to heart. It makes you more relatable and more fun to be around.

FORGET THE HOLY SPIRIT

The Holy Spirit is always working, including during your weekly meeting. Look and listen for what He is doing. Follow His lead.

TALK THE WHOLE TIME

This isn't school. Guide a discussion. Discern when to listen and when to direct, when to lean in and when to pull off. Take time to teach, but don't let it be the bulk of your time together.

RELY ON CURRICULUM

Curriculum by itself is a poor teacher. You will know what they need far more than a curriculum. Edit it, add to it, and subtract from it. Look for ways to make it relevant for your specific students.

BE AFRAID TO GO OFF SCRIPT

As important as preparation is, God often will lead you away from your plans. Discern when He is doing this. Sometimes tangents are the most fruitful conversations. If you get lost out there, no biggie. Just return to what you've prepared.

LET THEM RUN ALL OVER YOU

To maintain a safe space, you will need to discipline at times. Be both strong and calm, firm yet grace-filled. The group is looking to you for what is appropriate in interacting with each other.



LIFE GROUP: WHAT'S A MEETING LOOK LIKE?

This overview is not so much about the order or timing. It is meant to serve you and your students as a structure by which to shape an effective weekly meeting. Some meetings will involve less or more of certain elements, and that is a good thing!

WELCOME AND HELLO'S

Be sure to welcome every student as they arrive. Do your best to greet parents as they drop off too! This can overlap with your "Fun and Food" element.

FUN AND FOOD

Set aside time to have fun and eat all together. The look and duration of this will very depending on the age and personality of your group. This may be playing a game or just hanging out and talking. Do your best to get everyone involved. Start a snack list for parents to sign up for.

LEAN IN QUESTION

Goal is to have everyone share something. One highlight from their week. A "would you rather question." Make it quick and simple.

INTERACTIVE BIBLE STUDY

Dive into God's Word together. Help them to engage and interact with the text. Teach using creative illustrations and group participation. Have them provide observations, ask questions and summarize the passage. You could even have a student lead this portion by helping them prep.

RELEVANT DISCUSSION

Help them to discuss and apply what they have learned to their lives.

MINI PRAYER EXPERIENCE

Shepherds always point to Jesus. Give them opportunity to engage with Him. This will bless their relationship with him. Have them write a short letter to God or draw a picture for Him that represents their week. You could walk them through a short prayer or teach them a new spiritual discipline. Get creative.

PRAY FOR EACH OTHER

Lift one another up in prayer. Younger groups may want to pray all together to encourage those who are not used to praying out loud. More experienced groups can break into two's or three's to save time.

JHM

HSM

10 MINUTES

10 MINUTES

20-40 MINUTES

10-15 MINUTES

5 MINUTES

5 MINUTES

5-10 MINUTES

10-15 MINUTES

15-20 MINUTES

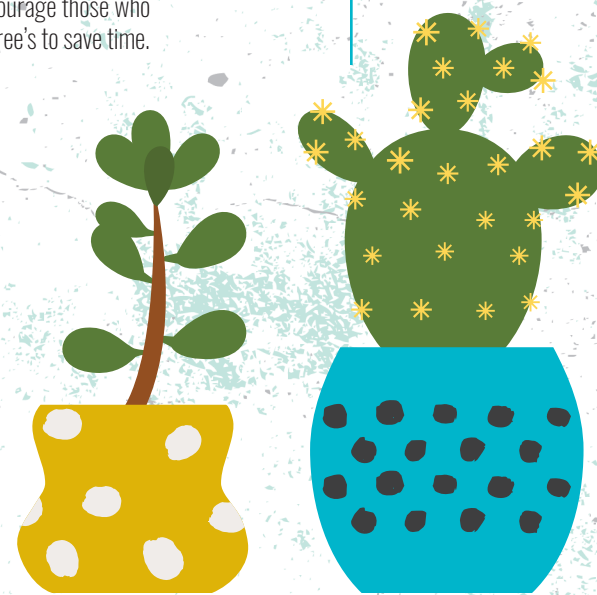
15-20 MINUTES

3-10 MINUTES

5-15 MINUTES

5-10 MINUTES

5-10 MINUTES





**FUN FACT:**  
Here at Mariners Church  
we use the NLT translation  
of the Bible more than not.

# stuff that comes up...



## THE 3 HURTS

**GUIDING PRINCIPLE:**  
Limited confidentiality for  
the good of the student.

### IF A STUDENT OR FAMILY NEEDS A QUIET TIME RESOURCE

There are **tons** of devotions, quiet time systems and reading plans out there. Seriously... tons. We love **YOUVERSION App**. They provide opportunities for students to do their own thing and families to study the Bible together too. One reason we like it is because parents can track together which will give them opportunities to engage in spiritual discussions with their kids.

### IF THEY NEED A BIBLE

If one of your students needs a Bible, go grab one for them! We want Bibles in the hands of Students! They can be found in two locations: Behind the-Snack Shack in JHM or in the Leader Lounge in HSM. If you can't find one just find a staff member. Feel free to hand these out as needed.

**LEADER TIP:** Before you give them their new bible, take the time to write them a quick note on the inside cover to encourage them. It will be a special reminder to them of the person who gave them their first Bible or maybe even helped them come to know Jesus.

### IF YOU WANT TO PLAN A PARTY FOR A GROUP OF STUDENTS

**COME UP WITH A GOOD IDEA.** Talk to staff, other leaders or students to get ideas.

**TELL JHM OR HSM STAFF DETAILS AT LEAST 3 WEEKS IN ADVANCE.** We want to help you and the more time we have the more we can help.

**PROMOTE YOUR PARTY.** You've got to get the word out to your students, we can help with that.

**GIVE US YOUR RECEIPTS FOR REIMBURSEMENT.** We will set a budget with you before you start and you can turn it all in to get reimbursed.

**HAVE FUN! HAVE FUN! HAVE FUN!**

### IF A STUDENT WANTS TO SAY I BELIEVE TO JESUS!

First off, what an amazing opportunity! There are few things more rewarding than when a student seeks forgiveness and says **I BELIEVE** to Jesus. Here are a few things to keep in mind as you walk through that conversation!

#### CELEBRATION

It's a huge deal that a student would come to you and even bring up this topic! Make sure you communicate that this is huge; that you are proud of them and that you are excited for them.

#### INTERROGATION

That may have the wrong connotation, just ask them questions. What do you think it means to ask forgiveness and say **I BELIEVE** in Jesus? What made you decide that this was something you wanted to do? Tell me, in your own words, what Jesus did for you? Have you ever prayed and said **I BELIEVE** to Jesus before? Ask any other questions that may come up, but these are some key ones that can provide some points of clarity on their thought processes. Don't be afraid of silence. Often, these are questions they haven't really wrestled with, so allow them some time to process them as you two talk.

#### EXPLANTATION

Usually, I'll start this part with a simple, "Hey, I want to go over a few things before we pray for anything. I'm not trying to treat you like you're dumb, but just going back to square one to make sure we're on the same page okay?" Feel free to use the "Roman Road" or any other helpful tool to walk the student through Scripture.

### KEY POINTS TO HIT:

- God is perfect. We are not. *Isaiah 59:2*
- We are messed up, covered in sin. *Romans 3:23*
- God can't be near sin, therefore, God can't be with us.
- God loves us, and **wants** to be near us, but our sin prevents that.
- We deserve to die for our sin. *Romans 6:23, Hebrews 9:22*
- Jesus, God's son, lived a life without sin and didn't deserve to die. He was perfect, but died to pay the price for our sin. *Colossians 1:13, Isaiah 53:3-12*
- In order for God's righteousness to be satisfied, Christ (who was perfect) *1 Peter 1:18-19* took the penalty for our sins. *1 Corinthians 13:3, 2 Corinthians 5:21, John 3:16, Romans 6:23, 1 Peter 2:21-24*
- Salvation is free to us, we just have to ask forgiveness and say **I BELIEVE**. *Romans 10:9-10*

### WHAT IS LIMITED CONFIDENTIALITY?

This technique applies to all areas of hurts (crisis) to make sure we love students and fulfill our legal obligation. That is, keep the students identity confidential, but still have the freedom to process the content shared within appropriate circles (your Coach, Mariners staff). If a student asks if you will tell anyone what he or she has shared, you can reply honestly yes or no. We hope every student can trust their leader as a spiritual shepherd in their life.

There is, however, some information that legally requires disclosure. If a student shares that he or she is **BEING HURT, HURTING THEMSELVES** or **HURTING** or planning to hurt **OTHERS**, this information must be shared with a coach or Mariners staff immediately. If a student shares about abuse that is currently happening, this must be reported to necessary authorities. If a student shares of abuse that has happened in the past, but there are other children in danger, authorities must be notified. If you are unsure about whether you must report, talk to a Coach or Mariners staff.

If a student says to you, "I want to tell you something but you have to promise you won't tell anyone." You have to tell them the truth right up front. You cannot promise a student unlimited confidentiality. What you can say is "I can't promise that, but if action needs to be considered, I won't do anything without talking with you first. No matter what, I can promise that I will do what is best for you."

**IF A KID TALKS TO YOU ABOUT THE HURT IN THEIR LIFE**, it's because they trust you and they need an adult who is for them. There are three areas of hurt we need to be aware of when working with a kid or student: **BEING HURT, HURTING THEMSELVES** and **HURTING OTHERS**. When one of your few confides any one of these in you, it's your responsibility to report it to someone in a position of authority. You probably aren't trained or equipped to be a professional counselor—and that's okay! Leave the heavy lifting to those who are more prepared. Often times, the best thing to do is be a consistent presence who assures them they're not alone. Think of this as an ongoing conversation and not a "one and done" conversation. This will help the conversation be more fluid and relaxed instead of forced and "preachy" to the kid. Check with your church about their specific policies and procedures for these situations, and they will lead your student to a professional counselor if needed.

### WHAT TO SAY

#### 1. WHEN A STUDENT IS BEING HURT.

You're not alone in this. We're going to walk through it together.

You're not broken. And this situation isn't hopeless.

**NOTE:** If the parent is the one doing the hurting, brainstorm with your ministry leader about what to do next.

#### 2. WHEN A STUDENT IS HURTING THEMSELVES.

You're not alone in this. We're going to walk through it together.

You're not broken. And this situation isn't hopeless.

Thank you for trusting me. I think it would be a really good idea to talk to ( \_\_\_\_\_ ) about what you're feeling.

**NOTE:** Give them a deadline for talking to their parent, counselor or ministry leader. Offer to do it with them. If the deadline comes and goes, let them know that you will talk to this person: If they want to talk to this person alone, offer methods that make it more comfortable— like writing a letter or an email. Ask them to text you once they talk to this person.

#### 3. WHEN A STUDENT IS HURTING OTHERS.

Thank you for trusting me. Telling someone and admitting this is happening is the first step in growth.

I know you and I know that you're more than this. This doesn't change how I see you.

There is always a why behind the what we do. I'd love to understand why you did this because that's just as important as what you did. If you don't know why you did it, you won't be able to deal with the real motivator/root issue and you'll find yourself hurting others again.

I think it would be a really good idea to talk to ( \_\_\_\_\_ ) about what you're feeling.

**NOTE:** Again, give them a deadline for talking to the person you suggested. Offer to do it with them. If the deadline comes and goes, let them know that you will talk to the person.

### WHAT NOT TO SAY

**WORDS THAT COMMUNICATE YOU'RE FREAKING OUT.** Try and remain calm.

**WORDS THAT SHAME.** Shame raises a barrier between you and the student confiding in you. Work to bridge the gap by offering your presence and a safe place.

**WORDS THAT CONDEMN.** Never see the kid as the sum of their behavior or the behavior that has been done to them. Try and see them as a person who has done something wrong, or has had something wrong done to them—they themselves aren't the wrong thing. Help them see, "I did something bad" not, "I am bad."

### STAFF CONTACTS:

**JHM** \_\_\_\_\_ at \_\_\_\_\_  
**HSM** \_\_\_\_\_ at \_\_\_\_\_