



All-round  
training  
for every  
volunteer  
youth  
leader.





“

Our local church puts on evenings for us from the local estate. We're noisy and a bit *crazy* but it's cool. I like the people.

”

**Lots of churches are wondering how they can do more with young people, especially coming out of the pandemic, but they depend on people like you to make it happen.**

**Young people growing up in church need a safe space to grow in their faith.** They're living in a world where being a Christian makes them the odd one out and which is often critical and even hostile towards that faith. Youth work in churches can make all the difference and helps them find the confidence and support they need at the point where it would be easy to walk away.

**Beyond the church, young people in our communities are growing up in a world where there is hardly any opportunity to explore the big questions of life or get help with some of the pressures of being a teenager.** A hundred years ago, nearly 80% of teenagers were connected with a church where some of that could happen. Now it's less than 3%. Lots of churches are thinking about how they could do more, but they don't know where to start. The kinds of groups and activities that many of us grew up with in church no longer seem relevant, so what will work instead?

Whatever churches do to help young people, it's likely they'll depend on volunteers to make it happen. But helping run any kind of youth work can be pretty intimidating. What

kind of groups work? How do you help teenagers deal with some of the issues they're facing and answer the questions they have? What kind of person is suitable to be a volunteer? What age do you have to be and what experience might you need?

**The good news is that the church needs people just like you. There's age limit, and there's no particular type of experience. Above all, young people want to meet adults who listen and care.**

That's why we've created Youthscape Essentials. It's a 10-week course for everyone who is helping with young people at their church. It's also a perfect starting point for those thinking about getting involved.

At each of the 10 sessions you'll hear directly from a young person in a series of specially commissioned films. You will discover more about young people's lives and experiences, practice new skills and deepen your own faith, and be sent out in hopeful prayer. It's for those who've been helping with the youth work for years, and for those of us just starting out. It makes no assumptions about your age, your background, your experience or your confidence. Youthscape Essentials is a safe and rewarding way to be able to do more for young people. Join us.

# What's the course about?

## 1. INSIGHTS INTO YOUTH CULTURE

Key signposts into how today's young people think, act and spend time.

## 2. SKILLS FOR YOUTH WORK

The practical basics of working with young people.

## 3. DEVELOPING YOURSELF

A chance to reflect on and explore your own life and faith.

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### INSIGHTS IN YOUTH CULTURE

- **Why youth ministry?** – How does youth work make a difference to young people?
- **Adolescent development** – How do young people grow and change as teenagers?
- **Growing Up digital** – How are social media and other technologies changing their world?
- **Growing Up Gen-Z** – What different beliefs and values do young people have today?
- **Family life** – What are the experiences of young people at home?
- **Christian discipleship** – How do young people develop and grow in faith?
- **Sexuality & gender** – How do young people view and explore sexuality and gender?
- **School life** – What are the experiences of young people in education?
- **Emotional & physical health** – What impacts young people's well-being?
- **Mission & exploring faith** – How do young people explore and understand Christian faith?

### PRACTICAL SKILLS

- **Building rapport with young people** – How do I develop positive relationships with young people?

- **Engaging young people with the Bible** – How do help young people explore and understand the Bible?
- **Safeguarding and safety** – How can I act responsibly and safely with young people?
- **Empowering young people to participate** – How can I involve young people in the life of the church?
- **Facilitating a session with young people** – How do I prepare and lead a youth group activity?
- **Working with others as a team** – How do I work with others in youth work?
- **Accommodating young people's different needs** – How do I ensure we are open and accessible to all young people?
- **Managing behaviour** – How do I deal with disruption and other challenges?
- **Telling stories that capture interest** – How do I tell stories that might capture interest and spark curiosity?
- **Knowing you're making a difference** – How do I ensure the work I'm doing is making an impact?

### DEVELOPING YOU CHARACTER

- **Loving** – What does it look like to really love a community of young people?
- **Humble** – What does it look like to learn from my mistakes, young people and others around me?
- **Open** – How do I stay open to innovation when facing the ever-changing needs of young people?
- **Disciplined** – What boundaries do I need to keep for my own sake and the sake of the young people I work with?
- **Forgiving** – How can I demonstrate forgiveness to the young people in my community?
- **Authentic** – How can I show integrity in youth ministry?
- **Committed** – How can I keep going when I face challenges?
- **Faith-filled** – What does it look like to believe God is and can work in this ministry?
- **Hopeful** – How do I dream big and act out of hope?
- **Courage** – How can I overcome fear and self-doubt in youth ministry?

# How does a session work?

Whether you are meeting as a group online or in person, there is a simple flow to every evening...

START  
HERE!!

COFFEE & TEA



40 MINS

Insights into young  
people's lives

Each session we'll hear from young people and an experienced youth worker. They'll help us learn more about the ups and downs of being a teenager from the impact of social media to life at school. You'll learn about different cultures and communities, and what changes for young people as they grow up.

20 MINS

Skills for youth work

The first half of the session finishes with an introduction to practical skills that will come in handy for working with young people. That's everything from leading a discussion to managing high spirits and behaviour.

10 MINS

BREAK



20 MINS

Skills in  
practice

We'll spend some time together putting new skills into practice. We promise you'll have fun as you learn new ways to support and work with young people in lots of different kinds of youth work.

30 MINS

Reflection

Our session finishes with space to think about how your faith can grow as you help young people. We'll worship and pray together, and create space to listen to God.

DONE!

CLOSE – FINISHED  
IN 2 HOURS

# Who's Youthscape Essentials for?

## If you...

- help out on Sunday mornings when young people meet during the service.
- run a confirmation or baptism class
- help organise a youth group for young people in the church or local community.
- lead the work or help out occasionally.
- tend to run sessions up front or provide support in the background.
- are thinking about starting work with young people or becoming a volunteer.
- just want to know more about how to help young people.

**then Youthscape Essentials is for you.**

### **Q. DO I HAVE TO BE DOING YOUTH WORK ALREADY TO JOIN THE COURSE?**

**A:** No. The course is both for existing volunteers but also for anyone just interested in getting involved in some youth work. It's a great way to see what's involved.

### **Q. DO I NEED TO COME TO EVERY SESSION?**

**A.** We definitely recommend it because you'll get the benefit of the whole course, but don't worry if you end up having to miss one or two.

### **Q. IS THERE A CERTIFICATE OR AWARD FOR COMPLETING THE COURSE?**

**A.** Yes, everyone who completes 7 sessions or more will receive a Youthscape Essentials certificate.

# Meet some volunteers



**Hi, I'm Sasha** and I run a youth group at my church. I really enjoy working alongside young people, seeing their potential and

journeying with them as they come into their own. I get to see what God is doing in their lives. As a youth leader I have a completely unique role. I have opportunities to serve them that their parents and teachers don't have. Young people don't care how old you are or what you know, they just want someone to really listen to them and walk alongside them. I would say to anyone thinking about volunteering with young people to just get involved. You won't regret it.



**Hello, I'm Elisabeth** and I cook with young people who are really struggling at school. Many of them have never learned to cook and never sit down with

their family to eat. I started with the vision of providing these things for young people, and I now host a group for a day each term at my house, where we cook a two course meal, set the table and share a meal together. It's amazing to see the transformation in those taking part. I also regularly cook for young people at Youthscape's building. I believe that the most important thing that adults can do is to prepare the next generation appropriately and well for the rest of their lives. These young people don't need anything complicated; they just need role models to nurture them and give them attention, love and discipline.

## Online

**TAKE THE COURSE ONLINE HOSTED BY THE TEAM AT YOUTHSCAPE**

You can sign up to join an online evening group run by our team at Youthscape on Zoom once a week over ten consecutive weeks. Courses run through the year but places are limited. The cost is £35.

## In person

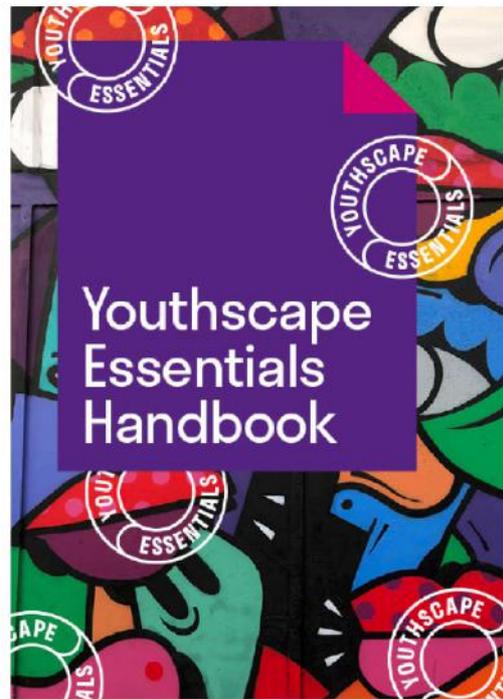
**TAKE THE COURSE IN PERSON FOR FREE WITH SOUTHPORT & AREA SCHOOLS WORKER TRUST**

- The YSE course will be run around the UK by licensed churches and organisations. SASW Trust will be running a course for Southport churches on Tuesday evenings from 20th September.

## The Youthscape Essentials Course Book

**£15 (INCLUDED WITH OUR ONLINE COURSE)**

The 100-page course book is an essential companion to the Youthscape Essentials course. It contains notes for each session, space to add your own, as well as exercises and activities you'll need. Produced with a spiral bound cover, it's designed to open out flat so you can write in it easily. Available from the Youthscape store at [youthscape.co.uk/store](http://youthscape.co.uk/store).



# JOIN US!

Sign up online at: [www.saswtrust.com/yse](http://www.saswtrust.com/yse)  
to join us on Tuesdays 7.30-9.30pm in Cafe 1821 at Christ Church  
Southport, Lord St, PR8 1AA

**First five weeks: 20th Sept - 18th Oct**

(Open to a wider audience)

**Second five weeks: 1st Nov - 29th Nov**

(For more in depth & practical input for youth work  
volunteers or those exploring further.)

# What next?

Sign up at:

[saswtrust.com/yse](https://saswtrust.com/yse)

or for more information email us  
at: [info@saswtrust.com](mailto:info@saswtrust.com)

“

Youthscape Essentials  
is like no other training.

It gave me a safe  
place to not have all  
the answers. I was  
able to try out new  
skills and learn with  
other volunteers and  
grow in understanding  
about the teenagers  
in our youth group  
and those who walk  
past our church doors.

I have left feeling  
better informed, more  
confident and most  
importantly, inspired to  
find new ways to show  
the young people how  
the church loves them.

”

Kirsty - Volunteer



**YOUTHSCAPE**  
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LUTON  
LU1 2EY

