

***Youth Alive - Reducing At Risk Behaviors***  
6h AAIM Tri-Divisional HIV/AIDS Advisory  
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by  
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Welcome to the *Youth Alive* presentation which will provide you with information on how a comprehensive prevention approach, to the youth's *at risk* behavior problems, works best. In the summary findings of the US Bureau of Justice Statistics 2002, data was collected from the following sources:

*National Crime Victimization Survey*  
*Law Enforcement Management and Administrative Statistics*  
*Federal Justice Statistics Program*  
*National Judicial Reporting Program*  
*State Court Processing Statistics*  
*National Survey of Prosecutors*  
*National Prisoner Statistics*  
*Census of State and Federal Correctional Facilities*  
*Census of Jails*  
*Survey of Inmates in Local Jails*  
*Surveys of Inmates in State Correctional Facilities/Federal Correctional Facilities*  
*Survey of Adults on Probation*  
*Annual Probation Data Survey and Parole Data Survey*  
*Source book of Criminal Justice Statistics*

All clearly show that crime is very closely related to the use of alcohol and other drugs (AOD).

- About 1.2 million violent crimes occurred each year in which victims reported that the offender had been drinking. 1 in 4 of these violent victimizations involved alcohol and other drugs.
- Among probationers surveyed in 1995, 14% reported they were on drugs when they committed their offense.
- 33% of State prisoners and 22% of Federal prisoners said they had committed their current offense while under the influence of drugs as reported in 1997.
- Drug offenders (42%) and property offenders (37%) reported the highest incidence of drug use at the time of the offense.
- 36% of convicted jail inmates said they were using drugs at the time of their offense in 1998.<sup>i</sup>

In the fiscal year of 1999, the Federal, State and local governments of the US spent more than \$146 billion for civil and criminal justice, which is an 8% increase over 1998. What a devastating impact: drug use resulting in crimes. Of course we cannot put a monetary value on human lives and suffering associated with AOD-related problems. However, we know that the cost of child welfare, and the court cost needed to arrest, try, sentence, and incarcerate those found guilty of the billion dollars of AOD-related offenses are a tremendous drain on the nation's resources.

### **Challenges:**

Legislation ignores the fact that the most dangerous drugs that cause the most amounts of harm are already legal - alcohol and nicotine. It is very unfortunate that SDA youth are not exempt from these problems. The study done by Dr. Gary Hopkins and his associates among SDA youth attending 69 SDA academies throughout US and Canada in 1994-1995 showed that:

1. Adventist youth participating in the study reported lower levels of substance abuse than non-Adventist youth attending public school results [alcohol 45.7% vs. 81.7%; tobacco 31% vs. 71.3%; marijuana 16% vs. 37.2%, cocaine 3.5% vs. 4.8%, hard drug (non-cocaine) 7.6% vs. 18.4%, injected illegal drug 0.9% vs. 2.4%],
2. The number of Adventist students using drugs and alcohol who began to do so before the age of 13 was fewer than non-Adventist youth attending public school [alcohol 20.2% vs. 32.4%; tobacco 13.6% vs. 24.9%; marijuana 7.6% vs. 12.5%, cocaine 0.6% vs. 1.2%],
3. Adventist students were also less sexually experienced than their non-Adventist counterparts in public schools—16.3% (Adventist) vs. 53.1% (non-Adventist).

The youth that belong to the youth department are in the educational setting, and are being supervised by the education department. They have a drug problem which is a health problem, and they belong to a family which is being led by the Family Ministries department. Therefore, the General Conference & North American Division Youth, Education, Health and Family Ministries departments collaboratively launch the *Youth Alive* program, to save our young people from getting involved in *at risk* behaviors.

### **Supporting Study:**

The National Longitudinal Study of Adolescent Health (ADD) that was published in the *Journal of American Medical Association* in 1997, involving 90,000 teenagers and 18,000 parents across the United States,<sup>ii</sup> provides two vital factors that protect children and youth from many *at risk* behaviors such as becoming involved in premarital sexual activity, violence, suicidal attempts and drug use.

They are:

1. **Getting connected with God**

*When religion and prayer are important to an adolescent, they are less likely to smoke, drink or become involved in premarital sexual activity.*

Many people use drugs due to significant maladjustments, trying to escape from the problems faced, ranging from negative peer pressure to crises at home, school or in the work place. So drug use is a *symptom* and not a *cause* of personal and social

maladjustment.

Those drugs used to produce psychological dependence particularly the mood and sensational altering drugs affecting the central nervous system, will make them feel better than they have ever felt in their lives.

- Their anxiety and tension are reduced
- They feel elated, euphoric or experience other pleasurable mood changes
- They provide relief from boredom and alleviate pain
- They increase mental and physical ability
- They provide a temporary distortion of reality

It is clear that the impact of drugs is very powerful. Therefore, removing the power of the drug will make them feel “lost,” unless it is replaced with something else as powerful as or more powerful than the drug itself. The only power stronger than the effect of a drug is the power of Jesus Christ (a healthy vertical connectedness). This is biblically supported.

“I can do all this through him who gives me strength.” *Philippians 4:13*

## **2. Getting connected with one another**

Independent of race, ethnicity, family structure and poverty status, adolescents who are connected to their parents, to their families, and to their school community are protected from many at risk behaviors such as premarital sexual activity, violence, emotional distress, suicidal attempts and drug use.

No man is an island. We all long to be accepted and be connected with one another for support and encouragement (a healthy horizontal connectedness). This is biblically supported, too.

“For none of us lives for ourselves alone, and none of us dies for ourselves alone.”

Romans 14:7

*Youth Alive* (also known as the Adventist Youth to Youth) incorporates these two important factors of connectedness with God and connectedness among youth, with other youth and adults in the program. It has five basic elements:

### **1. Accurate information**

This is needed in order to make informed decisions not to use drugs. It can be given in the form of workshops or in the general presentation.

### **2. Personal and spiritual growth**

Personal and spiritual growth can be developed in a small group setting called the Friendship Group (FG), made up of 10-12 people, who abide in their ground rules which include “no put downs.” *Youth Alive* believes in the “Honor, Dignity and Respect” philosophy where every person is valued as a child of God, regardless of their background. So as these FG members meet together in a safe environment, they will feel free to share their problems with one another, encourage one another which results in a real connectedness with one another and with God - the important factors in reducing risky behaviors.

### **3. Positive social alternatives**

As the participants abide by the “Honor, Dignity and Respect” philosophy, a positive social environment is being developed that makes the connectedness among one another easier to take place. This philosophy includes fellowship with one another during meal time, or working together in presenting the FG Gifts, playing together in fun cooperative games, recognizing the many positive things in others that they express through their compliments, smiles, friendship hugs and personal notes to one another stuck on the Warm Fuzzy board. It is misleading to use the term positive social “alternatives,” because it is actually drugs and alcohol that are being used as alternatives by people who don’t know how to have fun naturally.

**4. Involvement in community change**

Youth need to be allowed to plan and take responsibility to solve problems in their neighborhood and schools, and bring changes in the community through their *Youth Alive* conference community outreach activities, as well as in their regular *Youth Alive* local clubs. By doing this, they will gain self-efficacy and greater self-respect.

**5. Leadership activity**

Youth need to experience making a difference in their world. They could be actively trained to lead out in the FG or small group activity.

All of these elements above, fulfill the four imperatives recommended by the Valuegenesis study to contribute to the spiritual growth of the youth: (1) a climate of warmth and openness; (2) a proper understanding of grace; (3) dynamic, interactive worship experiences that give a sense of God’s love and will for the participants’ lives, and (4) a challenging environment promoting individuals to think and learn.<sup>iii</sup> This kind of a cooperative youth ministry is imperative. “If our churches don’t have an effective youth ministry or programming designed especially for them, coupled with nurturing and caring adults to mentor their faith to the Lord, I believe our congregations will see our youth drifting away from God.”<sup>iv</sup>

**Comments from the *Youth Alive* participants:**

It is amazing, wherever the *Youth Alive* program is launched in the various countries around the world, that a vast majority feel very positive about it. Representatives come from a variety of cultures, such as the Americans, Romanians, Russians, Czechs, Germans, Spanish, Italians, Koreans, Chinese, Japanese, Indians, Malaysians, Indonesians, Filipinos, Africans, Mauritians, Madagascans, Mongolians, etc. Negative words expressed, never exceeded a total of 6 percent at any conference, which means that 94 percent of the respondents expressed positive words about the conference.<sup>v</sup> Indeed the “Honor, Dignity and Respect” philosophy is accepted in all cultures. A sample of response from the adult and youth participants:

- “Through our years at (academy) we have taken lots of students to various types of activities, but none have had the positive impact of *Youth Alive*. It is unique and effective, and we’re convinced this is the kind of innovative approach we need to meet the needs of our young people in the coming years.” (Adult)
- “*Youth Alive* has helped me so much with my problems. Especially alcohol. It’s hard to give it up and say no by yourself. *Youth Alive* has given me the hope and courage to go on with

life.” (Youth)

**Responses from Parents of students who had an orientation program using the *Youth Alive* principles:**

- **Father:**  
“Before my son enrolled in the university, he was apprehensive about the new environment. Fortunately the orientation program was made using the *Youth Alive* principles and now he feels greatly connected with his friends.”
- **Mother:**  
“My daughter was scared to join the university. Fortunately the school’s orientation program used *Youth Alive* principles. Now, my daughter has friends from Friendship Group that support her, so she no longer feels lonely. I am truly grateful for this orientation program which made it easier for my daughter to remain in the school.”

**Exposures:**

To give you an idea of what it is like for a young person to be in the **Friendship Group (FG)**, let’s divide all workshop participants into groups of 4. Pick out the youngest of the group to lead out while the oldest of the group gives the support. Stick a colored label on each group. Please play the **Name Game** (see pgs. 25-27). Request the various colored cluster groups to return to the larger group and process the games played, for example:

“What did you learn from this Name Game?” One response may be:

- People feel good to have a positive adjective before their names instead of being put down.

Imagine being called a positive name throughout the conference! It helps the participants to focus more easily on the positive traits of others; therefore we are operating in a positive environment.

We play games with a purpose to get them bonded not only with each other, but with God. So, let’s try another spiritual game by breaking into the various colored cluster groups again. Have the youngest lead out and the oldest give the full support. Play the **Trust Walk** game (see pg. 28). Call, “change leader” if the group doesn’t do it after 1 minute of each participant being a leader. Make sure everyone experiences being both a leader and a follower. Caution the group about safety. The purpose of this activity is to build trust and not to destroy or scare the group.

Request the various colored cluster groups to return to the larger group and process the games played for example:

- What did you learn from this Trust Game?
- How do you feel being close to the leader?
- How do you feel being at the tail end?
- Do you have the same feeling if you are close to God?
- How do you feel when you are far away from God?

Responses may include:        People feel confident being close to the leader just like you feel confident when you are close to God.  
   People feel unsure being at the tail end, just like when you are far from God you feel stressed out.

Through the various games played using the “Honor, Dignity and Respect” philosophy, without realizing it, they feel connected with God and their friends. Usually it is at the FG Session # 7 on Friday night, when all the lights are switched off, and they just use candles, they will feel most connected with one another, as they share their own spiritual story in a very safe environment.

Let’s divide again into the cluster groups and allow them to write a *Warm Fuzzy* to the number they draw from the group (see pgs.29 – 31). Remember to address the person you are writing the Warm Fuzzy to, with the positive adjective. Say something complimentary only about that person. Then paste the Warm Fuzzy on the Warm Fuzzy board under the same alphabet with the initial alphabet of the person’s name you are writing to. After the workshop, each one can get their own Warm Fuzzy from the board.

Request the various colored cluster groups to return to the larger group.

- Is it easy to give compliments? Why or why not?
- Can you imagine what it would be like if the whole school or community of believers addressed each other in a positive way instead of criticizing and condemning one another?

Every normal human being needs to receive Warm Fuzzies, or words of encouragement including youth. If you visit the Smithsonian Museum in Washington D.C., there is a relatively small exhibit that contains the personal items found on Abraham Lincoln the night he was shot. They include a Confederate five-dollar bill, a small penknife, a broken spectacle case held together with a cotton string, and a worn-out newspaper clipping written about the President. The article begins with these words, “Abe Lincoln is one of the greatest statesmen of all time.” Imagine, even President Lincoln needed the affirmation that he was capable of being the leader he wanted to be. So exposing the youth to the Warm Fuzzies or encouraging words, and the FG environment where everyone treats others based on the “Honor, Dignity, and Respect” philosophy, all will contribute to the positive environment where the connectedness and unity among youth and adults easily takes place. Once they feel good about themselves, the need to use drugs to temporarily alleviate their problem is no longer there.

Play the closing activity **Spinning Yarns** (see pg 32) to show only the blood of Jesus Christ can bind us a family of God that treat each one with Honor Dignity and Respect.

### **Suggested *Youth Alive* Conference:**

The ratio for training is one adult facilitator and one youth facilitator for each FG consisting of

10-12 members. Therefore, if there are 500 *Youth Alive* congress participants, we need 100 people (50 adult facilitators and 50 youth facilitators) to be trained as FG leaders one day prior to the conference.

## SUGGESTED FACILITATORS TRAINING PRIOR TO *Youth Alive* CONFERENCE

### *Youth Alive* FACILITATORS TRAINING SCHEDULES

<u>Monday</u>	<b>A R R I V E</b>	Local Educational Institution
04:00 p.m.	<b>R E G I S T R A T I O N</b> For adult and youth facilitators only	Assigned Area
06:00 p.m.	<b>W E L C O M E D I N N E R</b>	Dining Room
07:00 p.m.	<b>BRIEF OVERVIEW OF THE TRAINING PROGRAM</b>	Dining Room

(Highlight the reading materials to be read before the 1 1/2 days training)

## **Tuesday**

- 08:00 a.m.     **Breakfast**
- 09:00 a.m.     **Inspirational Thoughts**
- 09:30 a.m.     **Getting to Know You**  
(Using group activities to get acquainted with adult and youth facilitators and build the group identity)
- 10:30 a.m.     **Getting to Know *Youth Alive***  
(Explanation of the *Youth Alive* philosophy; the facilitators' roles during the congress; introduce administrative staff; review congress schedules and responsibilities of the facilitators)
- 11:30 a.m.     **Getting Comfortable**  
(Introduce co-facilitators; divide facilitators into colored clustered groups for learning by experience the Friendship Group operation; explain how to build a positive group climate)
- 12:30 p.m.     **Lunch**
- 02:00 p.m.     **Friendship Group Development**  
(Use colored clustered group activities to teach how facilitators can develop the Friendship Group and encourage bonding through processing activities)
- 06:00 p.m.     **Supper**
- 07:00 p.m.     **Planning For Friendship Groups**  
(Present practical aspects of planning the Friendship Group sessions throughout the congress; youth and adult co-facilitators will be planning for a minimum of the first two Friendship Group session of the conference)
- 9:00 p.m.     Personal Time



09:30 p.m. Rest Well

### **Wednesday**

08:00 a.m. **Breakfast**

09:00 a.m. **THE ADULT ROLE**

(For adult facilitators, explaining to them how youth have changed; provide ways on how adults can maintain the connectedness with youth)

09:00 a.m. **YOUTH FACILITATORS EXPOSURES TO FG ACTIVITIES**

(For youth facilitators to be exposed to the Friendship Group activities that will be played throughout the FG sessions during the Wednesday to Saturday conference)

11:00 a.m. **Youth Facilitators Rehearsal for Congress Introduction & “What is Youth Alive?”**

(Adult facilitators making preparation for the “Warm Fuzzies” and then join the youth facilitators for congress introduction)

12:30 p.m. **Lunch**

*Youth Alive* CONFERENCE  
AT  
LOCAL EDUCATIONAL INSTITUTION

**Wednesday**

08:00 a.m.

**REGISTRATION**

**for**

**PARTICIPANTS**

(Age 14 - 30 years)

12:30 p.m.

**Lunch**

02:00 p.m.

**WELCOME! Inspirational Thought  
*Youth Alive* Facilitators Introductions**

A preview of the exciting conference ahead

Auditorium

02:30 p.m.

**Opening Spectacular**

Auditorium

03:00 p.m.

**Get Acquainted Games**

Games and activities to get everyone moving and meeting new friends

Outdoor Area

04:00 p.m.

**Friendship Group Session #1**

Small group discussions led by youth and adult facilitators

Assigned Location

05:00 p.m.

**“Honor, Dignity, and Respect”**

An overview of the rules, regulations, and expectations for the conference.

Auditorium

05:15 p.m.	<b>“What is <i>Youth Alive?</i>”</b> Youth facilitators present a brief description of the overall program of connectedness.	Auditorium
06:00 p.m.	<b>Supper</b> Community Outreach Registrations by Friendship Group	Dining Room
07:00 p.m.	<b>Musical Concert</b>	Auditorium
08:00 p.m.	Personal time <b>Colored Clustered Group Briefing</b>	
08:30 p.m.	Rest Well	

## **Thursday**

07:00 a.m.	Personal Exercise	Outdoor Area
08:00 a.m.	<b>Breakfast</b> Workshop Registration Series I	Dining Room
09:00 a.m.	<b>Inspirational Thought</b>	
09:30 a.m.	<b>General Presentation</b> Suggestion <b>Overview of Human Sexuality</b>	Auditorium
10:30 a.m.	<b>Friendship Group Session #2</b>	Assigned Locations
11:30 a.m.	<b>Workshop Series I</b>	Assigned Locations
12:30 p.m.	<b>Lunch</b> Workshop Registration Series II	Dining Room
02:00 p.m.	<b>Friendship Group Challenge</b> Fun for every member of the Friendship Group	Outdoor Area
03:00 p.m.	<b>Workshop Series II</b>	Assigned Locations
04:00 p.m.	<b>Friendship Group Session #3</b>	Assigned Locations
05:00 p.m.	<b>General Presentation</b> Suggestion <b>Getting Smart about Alcohol</b>	Auditorium
06:00 p.m.	<b>Supper</b>	Dining Room
07:00 p.m.	<b>Cultural Program</b>	Auditorium
08:00 p.m.	Personal time <b>Colored Clustered Groups' Briefing</b>	
08:30 p.m.	Rest Well	

## **Friday**

07:00 a.m.	Personal Exercise	Outdoor Area
08:00 a.m.	<b>Breakfast</b> Workshop Registration Series III	Dining Room
09:00 a.m.	<b>Inspirational Thought</b>	
09:30 a.m.	<b>General Presentation</b> Suggestion “ <b>Why Not Smoke?</b> ” An informational presentation on the impact of smoking	Auditorium
10:30 a.m.	<b>Friendship Group Session # 4</b>	Assigned Locations
11:30 a.m.	<b>Workshop Series III</b>	Assigned Locations
12:30 p.m.	<b>Lunch</b> Workshop Registration Series IV	Dining Room
02:00 p.m.	<b>Cooperative Games</b>	Outdoor Area
03:00 p.m.	<b>General Presentation</b> Suggestion <b>Self-Esteem Presentation</b>	Auditorium
04:00 p.m.	<b>Workshop Series IV</b>	Assigned Locations
05:00 p.m.	<b>Sabbath Preparation</b>	
06:00 p.m.	<b>Supper</b>	Dining Room
07:00 p.m.	<b>Festival of Songs</b>	Auditorium
07:30 p.m.	<b>Friendship Group Session # 5</b> Candlelight	Assigned Locations
08:30 p.m.	Personal time	
09:00 p.m.	Rest Well	

## **Sabbath**

08:00 a.m.	<b>Breakfast</b>	Dining Room
09:00 a.m.	<b>“Youth Testimonials”</b>	Auditorium
09:30 a.m.	<b>Sabbath School Program</b> (Coordinated by the Local Church)	Auditorium
10:30 a.m.	<b>Friendship Group Session # 6</b> Practical discussion on Sabbath School lessons	Auditorium
11:30 a.m.	<b>Sermon</b>	Auditorium
12:30 p.m.	<b>Lunch</b>	Dining Room
02:00 p.m.	<b>Bible Scavenger Hunt</b>	Play Field
03:00 p.m.	<b>Community Outreach Program</b>	
06:00 p.m.	<b>Supper</b>	Dining Room
07:00 p.m.	<b>Friendship Group Session # 7</b>	Assigned Locations
08:00 p.m.	<b>Friendship Group Gifts</b> Shared talents and memories “Turnaround” drama	Auditorium
09:00 p.m.	<b>Celebrate Life Drug Free-Go for It”</b> Closing Ceremonies; Appreciations Appeal & Friendship Circle: “Friends Forever” Good-bye and God Bless	Auditorium
10:00 p.m.	Personal time	
10:30 p.m.	Rest Well	

### **Suggestions for Community Outreach Program**

1. Tracts Distribution
2. Witnessing Parade
3. Puppet Ministry
4. Sunshine Band in Hospitals/Nursing Homes
5. Jail Inmate Visitation
6. Clown Ministries
7. Door to Door
8. Feeding the Homeless
9. Collecting foods and Clothing for the Red Cross
10. Singing in Parks, etc.

## FOLLOW-UP TRAINING SCHEDULE

### Sunday

- 07:00 a.m. Personal Exercise
- 08:00 a.m. **Breakfast**
- 09:00 a.m. **Inspirational Thought**
- 09:15 a.m. **Colored Clustered Group Meeting**
- 09:45 a.m. **Planning for Local *Youth Alive* Congress**  
(Formulate plans for the following year's Local *Youth Alive* congress and submit the draft to the one in charge)
- 10:00 a.m. **Positive Planning for a *Youth Alive* Local Club**
- 12:00 p.m. **Lunch**
- 01:00 p.m. **Good bye**

## SUGGESTED TOPICS FOR THE *Youth Alive* WORKSHOPS

### ADULTS

1. Sex Communication to Youth (3 hours)
2. Dealing with Youth Temperaments
3. Parent Child Dynamics (3 hours)
4. Sharing Gospel with Unique Visuals (3hrs)
5. Peer Counseling
6. etc.

### Youth

1. Why Abstinence? (#53275-pg.52 The HC Catalog)
2. Avoiding HIV (#36320-pg.33 The HC Catalog)
3. Knowing about Drugs & the Law (#39420-pg. 15 -The HC Catalog).
4. Learning About Addiction (#53690 -pg.15 The HC Catalog)

3. Knowing about Drugs & the Law (#39420-  
pg.15The HC Catalog)
- 4.Learning about Addiction (# 53690-pg.15 The  
HC Catalog)
- 5.Roots of Addiction ( #39820 –pg.15 The HC  
Catalog)
- 6.Living with Addiction (#51050-pg.15The HC  
Catalog)
- 7.Collections of Straight Talk from Real Teens about Substance Abuse (#52875–The HC  
Catalog)

### SAMPLE OF *Youth Alive* LOCAL CLUB MEETING

**Place:** Choose a place where there are rooms for the various FGs activities.

**Time:** One half hours to two hours is best for a complete club meeting.

**Agenda:**

**Fun—Energize and Socialize:** Opening/Welcoming **15 min.**  
 (A time to welcome each other and any new visitors to get moving, and raise our  
 spirits)  
 Activities - Songs, Energizers, Cooperative Games  
 Assign any visitors or newcomers to task groups

**Focus—Work Time**

Have this time at least 3 meetings/month and on the 4<sup>th</sup> week, have a community  
 outreach activity ending up with a party!

Provide the regular existing youth programs or pathfinder programs or offer  
 appropriate youth-related seminars, plan on projects, etc.

**Friendship Groups:** Growing together

(Remember to post FG rules next to the meeting site)

**60 min**

Opening:

Working:

Discussion on lessons presented in a very practical way (preferable to be led  
 by the youth facilitators)



Sharing our week  
 Planning/working activities

Closing Activity

Pick up Warm Fuzzies

(Adult and youth facilitators need to provide Warm Fuzzies to each FG member, complementing the things they have observed in them that can bring great encouragement to one another)

**Sample of *Youth Alive* School Orientation Program:**

Date/Time	Event	Place
<b>Sunday</b>	<b>Early Move-In</b>	
10:00a - 8:00p	Move-In Assistance	Residence Halls
1:00p - 8:00p	Student Financial Services Open	Ad Building
<b>Monday</b>	<b>Move-In and ACT Exam</b>	
10:00a - 8:00p	Move-In Assistance	Residence Halls
9:00a - 12:00p	ID Card Station Open Student Insurance Open Student Financial Services Open Student Health Open	Ad Building  Campus Center
11:30a - 1:00p	Lunch	Cafeteria
1:30p - 5:00p	ACT Exam	Auditorium
5:00p - 6:00p	Supper	Cafeteria
7:00p - 8:00p	Passages Service	Auditorium
8:00 - 9:00p	Residence Hall Receptions	Residence Halls
<b>Tuesday</b>	<b>Welcome and Testing</b>	

7:30a - 9:15a	President's Danish Breakfast (background music)	Cafeteria
8:15a	President's Welcome (5 minutes)	Cafeteria
8:20a	Student Association Welcome (5 minutes)	Cafeteria
8:25a	Honors Mentoring (5 minutes)	Cafeteria
8:30a	<i>Youth Alive</i> Promo/ Freshman Seminar (5 minutes)	Cafeteria
8:35a	Class Officer Nominations (5 minutes)	Cafeteria
8:40a	Registration Overview (15 minutes)	Cafeteria
8:55a	Materials Distribution: *Freshman Folders *Bulletins *Class Schedules *T-Shirts  Sign-Ups: *Family Groups *Freshman Seminar *Advisor Lists	Cafeteria
9:30a - 11:30a	Freshman Testing	Auditorium Chem. Amphitheater
9:30a - 11:00a	Parents' Help Session	Bio. Amphitheater
11:30a - 1:00p	Get Acquainted Lunch Support Services	Auditorium
1:00p - 4:00p	ID Card Station Open Student Insurance Open Student Financial Services Open Student Health Open	Ad Building    Campus Center
1:30p - 2:30p	Math Placement Test	Bio., Phy., Chem. Amphitheaters
5:00p - 6:00p	Supper	Cafeteria

5:00p - 8:00p	Introduction to Honors (includes supper)	Forsyth House
7:00p - 9:00p	Evening Activity	TBA
<b>Wednesday</b>	<b>Registration Begins</b>	
8:00a - 8:30a	Departmental Devotional/ Breakfasts	TBA
8:30a - 9:30a	Group Advising Sessions	TBA
9:30a - 12:00p	Individual Advising	TBA
9:30a - 12:00p	ID Card Station Open Student Insurance Open Student Financial Services Open Student Health Open	Ad Building  Campus Center
9:30a - 12:00p	COPS Testing (Last Names A-L)	Auditorium
11:30a - 1:00p	Lunch	Cafeteria
11:30a - 1:30p	Get-Acquainted Lunch: Campus Organizations	Auditorium
1:00p	<i>Youth Alive</i> Staff Move In	Residence Halls
1:00p - 4:00p	ID Card Station Open Student Insurance Open Student Financial Services Open Student Health Open	Ad Building  Campus Center
5:00p - 6:00p	Supper	Cafeteria
7:00p - 9:00p	Evening Activity	TBA
9:00p	Residence Hall Orientations	Residence Halls
<b>Thursday</b>	<b>Finish Registration</b>	
8:00a - 5:00p	<i>Youth Alive</i> Staff Training	Commons
8:00a - 12:00p	Individual Advising	
8:00a - 12:00p	ID Card Station Open Student Insurance Open Student Financial Services Open	Ad Building

	Student Health Open	Campus Center
9:30a	COPS Testing (Last Names M-Z)	Auditorium
11:30a - 1:00p	Lunch	Cafeteria
11:30a - 1:30p	Get-Acquainted Lunch: Campus Employers	Auditorium
1:00p - 5:00p	Individual Advising	TBA
1:00p - 4:00p	ID Card Station Open Student Insurance Open Student Financial Services Open Student Health Open	Ad Building  Campus Center
5:00p - 6:00p	Supper	Cafeteria
7:00p - 9:00p	Evening Activities	TBA
8:00p	<i>Youth Alive</i> Praise Band Rehearsal	Youth Alive Tent
<b>Friday</b>	<b><i>Youth Alive</i> Begins</b>	
8:30a - 9:00a	Check-In	Youth Alive Tent
9:00a - 10:30a	Dave Sky Show	Youth Alive Tent
10:30a - 12:00p	Group #1: Get Acquainted	Group Locations
12:00p - 12:45p	Pizza Lunch	Group Locations
12:45p - 4:00p	Group #2: Group Challenge	Seminary
4:00p - 5:30p	Break	
5:30p	Group #3: Faculty Home Supper	Faculty Homes
7:00p	Sound Check: Divinity	
8:30p - 10:00p	Vespers	Youth Alive Tent
<b>Sabbath</b>	<b><i>Youth Alive</i> Continues</b>	
9:30a	Continental Breakfast	Youth Alive Tent
9:50a	Praise Service	Youth Alive Tent
10:10a	Sabbath School Program	Youth Alive Tent

10:30a	Group #4: Bible Study	Youth Alive Tent
11:20	Church Welcome Service	Church
1:00p	Church Welcome Potluck	Cafeteria
2:30p - 5:00p	Sabbath Afternoon Options: *Street Ministries *Canoeing *Bike Tour *Guided Hike	
5:00p - 6:30p	Supper	Cafeteria
6:00p	Sound Check: J.C. Groove	Youth Alive Tent
7:00p - 8:30p	Group #5: Watermelon	Group Locations
8:30p	Concert	Youth Alive Tent
<b>Sunday</b>	<b><i>Youth Alive Concludes</i></b>	
10:00a	Brunch	Cafeteria
12:30p	Load buses for field trip	Parking Lot
1:00p - 5:00p	Beach Party	Beach
5:00p	Return	Parking Lot
6:00p - 8:30p	<i>Youth Alive</i> Barbecue *Elections *Group Talent *Wrap-Up Video	Youth Alive Tent
<b>Monday</b>	<b>Freshman Seminar</b>	
9:30a	General Session	Youth Chapel
10:00a - 10:45a	Workshop #1: *Study Skills *Health and Fitness *Web Resources *Stress/Time Management *Goal Setting *Relationships *Managing Finances *Growing Spiritually	TBA
11:00a - 11:45a	Workshop #1: *Study Skills *Health and Fitness *Web Resources	TBA

	*Stress/Time Management *Goal Setting *Relationships *Managing Finances *Growing Spiritually	
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**RECOMMENDATION:**

WHERE AS Protection of youth from unhealthy lifestyles and their consequences is a concern of the Youth, Education, Health and Family Ministries department.

Scientific studies revealed the importance of the vertical and horizontal connectedness, in reducing *at risk* behavior among youth.

The *Youth Alive* model provides a milieu of small group settings, where both education and support can be given, therefore it is recommended that:

**Every regular youth program will incorporate the 3 Fs (Fun, Focus, Friendship) *Youth Alive* Principles so there is the connectedness with the Lord and with one another, thus reducing the *at risk* behaviors.**

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1.U.S. Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, (Washington DC, 2002).

2.Blum, W, Rinehart, M, “Reducing the risk: Connections That Make a Difference in the Lives of Youth.” Division of General Pediatrics and Adolescent Health, based on the first analysis of Add Health data, “Protecting adolescents from harm: Findings from the National Longitudinal Study on Adolescent Health,” Journal of the American Medical Association, September 10, 1997.

3.Leonie, A. Ph.D., “Nurturing our Next Generation through the Church.” Adventist Review, January 3, 1991.

4.Gillespie, V. Bailey, Ph.D. “Nurturing our Next Generation” Adventist Review, January 3, 1991.

5. Mutch, BP, Slikkers, T, “1990 Adventist Youth to Youth Conferences, A comprehensive Evaluation Report,” June 10, 1991.

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## **Appendix / Youthful Activities**



Title NAME GAME

Type  Introductory (Getting to Know Each Other Low Risk)       Working (Growing Risk, Personal Awareness)       Closing (Saying Goodbye, Ending)       Game (Active Exercise for Group building and Fun)

Optimum Group Size 5-15

Materials Needed None

Outline of Activity The group sits in a circle. One person will start by saying a positive adjective that describes himself/herself and that starts with the same letter as his/her first name; then that person says his/her name. For example: Funny Freddy or Terrific Tanya. The second person should repeat the first person's adjective and name before going on to say his/her own adjective and name. The third person will say the first and second person's full "name" and then say his/her own adjective and name. This will continue until the last person repeats everyone's full "name" and ends the activity by saying his/her own adjective and name. NOTE: The adjective must be a positive word, not one which "puts down" the individual.

Goal An initial awareness of each person's personality. The group members should be able to remember each others' names. They are given the opportunity to interact in a fun but low-risk situation.

How to Process Little processing is needed. The facilitator can explain the goal and discuss how and whether or not the goal was achieved.

Submitted by or Source Unknown



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## Suggested for use during Session 1

### A

1. Acceptable : Agreeable or pleasing in person.
2. Achiever : One who accomplishes.
3. Active : Pursuing business with vigor.
4. Admirable : Regarded with wonder, love or delight; deserving admiration or praise.
5. Adorable : Worthy of the utmost love or respect, delightful, charming.
6. Adventurous : Willing to incur hazard.
7. Affectionate : Having great love, warm in feeling.
8. Agreeable : Pleasant, pleasing, willing or ready to agree.
9. Alluring : Inviting manner.
10. Amicable : Friendly, characterized by good will.
11. Angelic : Like an angel in beauty, goodness, innocence, etc.
12. Articulate : Expressing oneself clearly; well formulated; clearly presented.
13. Attentive : Heedful; intent; observant; regarding with care.
14. Attractive : Having the power or quality to draw to; pleasing; alluring.
15. Auspicious : Favorable; kind.

### B

16. Beautiful : Having the qualities which constitute beauty.
17. Believable : Capable of being believed.
18. Blessed : enjoying great happiness; joyful.
19. Bright : Of active mind; discerning; characterized by cheerfulness.
20. Brilliant : Very able; keenly intelligent; talented.

### C

21. Candid : Open, frank, honest.
22. Caring : To feel concern or interest about others.
23. Comely : Handsome; attractive; good-looking.
24. Comical : Causing amusement; humorous; funny.
25. Competent : Having ability or capacity; duly qualified.
26. Conservative : Characteristic of preserving old methods and customs.
27. Considerate : Having respect for or regard for another's circumstances.
28. Consistent : Conducting oneself in harmony with one's belief or profession.
29. Contrite : Deeply affected with grief and sorrow for having done wrong.
30. Courteous : Using or characterized by courtesy; well bred; polite and gracious; considerate of others.

### D

31. Dainty : Of delicate and refined taste; tender; lovely or pretty.
32. Delightful : Giving great pleasure and satisfaction; charming.
33. Dependable : Can be depended on ; trustworthy; reliable.
34. Deserving : Worthy of reward or praise; meritorious.
35. Determined : Having one's mind made up; decided; resolved.
36. Devout : Sincere, earnest.

### E

37. Eloquent : Having, or characteristic of eloquence; fluent, forceful, and persuasive.
38. Entertaining : pleasing; amusing; diverting; interesting.
39. Estimable : Worthy of esteem or respect; deserving good opinion or high value.

### F

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40. Fabulous : Beyond the limits of belief; exceedingly great.
41. Forgiving : Inclined to forgive or pardon.
- G
42. Generous : Willing to give or share.
43. Genuine : Sincere ; not counterfeit or artificial.
44. Godly : Devoted to God; pious; devout.
45. Good-looking : Pleasing in appearance.
46. Graceful : Having grace or beauty of form.
- H
47. Handy : conveniently located; accessible.
48. Honorable : Having or showing a sense of right and wrong.
49. Hopeful : Expecting to get what one wants.
50. Industrious : Characterized by earnest, steady effort; hard-working.
- I
51. Immaculate : Perfectly clean; without spot or stain.
52. Intelligent : Having or showing an alert mind.
- J
53. Joyful : Feeling of expressing joy; glad; happy.
- K
54. Kind : Cordial, gentle, friendly.
- L
55. Lawful : In conformity with the principles of the law.
56. Loving : To show tender regard and concern for.
57. Lovely : Morally or spiritually attractive; gracious.
- M
58. Masterful : Having or showing the ability of an expert; skillful.
59. Merry : Full of fun and laughter.
- N
60. Nice : Well pleasing.
- O
61. Optimistic : One who has the tendency to take the most hopeful or cheerful view of matters or to expect the best outcome.
62. Outgoing : Sociable, friendly, etc.
- P
63. Patient : Ability to wait calmly for something desired.
64. Pleasing : Giving pleasure; agreeable; gratifying.
65. Popular : Accepted among people in general; liked by many or most people.
66. Positive : Confident or assured.
- Q
67. Quick : Prompt to understand or learn.
- R
68. Radiant : Shining brightly; showing pleasure, love.
69. Refined : Cultivated, elegant.
70. Regal : Splendid, stately, magnificent, characteristic of or fit for a monarch.
- S
71. Sophisticated : Highly complex or developed.
72. Special : Different from others; exceptional; extraordinary; highly regarded or valued.
73. Supportive : Gives support, help, or approval.
74. Sincere : Without deceit, pretense, or hypocrisy; truthful, straightforward; honest.
- T
75. Tasteful : Having or showing good taste.
76. Thankful : Feeling or expressing thanks; grateful.
77. Truthful : Presenting the facts; honest.
- U
78. Unforgettable : So important, never to be forgotten.
79. Unique : Having no like or equal; extraordinary; one and only.

- V  
 80. Valuable : Having great value; of great merit.  
 W  
 81. Warm : Sincere; grateful,, affectionate or loving.  
 82. Well-balanced : Nicely or exactly balanced.  
 83. Well-behaved : Conducting oneself properly; displaying good manners.  
 84. Well-beloved : Deeply or greatly loved; highly respected.  
 X  
 Y  
 Z  
 85. Zealous : Ardently devoted to a purpose.

Title	<u><b>TRUST WALK</b></u>			
Type	<u>  </u> Introductory (Getting to Know Each Other, Low Risk)	<u>  X  </u> Working (Growing Risk, Personal Awareness)	<u>  </u> Closing (Saying Goodbye, Ending)	<u>  </u> Game (Active Exercise for Group building and Fun)

Optimum Group Size                      5-15

Materials Needed                              Blindfolds, if possible  
 Outline of Activity                            Make a line of group members, holding hands. All members except the leader are blindfolded or eyes closed. The leader must lead the group over obstacles safely by explaining where they are going. Walk slowly and carefully to build group trust. After 2-3 minutes, stop; the leader then becomes the tail of the line with the second in line becoming the new leader. Continue until every group member has had a chance to lead.

Goal    To learn to trust people by taking risks with them.

How to Process                                    Discuss the walk, and how the members learned to trust the people leading them. Ask such questions as:  
 -How did you feel to be close to the leaders?  
 -How did you feel to be at the tail of the line?  
 -Was it easy to do at first? Now?  
 -What is it like to be close to God?

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-What is it like to be far from God?

Submitted by or Source                      Unknown

Suggested for use during Session(s) 3 or 4

Title                     THE WARM FUZZY STORY

Type	<input checked="" type="checkbox"/> Introductory (Getting to Know Each Other Low Risk)	<input type="checkbox"/> Working (Growing Risk, Personal Awareness)	<input type="checkbox"/> Closing (Saying Goodbye, Ending)	<input type="checkbox"/> Game (Active Exercise for Group building and Fun)
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Optimum Group Size                      Any size group

Materials Needed                              The Warm Fuzzy Story and cotton tails

Outline of Activity                              Read the story to the group and process it using some of the questions below. Pass out a cotton ball to each member and tell them they must give it to someone else (not in the group), explain what it is to that person, and tell them to pass it on.

Goal    This activity emphasizes the importance of being nice to others and letting people know we care about them through a variety of ways.

How to Process                                      What is a Warm Fuzzy?  
What else can a Warm Fuzzy be? (anything that makes someone feel good: a hug, a smile, a note, a wave).

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Do you give a lot of Warm Fuzzies?  
Do you get a lot of Warm Fuzzies?  
How does it feel to give a Warm Fuzzy? To receive one?  
What did you learn about yourself? About others?  
What can we do to help everyone in this group feel good  
about themselves?

Submitted by or Source      Unknown

### WARM FUZZIES

Once upon a time there was a beautiful valley, impossible for tourists to reach. It was not on the maps and tourists sped by. There were no motels, no golf courses, no TVs, no restaurant chains, but the people of the valley didn't miss any of these things.

They were just ordinary people, just like people you'll find anywhere, except for two things. They were happy. And they had "Warm Fuzzies"! Some people are happy only when they are at a party or when they win a contest, but Happy Valley people were happy almost all the time. They enjoyed Monday mornings, a blizzard, and even spinach! They were so simple they didn't know it takes things to make some people happy, or that some people could make you unhappy.

And they liked people! They never mistrusted or were suspicious of other people. They went out of their way to do each other favors. Most of all, they enjoyed meeting and greeting each other. When they met people, they gave each other a "Warm Fuzzy." Now what is a "Warm Fuzzy?" It is something like a little puff of warm, soft fur. The "Warm Fuzzies" loved to be given away. It always made the village people feel better to give them away to others. It meant "I care about you. You are wonderful. You make my day brighter."

So the custom of giving "Warm Fuzzies" grew over the years. They gave them to sick people, to young couples starting a new home, everyone. The "Warm Fuzzies" brought lots of cheer to every single person. Everybody looked forward to exchanging "Warm Fuzzies" and it kept everyone happy.

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One day a wicked old woman visited the valley of the “Warm Fuzzies” and saw what was going on. “This is ridiculous,” she said. “I have got to do something about these people. They are so simple. They may spend their whole lives thinking they are happy. They need to be like the rest of the world.” So she thought of a plan to help Happy Valley people get rid of the notion that they were happy. One day she pretended she was sick, and sure enough, a kind lady came up with a “Warm Fuzzy” in her hand and gave it to her. The wicked old woman asked her how many “Fuzzies” she had and she began to put evil thoughts into the lady's head, such as, “Someday you are going to run out of “Fuzzies” and no one will give them back” and “Did it ever occur to you that other people may be deliberately inviting you to come so that you have to give away your “Warm Fuzzies” just so they can hoard more of them?” She spread the rumor that there would be a shortage of “Warm Fuzzies.” Well, the wicked woman's plan worked! The Village people started hoarding “Fuzzies” instead of sharing them! The people would cross the street to avoid a friend. They stayed home and worried about people stealing their “Fuzzies.”

The fuzziless months turned into fuzziless years, and soon there were quite a few people in the Valley who had never even heard of a “Warm Fuzzy.” The Valley filled up with strangers and people didn't know their neighbors anymore.

Then one day a great-grandmother was telling her grandchildren about the good old days when everybody was happy and everybody gave away “Warm Fuzzies” and how good it made you feel to get one. And the children got so excited that they all went out and gathered up all the “Warm Fuzzies” they could find and THEY began giving them away to each other. It brought much happiness back to the Valley people and they realized how selfish they had been. They all lived happily ever after!