



**GROUP MATERIAL**  
Term 3 Session 1

**1**



**WHO IS  
YOUR  
FAMILY AS  
YOU MAKE  
YOUR WAY?**

## INTRODUCTION

### LIFE LABS 1

# WHO IS YOUR FAMILY AS YOU MAKE YOUR WAY?



We all need family as we make our way. Family are the people we have known the longest, know us best and we spend the most time with.

Family means different things for different people. Some may live away from families, have a blended family or be part of a large extended family.

Some people might feel like they don't have a family at all. Even though families can be different, family are the people who care for us and are there for us.

So, who is your family as you make your way?

**"EVEN THOUGH FAMILIES CAN BE DIFFERENT, FAMILY ARE THE PEOPLE WHO CARE FOR US AND ARE THERE FOR US."**

*"So, who is your family as you make your way?"*



## PLAY THE GAME

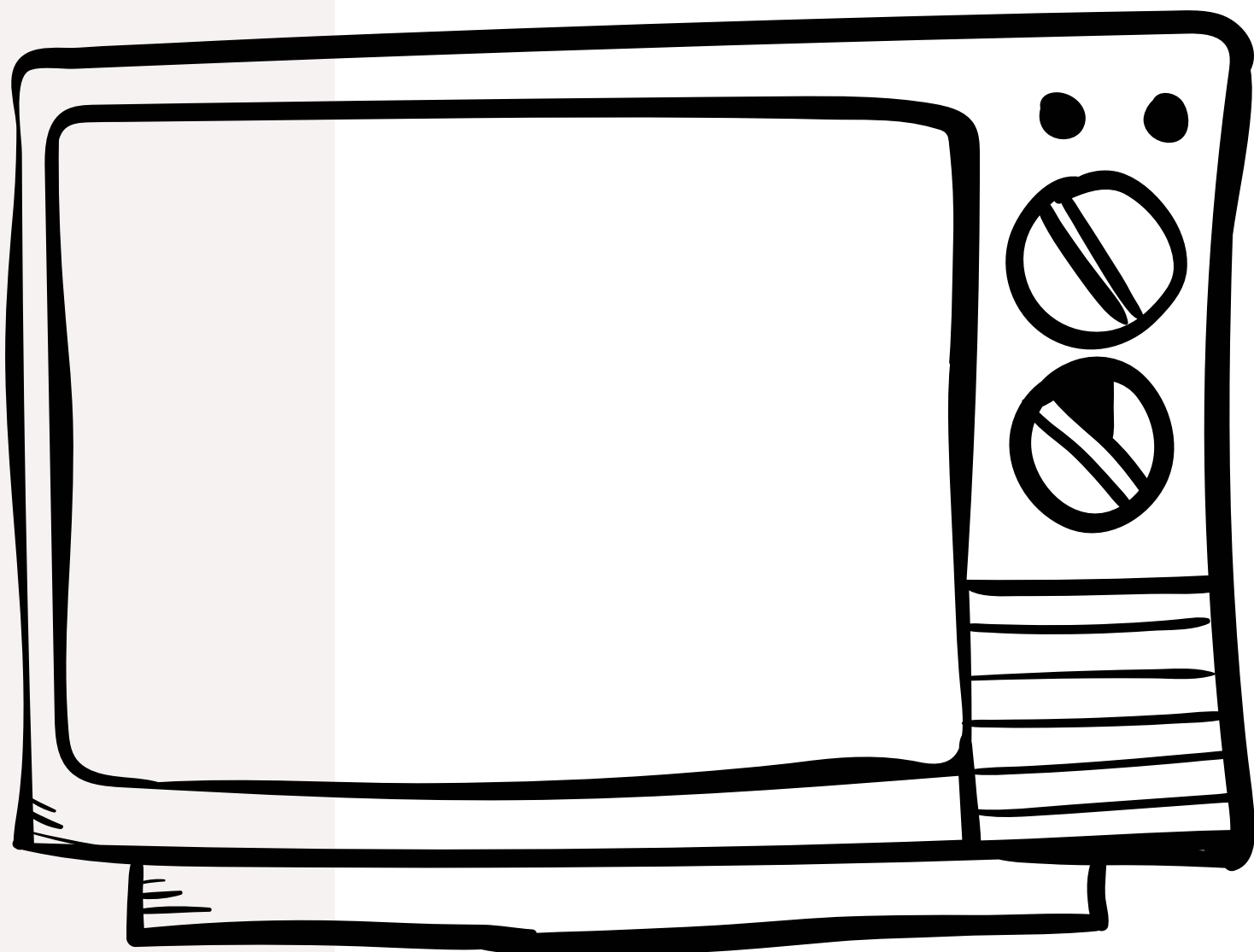
# PLAY THE FIND MY PEOPLE GAME

HOW DID YOU GO WITH THE GAME?

WAS IT EASY TO CONNECT WITH THE PEOPLE  
YOU WERE FORCED TO BE IN A GROUP WITH?

HOW DO YOU CONNECT WITH THE PEOPLE IN  
YOUR LIFE THAT YOU HAVE TO BE AROUND?

# DO THE TV FAMILY ACTIVITY



## READ THE SCRIPTURE

# Matthew 12:46-50

<sup>46</sup>While Jesus was still talking to the crowd, his mother and brothers stood outside, wanting to speak to him.

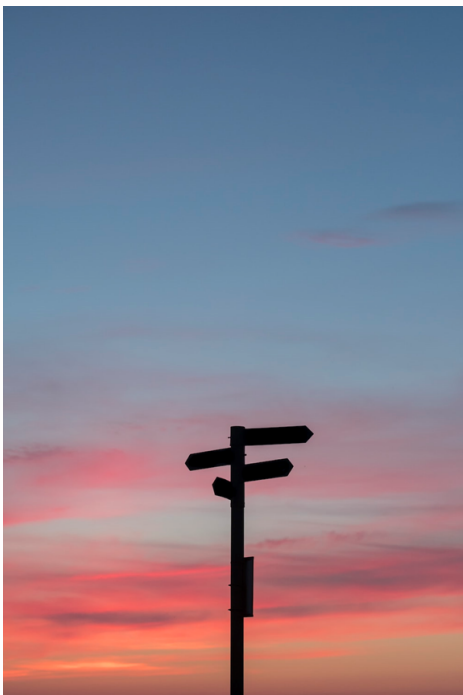
<sup>47</sup>Someone told him, "Your mother and brothers are standing outside, wanting to speak to you."

<sup>48</sup>He replied to him, "Who is my mother, and who are my brothers?"

<sup>49</sup>Pointing to his disciples, he said, "Here are my mother and my brothers.



<sup>50</sup>For whoever does the will of my Father in heaven is my brother and sister and mother."



## CONCLUSION



# CONCLUSION

**“NO MATTER WHAT OUR FAMILIES ARE LIKE, WE CAN BE A PART OF GOD’S FAMILY”**

We all need family as we make our way.

Family means different things for different people.

We don't choose our family, but we can choose the people to go on the journey with.

Like Jesus, we can experience complicated family relationships, but the Good News is that Jesus accepts us as family.

No matter what our families are like, we can be a part of God's family.



**GROUP MATERIAL**  
Term 3 Session 2

**2**



**HOW DO  
FAMILIES  
SUPPORT  
US ON OUR  
JOURNEY?**

# INTRODUCTION

## LIFE LABS 2

# HOW DO FAMILIES SUPPORT US ON OUR JOURNEY?



We all need support as we make our way.

When we have family that love and care for us, we can feel accepted for who we are, confident to try new things and be hopeful about the future.

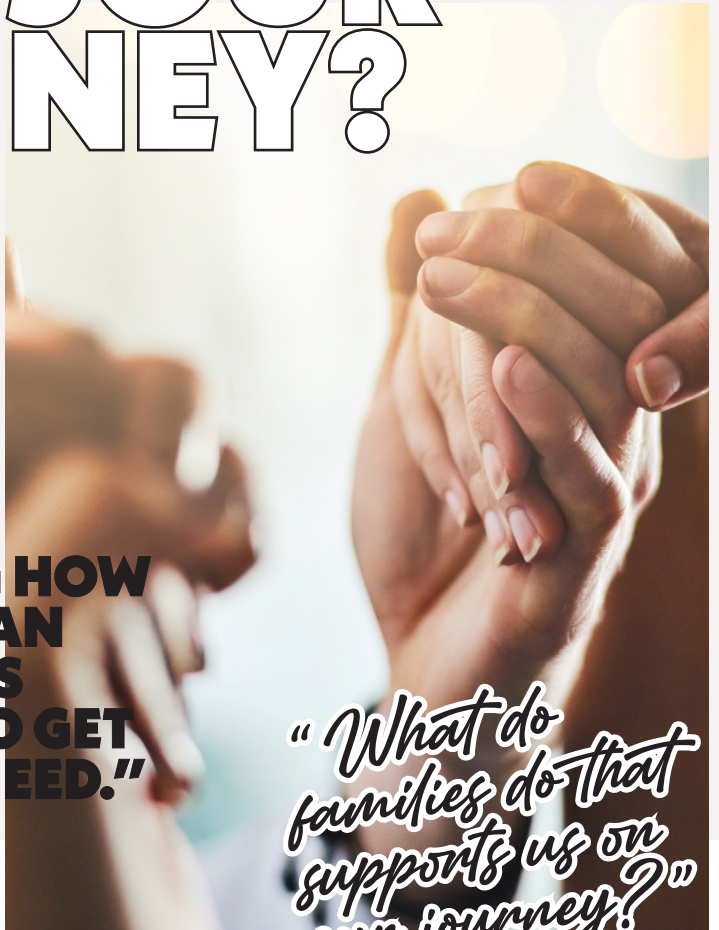
Sometimes we may not feel supported by our family. This can leave us feeling abandoned, unsure and like we can't go on.

Knowing how families can support us helps us to get what we need.

What do families do that supports us on our journey?

**"KNOWING HOW FAMILIES CAN SUPPORT US HELPS US TO GET WHAT WE NEED."**

*"What do families do that supports us on our journey?"*





## PLAY THE GAME

# PLAY THE PROTECT THE PRESIDENT! GAME

HOW DID YOU GO WITH THE GAME?

HOW DID IT FEEL BEING THE PRESIDENT  
FOR YOUR TEAM?

WHO ARE THE PEOPLE THAT HELP  
YOU FEEL SAFE IN LIFE?

WHAT DO THEY DO?

# DO THE FAST CHALLENGE ACTIVITY

How do you want to be supported?	Who does this? Who could?

## READ THE SCRIPTURE

# Mark 5:25-34

<sup>25</sup>A woman in the crowd had suffered for twelve years with constant bleeding.

<sup>26</sup>She had suffered a great deal from many doctors, and over the years she had spent everything she had to pay them, but she had gotten no better. In fact, she had gotten worse.

<sup>27</sup>She had heard about Jesus, so she came up behind him through the crowd and touched his robe.

<sup>28</sup>For she thought to herself, "If I can just touch his robe, I will be healed."



<sup>29</sup>Immediately the bleeding stopped, and she could feel in her body that she had been healed of her terrible condition.

<sup>30</sup>Jesus realized at once that healing power had gone out from him, so he turned around in the crowd and asked, "Who touched my robe?"

<sup>31</sup>His disciples said to him, "Look at this crowd pressing around you. How can you ask, 'Who touched me?'"

<sup>32</sup>But he kept on looking around to see who had done it.

<sup>33</sup>Then the frightened woman, trembling at the realization of what had happened to her, came and fell to her knees in front of him and told him what she had done.

<sup>34</sup>And he said to her, "Daughter, your faith has made you well. Go in peace. Your suffering is over."

## CONCLUSION

# CON CLU SION

**“WHEN WE NEED SUPPORT FROM OUR FAMILY, WE CAN LOOK FOR PEOPLE WHO SUPPORT US LIKE JESUS.”**

We all need support as we make our way.

When we have family that love and care for us, we can feel accepted for who we are, confident to try new things and be hopeful for the future.

The Good News is that just like the woman in the story, Jesus supports us and calls us family.

When we need support from our family, we can look for people who support us like Jesus.



**GROUP MATERIAL**  
Term 3 Session 3

**3**



**HOW  
DO OUR  
FAMILIES  
SHAPE US?**

## INTRODUCTION

### LIFE LABS 3

# HOW DO OUR FAMILIES SHAPE US?



Our families help shape who we are. We inherit genetics, some personality traits and sometimes the way we view the world.

As we grow up, we are trying to become our own person but are still shaped by our families and upbringing.

Our families can teach us skills, support us and guide us on the way. Sometimes they can also be unhelpful, trying to control our decisions, stop us from trying new things or even harm us.

When we understand how our families shape us, we can know who we are and who we want to be as we make our way.

How do our families shape us?



**"WE CAN KNOW WHO WE ARE AND WHO WE WANT TO BE AS WE MAKE OUR WAY."**

*"How do our families shape us?"*

**PLAY THE GAME**

# **PLAY THE SQUIGGLE GAME**

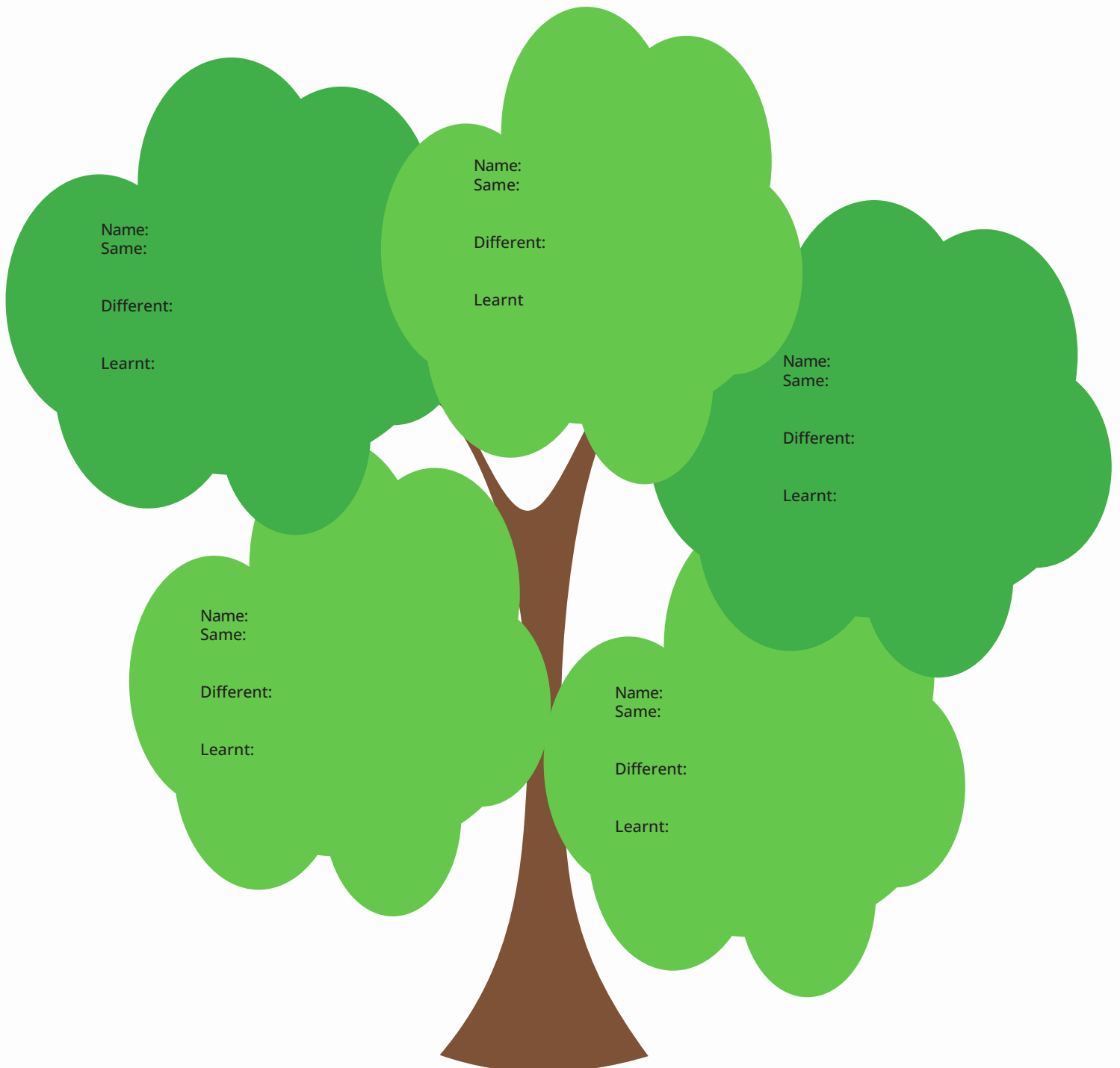
**HOW DID YOU GO WITH THE GAME?**

**HOW DID HAVING OTHERS DRAWING WITH  
YOU CHANGE THE FINAL PICTURE?**

**WHO ARE THE PEOPLE THAT IMPACT WHO  
YOU ARE?**

## PLAY THE GAME

# DO THE CONNECTION TREE ACTIVITY



## READ THE SCRIPTURE

# Matthew 4:18-22

18 As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen.

19 "Come, follow me," Jesus said, "and I will send you out to fish for people."

20 At once they left their nets and followed him.

21 Going on from there, he saw two other brothers, James son of Zebedee and his brother John.



They were in a boat with their father Zebedee, preparing their nets. Jesus called them,

22 and immediately they left the boat and their father and followed him.





## CONCLUSION

# CON CLU SION

**“WHEN WE FOLLOW JESUS, WE CAN USE WHAT OUR FAMILY TAUGHT US AND GROW TO BE THE PERSON WE WANT TO BE”**

Our families help shape who we are. We inherit genetics, some personality traits and sometimes the way we view the world. As we grow up we are trying to become our own person, but are still shaped by our families and upbringing.

Our families can teach us skills, support us and guide us on the way.

Sometimes they can also be unhelpful, trying to control our decisions, stop us from trying new things or even harm us.

The Good News is that, just like James and John, Jesus chooses us for who we are and can help us find our path.

When we follow Jesus, we can use what our family taught us and grow to be the person we want to be.



**GROUP MATERIAL**  
Term 3 Session 4

**4**



**WHAT  
DO WE DO  
WHEN  
FAMILIES  
FIGHT?**

# INTRODUCTION

## LIFE LABS 4

# WHAT DO WE DO WHEN FAMILIES FIGHT?



All families fight. Conflict happens and disagreements are normal, and no matter what we do, we can't escape some fighting with those who are to close us.

Conflict can hurt our feelings, affect our lives and sometimes create environments that are uncomfortable.

While we can't escape some disagreements, we can decide how we respond to conflict and how we react to the people in our families.

What do we do when families fight?

**"WE CAN DECIDE HOW WE RESPOND TO CONFLICT AND HOW WE REACT TO THE PEOPLE IN OUR FAMILIES."**



*"What do we do when families fight?"*

## PLAY THE GAME

# PLAY THE PUSH AND PULL GAME

HOW DID YOU GO WITH THE GAME?

WHAT WAS YOUR STRATEGY FOR GETTING  
A POINT?

DO YOU PUSH BACK, GO WITH THE FLOW  
OR SOMETHING ELSE?

WHEN YOU EXPERIENCE CONFLICT WITH  
SOMEONE WHAT DO YOU DO?

We all experience conflict but can struggle to know what to do. Here is a strategy to help resolve conflict in a healthy way.

1. Identify the conflict you are experiencing
2. Recognise your emotions
3. Determine what you want and why
4. Name who else is involved in the conflict
5. Recognise what they are feeling
6. Determine what they want and why
7. Think about what you can do about the conflict
8. Think about what they could do about the conflict
9. Identify the next steps you could take

## DO THE ACTIVITY

# DO THE EXPANSE ESCAPE ACTIVITY

### Support Services

- If you are in immediate danger, call 000

- **1800RESPECT** – Call **1800 737 732** for support for people impacted by sexual assault, domestic or family violence and abuse.

- **Lifeline** – Call **13 11 14** for crisis support and counselling with a focus on suicide prevention.

- **Kids Helpline** – Call **1800 55 1800** for free, private and confidential phone and online counselling services for young people aged 5 to 25.

- Sexual assault and abuse helplines – Go to **<https://www.healthdirect.gov.au/sexual-assault-and-abuse-helplines>** to find the service in your state or territory.

If you are not sure if what you're experiencing is ok, visit the What's OK At Home website (**<https://woah.org.au/>**) to learn the signs of family violence.

## READ THE SCRIPTURE

*Matthew  
5:43-45*

<sup>43</sup>“You have heard that it was said, ‘Love your neighbour and hate your enemy.’

<sup>44</sup>But I tell you, love your enemies and pray for those who persecute you,

<sup>45</sup>that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.



## CONCLUSION

# CON CLU SION



**“ WE DON’T  
HAVE  
TO HATE  
THOSE  
WE HAVE  
CONFLICT  
WITH BUT  
CAN SHOW  
LOVE  
INSTEAD ”**

All families fight. Conflict happens and disagreements are normal, and while we can't escape some disagreements, we can decide how we respond.

The Good News is Jesus shows us that we don't have to hate those we have conflict with but can show love instead.



**GROUP MATERIAL**  
Term 3 Session 5

**5**



**HOW CAN  
WE MAKE  
THE BEST OF  
SCHOOL?**



## INTRODUCTION

### LIFE LABS 5

# HOW CAN WE MAKE THE BEST OF SCHOOL



We all have to go to school.

School can be a place where you belong and you feel capable of doing the work.

Sometimes school is fun – somewhere you hang out with your friends. Sometimes it can feel like everyone is against us and that everything is out of control.

When this happens, you may feel hopeless and want to quit school altogether.

If we have to be at school, how can we handle all the ups and downs?

How can we make the best of school?

**“WHEN THIS HAPPENS, YOU MAY FEEL HOPELESS AND WANT TO QUIT SCHOOL ALTOGETHER.”**



## PLAY THE GAME

# PLAY THE BUT THEN, SO I GAME

HOW DID YOU GO WITH THE GAME?

HOW DID YOU ADAPT TO THE SCENARIO YOU  
WERE GIVEN?

HOW CAN YOU CHANGE CHALLENGING  
SITUATIONS TO POSITIVE ONES?



# DO THE SCHOOL SCENARIO ACTIVITY

You've just chosen your elective subjects for the year. You're excited because they are classes that you are interested in and you're going to be with your friends.

However, when you get your timetable, you see that they have put you in the wrong classes! You go to student services and ask what has happened.

They acknowledge the mistake but say there is nothing they can do as classes are set for the year.

# DO THE ACTIVITY

How would you feel in this scenario?

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Who would you talk to about this challenge?

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What options do you have?

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What would you do if you were in this scenario?

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It's the start of the new year, and you have just met your English teacher. You sit with your friends and are laughing.

The teacher yells at you for being disruptive and separates you from your friends. The next day, you come into class and go to sit with your friends, but the teacher makes you sit up the front.

The teacher says you have to sit there for the rest of the term. You notice that whenever you're in their class the teacher only points out your mistakes and doesn't give you positive feedback.

How would you feel in this scenario?

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Who would you talk to about this challenge?

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What options do you have?

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What would you do if you were in this scenario?

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## DO THE ACTIVITY

You've just heard from your friends that they need extra players for their touch football team.

You've always wanted to play but aren't sure if you can fit it in your calendar. You have music lessons twice a week, and you're about to have a bunch of assessments and exams as you near the end of the term.

You ask when the games are, and your friend tells you Thursday night. Thursday night is your only free night in the week.

How would you feel in this scenario?

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Who would you talk to about this challenge?

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What options do you have?

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What would you do if you were in this scenario?

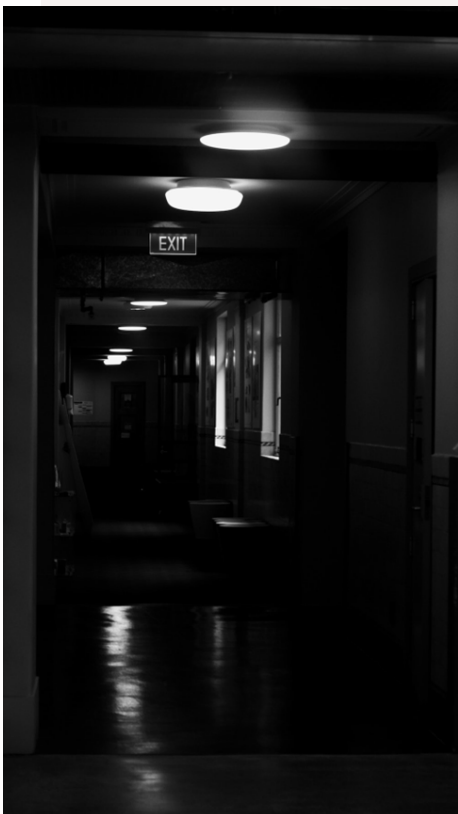
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## READ THE SCRIPTURE

### *Hebrews 10:23-24*

23 Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise.

24 Let us think of ways to motivate one another to acts of love and good works.



## CONCLUSION



# CONCLUSION

**“WHEN WE ARE STRUGGLING WITH SCHOOL, WE CAN KEEP GOING AND ENCOURAGE OTHERS, KNOWING THAT GOD IS WITH US”**

We all have to go to school.

School can be a place where you belong and you feel capable of doing the work. Sometimes school is fun – somewhere you hang out with your friends.

Sometimes it can feel like everyone is against us and that everything is out of control.

When this happens, you may feel hopeless and want to quit school altogether.

The Good News is that God can bring us hope in tough circumstances.

When we are struggling with school, we can keep going and encourage others, knowing that God is with us.



**GROUP MATERIAL**  
Term 3 Session 6

**6**



**HOW  
DO WE  
MAKE OUR  
SCHOOLS  
SAFE?**

## INTRODUCTION

### LIFE LABS 6

# HOW DO WE MAKE OUR SCHOOLS SAFE?



We all want to go to school and feel safe.

When school is safe for us, we can feel comfortable in our environment, connected to our peers and confident to learn.

But school isn't always safe for everyone. We can see people who are excluded, don't feel welcome or experience bullying.

When this happens, we can struggle to know what to do and how to respond, and so our schools stay unsafe.

How do we make our schools safe?

**"WE CAN STRUGGLE TO KNOW WHAT TO DO AND HOW TO RESPOND, AND SO OUR SCHOOLS STAY UNSAFE."**

*"How do we make our schools safe?"*





## PLAY THE GAME

# PLAY THE GO TOGETHER GAME

HOW DID YOU GO WITH THE GAME?

HOW DID IT FEEL TO AVOID THE CHASE BY  
LINKING ARMS?

WHO DO YOU GO TO FOR HELP WHEN YOU  
NEED PROTECTING?



## DO THE POSITIVE BYSTANDER ACTIVITY

Helpful steps for being a positive bystander

### 1. Redirect the conversation

Do your best to change the conversation. You could:

- Distract the bully – ask them a question about themselves, engage them in conversation not involving the target
- Ignore the bully and speak to the target – encourage them, talk to them about something different like what they did on the weekend
- Distract the crowd – begin a new activity, put yourself in the spotlight

# DO THE ACTIVITY

## 2. Support the target

Check in with whoever has experienced bullying, and ask them how you can help. You could:

- Listen to them
- Use positive words – find things to encourage the person about
- Invite them to hang out with you

## 3. Find help

Know who you can go to for help. This might be:

- School counsellor
- Student support services
- A supportive teacher
- Helpline

## Scenario 1

You walk into school, and you notice someone in year 8 blocking the path of a year 7 student.

They stop them from entering the school gates and keep blocking their path, even when the year 7 student asks them to stop.

The year 8 student's friends are laughing and making fun of the year 7 student.

## Scenario 2

One of your friends likes to play music in class, but the teacher doesn't allow students to listen to music. Your friend accidentally forgets to connect their headphones, and the music starts playing out loud.

The teacher asks who it was, but your friend doesn't say anything. The teacher asks again, and someone else in the class tells the teacher it was your friend.

After class, your friend confronts them and begins calling them names and getting very close to them, yelling in their face.

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## DO THE ACTIVITY

### Scenario 3

Your year level has to do a speech in English class. One of your friends tells you they are really nervous about it and hate talking in front of the class.

That night, in your friends group chat, someone posts a video of that friend delivering their speech. Their voice is croaky, they are shaking uncontrollably, and they can't finish.

Everyone in the group chat sees the video and starts making fun of them. Your friend has seen the messages but isn't responding.

The longer they don't respond, the more your other friends make fun of them.

## READ THE SCRIPTURE


### Proverbs 31:8-9

8 Speak up for those who cannot speak for themselves; ensure justice for those being crushed.

9 Yes, speak up for the poor and helpless, and see that they get justice.

### Matthew 5:9

God blesses those who work for peace, for they will be called the children of God.



If you're experiencing bullying, it can be difficult. Remember that it's not your fault and that no one should feel unsafe because of another person. Here are some strategies to help if you are experiencing bullying:



**Stay calm:** don't react emotionally (people who bully usually want you to get angry or upset).

**Report it:** tell trustworthy adults, and keep talking to them until the bullying stops; reporting it helps keep people safe (this isn't the same as 'dobbing', which is about getting someone in trouble over nothing).

**Get support:** bullying can affect your mental health and self-worth – having the support of family, friends, teachers and/or professionals who love and care for you can make a big difference.

If you're not sure who you can go to for support, here are some support services that can help:

**Kids Helpline – Call 1800 55 1800** for free, private and confidential phone and online counselling services for young people aged 5 to 25.

**eHeadspace** – Create a free account to talk to someone

either online or over the phone:

<https://headspace.org.au/online-and-phone-support/>

**Bullying. No way!** – For fact sheets for advice and a place to report bullying, visit their website:

<https://bullyingnoway.gov.au/>

## CONCLUSION



# CON CLU SION

**“WE CAN BE  
PEOPLE WHO  
MAKE A  
DIFFERENCE  
BY WORKING  
FOR PEACE.”**

We all want to go to school and feel safe.

When school is safe for us, we can feel comfortable in our environment, connected to our peers and confident to learn. But school isn't always safe for everyone.

We can see people who are excluded, don't feel welcome or experience bullying.

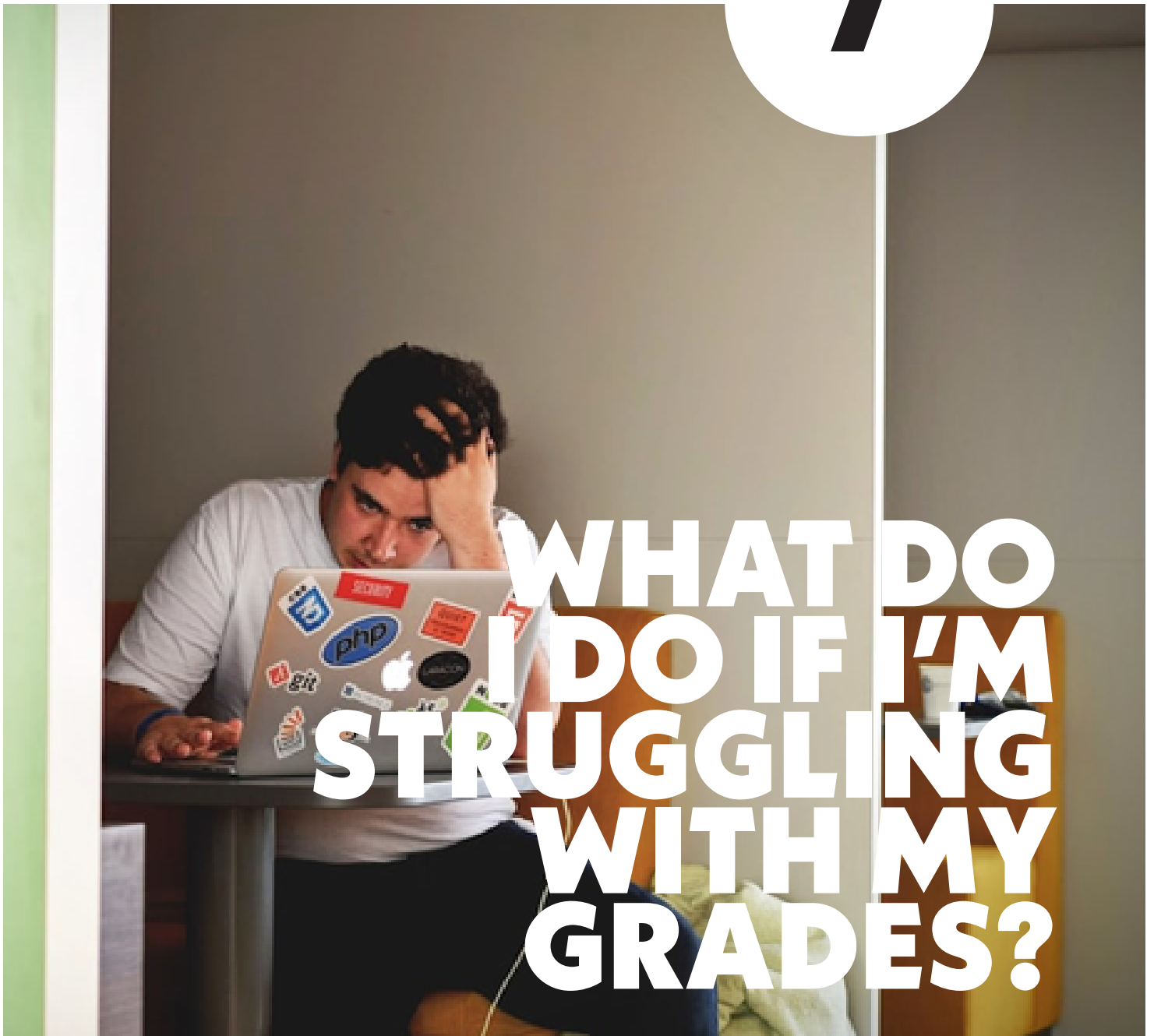
The Good News is that we can be like Jesus and stand up for those who need help.

When school is unsafe and we see others struggling, we can be people who make a difference by working for peace.



**GROUP MATERIAL**  
Term 3 Session 7

**7**



# INTRODUCTION

## LIFE LABS 7

# WHAT DO I DO IF I'M STRUGGLING WITH MY GRADES?



When we go to school, grades can feel like everything.

The calendar is geared around tests and assignments, we get marks to show us how well we are going, and when we finish school, we literally get a score comparing us to everyone else.

If we are doing well, we can feel confident and engaged in school, but if we are struggling, we can feel like giving up.

This can leave us not only feeling bad about school but also ourselves.

What do I do if I'm struggling with my grades?



**"WHEN WE GO TO SCHOOL, GRADES CAN FEEL LIKE EVERYTHING."**

*"What do I do if I'm struggling with my grades?"*

## PLAY THE GAME

# PLAY THE TEACHER SAYS GAME

HOW DID YOU GO WITH THE GAME?

WHAT WAS YOUR SCORE?

HOW DO YOU FEEL WHEN YOU STRUGGLE TO  
DO SOMETHING?



## DO THE SHARE THE LOVE ACTIVITY

Write down the compliments you received from others and yourself:

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## READ THE SCRIPTURE

# Matthew 20:1-16

1 “For the Kingdom of Heaven is like the landowner who went out early one morning to hire workers for his vineyard.

2 He agreed to pay the normal daily wage and sent them out to work.

3 “At nine o’clock in the morning he was passing through the marketplace and saw some people standing around doing nothing.

4 So he hired them, telling them he would pay them whatever was right at the end of the day.

5 So they went to work in the vineyard. At noon and again at three o’clock he did the same thing.



6 “At five o’clock that afternoon he was in town again and saw some more people standing around. He asked them, ‘Why haven’t you been working today?’

7 “They replied, ‘Because no one hired us.’ “The landowner told them, ‘Then go out and join the others in my vineyard.’

8 “That evening he told the foreman to call the workers in and pay them, beginning with the last workers first.

9 When those hired at five o’clock were paid, each received a full day’s wage.

10 When those hired first came to get their pay, they assumed they would receive more. But they, too, were paid a day’s wage.

11 When they received their pay, they protested to the owner,

12 ‘Those people worked only one hour, and yet you’ve paid them just as much as you paid us who worked all day in the scorching heat.’

13 “He answered one of them, ‘Friend, I haven’t been unfair! Didn’t you agree to work all day for the usual wage?’

14 Take your money and go. I wanted to pay this last worker the same as you.

15 Is it against the law for me to do what I want with my money? Should you be jealous because I am kind to others?’

16 “So those who are last now will be first then, and those who are first will be last.”

# WHAT CAN HELP ME TO DO MY BEST AT SCHOOL?

We all want to do well at school but don't always know how. Here are some tips that you can use to help you do your best:

## **Manage your time**

Write a list of everything you need to do, prioritise the items, and put the most important ones in your calendar to complete.

## **Learning styles**

Know how you learn best, and find ways that help you. You could watch videos, find practical examples or work with others – whatever helps you learn.

## **Know who you can ask for help**

It's normal to feel like you're struggling with school. When you feel this way, you can reach out for support from student support, trusted adults, peers and helpful teachers.

## **Have fun and enjoy life**

It's important to remember that school isn't everything in life. Make sure that you're also having fun, connecting with friends and exploring activities that make you happy.



## CONCLUSION

# CONCLUSION

**“WE CAN REMEMBER THAT GOD LOVES AND VALUES US, NO MATTER HOW WELL WE DO AT SCHOOL”**

When we go to school, grades can feel like everything.

If we are doing well, we can feel confident and engaged in school, but if we are struggling, we can end up feeling bad about ourselves.

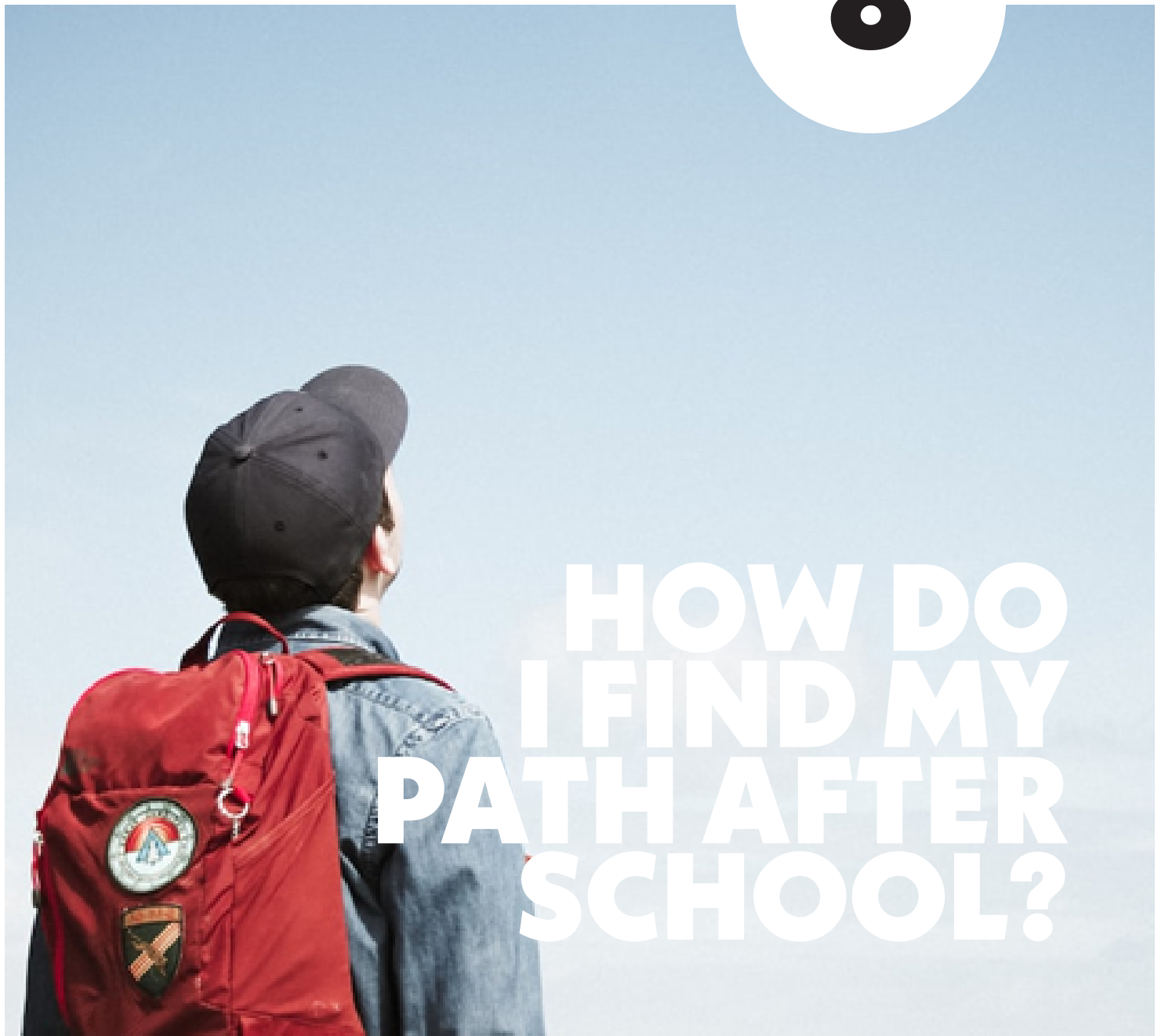
The Good News is that we are loved and valued by God.

When we are struggling with our grades, we can remember that God loves and values us, no matter how well we do at school.



**GROUP MATERIAL**  
Term 3 Session 8

**8**



**HOW DO  
I FIND MY  
PATH AFTER  
SCHOOL?**

## INTRODUCTION

### LIFE LABS 8

# HOW DO I FIND MY PATH AFTER SCHOOL?



School can be a place that helps us find our path in life.

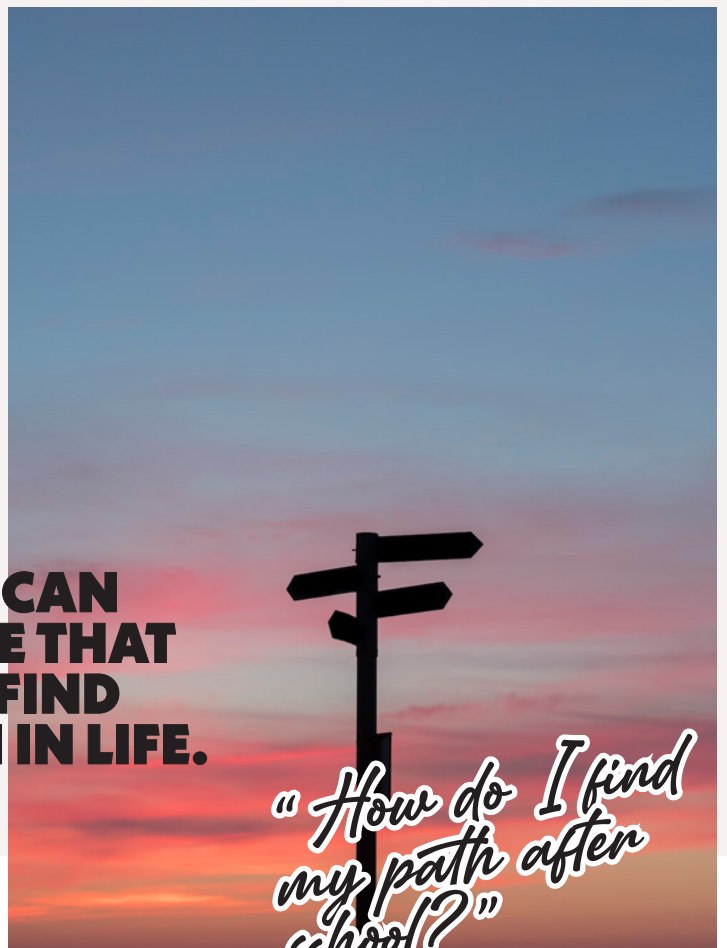
We can explore subjects that we like, things we are good at and the places we want to go. But as we make these decisions, other people can try to change our paths.

Parents want us to get a good job, friends want us to do what they are doing, and teachers tell us we can't accomplish our dreams.

When others have opinions about our paths, we can be confused about which way we should go. This can leave us feeling stressed, overwhelmed and afraid to go the wrong way.

**"SCHOOL CAN BE A PLACE THAT HELPS US FIND OUR PATH IN LIFE."**

How do I find my path after school?



*"How do I find my path after school?"*

## PLAY THE GAME

# PLAY THE DISTRACTION WALK GAME

HOW DID YOU GO WITH THE GAME?

DID YOU GET DISTRACTED?

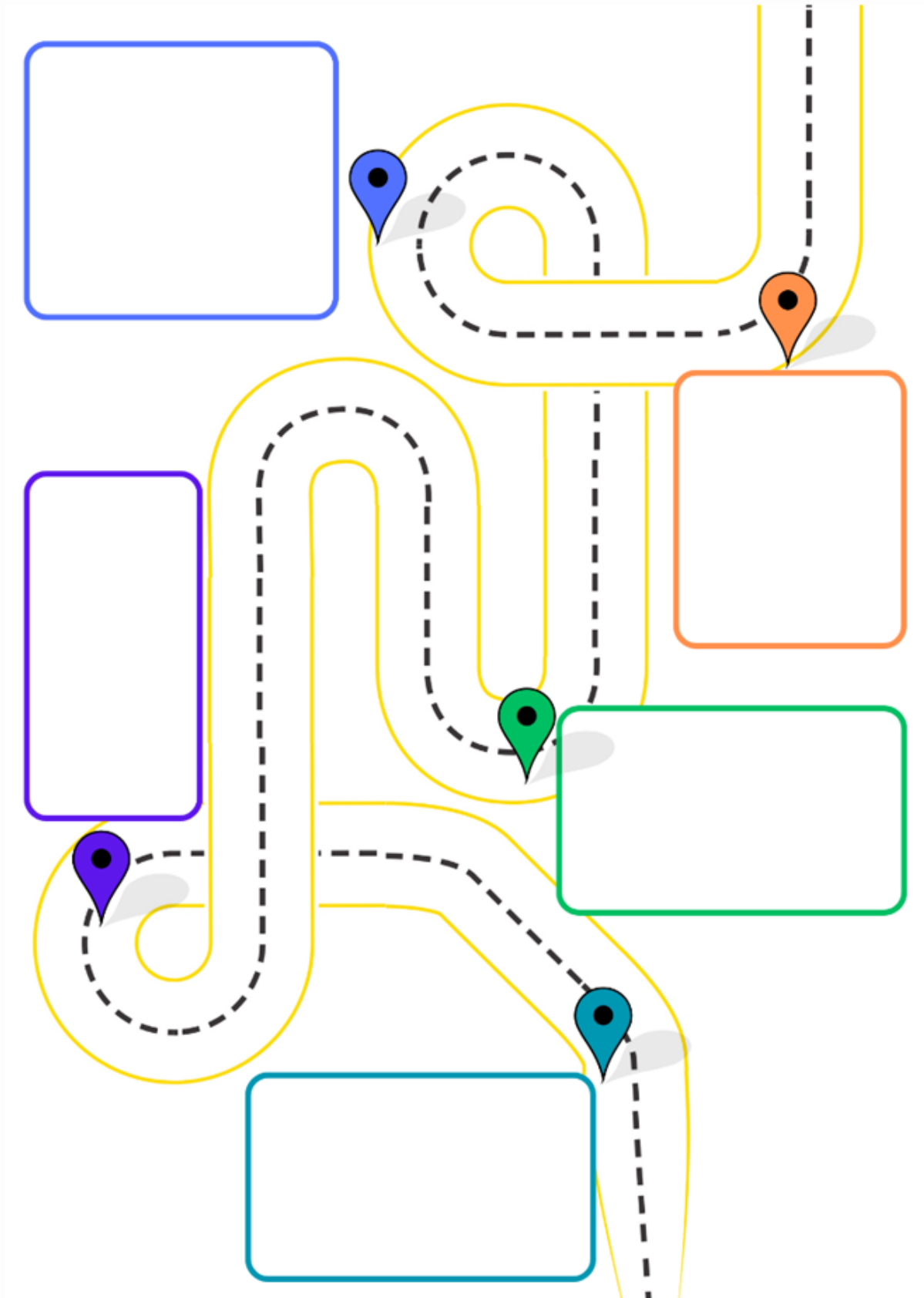
WHAT DO YOU DO WHEN OTHER PEOPLE'S  
VOICES MAKE IT MORE DIFFICULT TO WALK  
YOUR PATH?



## DO THE PATH PLANNER ACTIVITY

Take some time to think about your future, what your dreams are and what you want to achieve. Write them down in the path planner, then share your path with the group or a friend.

# PLAY THE GAME



## READ THE SCRIPTURE

*John*  
8:12

<sup>12</sup>Jesus spoke to the people once more and said, "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life."





## CONCLUSION



# CON CLU SION

**“WHEN WE  
FOLLOW  
JESUS, HE  
CAN HELP  
GUIDE US”**

School can be a place that helps us find our path in life.

But as we make these decisions, other people can try to change our paths, which can leave us feeling stressed.

The Good News is that when we follow Jesus, he can help guide us.

When we feel like we are confused, walking in darkness, we can follow Jesus and find a path that brings us life and is right for us.