

NAME

PY: ENCOURAGE SYDNEY 2025

+ ORANGE, GRAFTON AND MORE!

A day of training and encouragement for youth leaders

SATURDAY 14TH JUNE | 10:30AM-5PM

CHRIST COLLEGE, BURWOOD



PY ENCOURAGE 2025 - TIMETABLE

10.30 Doors Open: Mingle

11.10 Opening Session:
Welcome, Worship, Prayer, Bible Reading,
Bible Talk - Paul Byun

11.45 Big Group Icebreaker and Small Groups

12.10 Training 1: Options:
a) How to run better games
- Wendy Marriott
b) How to disciple and encourage your youth leaders
- Andrew Sylvester

12.50 Lunch

1.40 Training 2: Plenary: Helping youth leaders care for
young people with mental health issues/concerns
- Jo Barlow

2.50 Afternoon Tea

3.20 Small Group Prayer

3.40 Training 3: Options
a) Panel: Developing a pathway to serve
- Koh Saito, Karen Astles, Matt Lihou
b) Cultivating joy in the life of the youth group leader
- David Phillips

4.20 Small Group Reflection time from the day

4.40 Wrap Up including singing

5.00 Finish

ABOUT PYNSW

Welcome to the second annual PY Encourage Sydney event.

We are excited to welcome you to Christ College, (and online in hubs in some of the regions of NSW). The vision of PYNSW is to see Presbyterian Churches in NSW filled with children and youth who know, follow, love, and share Jesus, actively participating in the life of the church.

We hope today helps you head back to your church feeling encouraged, having met some fellow youth group leaders, and in particular today learning to care for youth with different mental health concerns.

We welcome your feedback, and hope to see you next year at PY Encourage Sydney, or at a regional camp, at Summer Camp or the Lead for Life Internship soon.

David Phillips

PYNSW General Manager on behalf of PYC



<https://idmersz.paperform.co>

Notes

Bible Talk

Paul Byun

Silence on Earth; Rejoicing in Heaven.

Luke 15:1–10

How to disciple and encourage your youth leaders

Andrew Sylvester

Training Youth Leaders

Convictions

| WHAT IS REQUIRED OF YOUR LEADERS | WHAT HELPED YOU GET THERE |
|----------------------------------|---------------------------|
| | |

Character

| WHAT IS REQUIRED OF YOUR LEADERS | WHAT HELPED YOU GET THERE |
|----------------------------------|---------------------------|
| | |

Competency

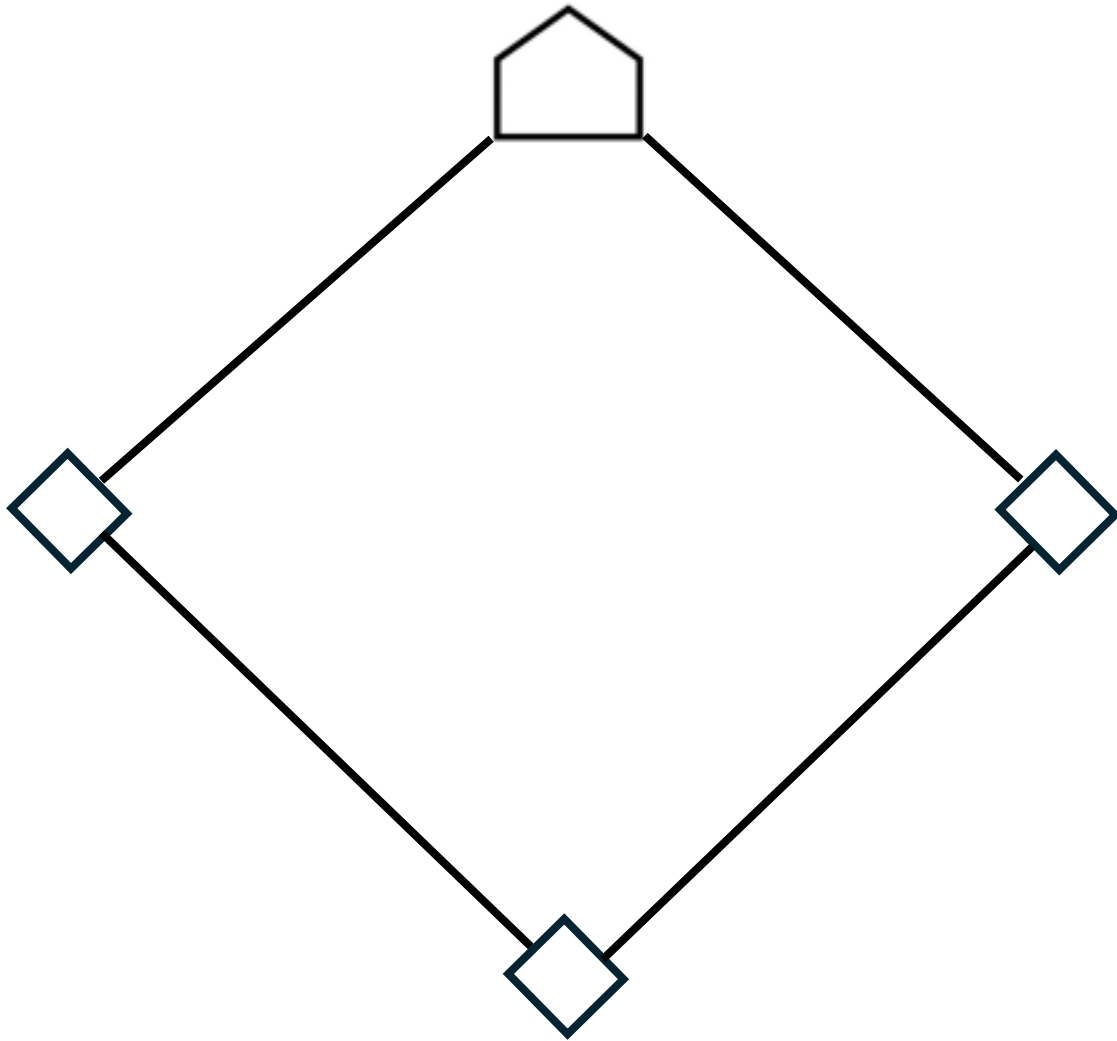
| WHAT DO THEY NEED TO DO? | WHAT HELPED YOU GET THERE |
|--------------------------|---------------------------|
| | |

Coaching

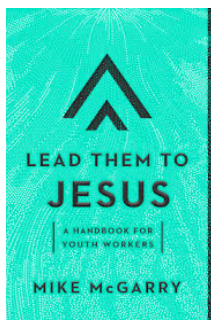
| WHAT DO THEY NEED TO DO? | WHAT HELPED YOU GET THERE |
|--------------------------|---------------------------|
| | |

How to disciple and encourage your youth leaders

Andrew Sylvester



Additional helpful Resources



Lead Them to Jesus: A Handbook for Youth Workers
Mike McGarry

How to run better games – Invite Everyone to the Table

Wendy Marriott

Start with the Purpose – Eat at the Table

What kinds of games, activities, outings, events or community service opportunities do you use in your youth ministry? Why or why not?

*“Whatever you have learned or received or heard from me, or seen in me —put it into practice. And the God of peace will be with you.” – **Philippians 4:9***

Jesus didn't just preach, he TAUGHT and used a variety of tools and methods.¹ Often storytelling and raising questions **after** an event, object or action was performed, taken or observed. Jesus invites us to eat at the table, then shares communion.

Activities are _____ and _____ **tools** with _____ and _____.

2. Know Your Players – Who are you inviting?

Do you know your youth?

What are their needs? Wants? SWOT?

Choose an example at your table – How could you know? What can you do?

E.g. 1 You bring balloons to youth, and throw them out as a surprise at the end, yelling at all the kids to pop them. One of the kids melts down from the noise. After they regulate, you apologise. They say its ok, but then they struggle to trust you later. It wasn't on their registration form!

E.g. 2. Your youth can't seem to pay attention when explaining rules, and spend more time and enjoy themselves more trying to frustrate you and play with your explanations of rules than playing the game.

E.g. 3. You have a girl that always seems keen, but when you ask if there's any games she doesn't like, she surprises you. She says she actually doesn't like playing football every week and she's bored because the other games are too easy.

3. Understand Your Role – Facilitator, not a Subjugator

We want to invite all youth to share meaningful experiences that build faith. We don't want to confuse, frustrate, isolate and overwhelm them without resolution. How?

Do our youth group games let students know that everyone's experience matters?²

We aren't running games to kill time, be the best, or enforce our whims. Great games provide a structure for play and learning experiences and excel with good debrief.

How can you communicate something nobody has seen before and expect them to obey all the hidden and unwritten rules? How can we get kids involved?

Welcome

Explain

Model

How to run better games – Invite Everyone to the Table

Wendy Marriott

Invite

Run

Debrief

4. Set Simple Rules, Helpful Metrics and Clear Boundaries

5. Let The Game Happen - Let Them Eat!

6. Debriefing

How to run better games – Invite Everyone to the Table

Wendy Marriott

How to Think and Make Decisions About Games and Activities: *What do we need to do? What works? How and Why?*

| | |
|--|---|
| What do we want them to know? How does this help them? | What do I want to do? Why? |
| What skill does my youth need to build? | What skill do I need to build? |
| What does the game do? How does it work? What affect does it actually have on players? What does it teach? | Can the audience learn, play and explain the game? Use debriefs - What do we notice? Where does that come from? What can we change? What's the impact? |
| What resources do we have access to? How will we use them? | Do your SWOT Analysis and Risk Assessments! What are our Strengths? Weaknesses? Opportunities? Threats and Risks? How will we manage them? ³ |
| What boundaries do we need to set? How will they be established and reinforced? | Who are our players? Helpers? Leaders? What do they want? |
| Does the purpose of the game match or contrast our message? How can we frame and debrief it? | Can we adapt the game mechanics, change the framing or choose a better game to suit our needs? |
| How are we communicating the game? How is it received? | How does the game and my approach invite participation and spectatorship? |
| If the activity engages with evil, falsehood or sinfulness, are we able to teach or frame it clearly? | How can leaders and players model godly characteristics? |
| Are our metrics clear, fair and beneficial? What are we playing for? | Are we enabling a safe environment and allowing enough time and space for play and experience to take place? When and how do leaders need to step in to help or implement controls? |
| How do we encourage youth to share responsibility and take ownership? For resources, learning, games or tasks, environment, behaviour, child safety. | Can I notice problems, manage risks and adapt mechanics on the fly? What's in the way right now? What can we do about it? |
| What role do I and my leaders need to take on? Facilitator and observer? Referee? Equaliser? Peer? Heel? | Are our choices and adaptations achieving our goals? Do we need to let it happen or step in and make changes? |

How to run better games – Invite Everyone to the Table

Wendy Marriott

As a table, think about your youth ministries and work together.

| What do I want to achieve? | What does the game do? i.e. what effect does it actually have on <i>my youth group</i> ? How is that different to the intended playerbase? | Does this communicate what I want to achieve? Can I adapt or reframe it? Is there a better option? |
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| | Football (Soccer) | |
| | Icebreaker Questions (Hi, I'm ____ and my superpower is...) | |
| | Trivia | |
| | Activity of your Choice! | |

How to run better games – Invite Everyone to the Table

Wendy Marriott

Free Resources

[BTS Risk Assessment Matrix](#) (Resources > Key Forms > Templates)

<https://breakingthesilence.org.au/wp-content/uploads/2024/10/BTS-2024-Template-Risk-Matrix-and-Register-Sep-2024.pdf>

[Fuller Youth Institute - Your New Mantra for Youth Group Games](#)

<https://fulleryouthinstitute.org/blog/your-new-mantra-for-youth-group-games>

[Playmeo Website and YouTube](#), Mark Collard

[The Essential Ingredients of Successful Icebreakers](#)

<https://www.playmeo.com/why-your-icebreakers-dont-work-how-to-fix-them/>

[Teaching PDHPE K-12](#), NSW Education

<https://education.nsw.gov.au/teaching-and-learning/curriculum/pdhpe/planning-programming-and-assessing-pdhpe-k-12/planning-programming-and-assessing-pdhpe-7-10>

[Youth Group Games](#) - <https://youthgroupgames.com.au/>

Best quick access to youth game instructions online for free, but *be critical*. As

submissions are crowd sourced, you will need to check and rewrite names,

explanations and procedures as they often only make sense to the author. The tags can

be good as quick references, but are often rigid and unhelpful.

Courses Referenced

[PY Lead for Life Internship](#) (Ages 17-23)

<https://pynsw.org.au/wp-content/uploads/Lead-for-Life-Information-2023.pdf>

TAFE – [Community Services or Youth Work](#) (<https://www.tafensw.edu.au/course-areas/community-and-youth-services>) and [Outdoor Leadership](#)

(<https://www.tafensw.edu.au/course-areas/sport-and-recreation>)

[Youthworks Christian Outdoor Leadership Pathway](#)

(<https://www.youthworkscoe.net/traineeship>)

[CRU Training - Summit, First Aid and more](#) (<https://www.cru.edu.au/training/courses>) and [CRU VOLT \(Volunteer Training\)](#) –

(<https://cruamps.com.au/cru/volunteers/volunteer-training-events/>)

Helping youth leaders care for young people with mental health issues/concerns

Jo Barlow

Youth mental health

Created by God

What is mental health?

Christian mental health

Leaders as models

Common issues

Brain development

Sleep disruption

Social media

Our identity is in Christ

Helping youth leaders care for young people with mental health issues/concerns

Jo Barlow

In a chaotic world

Autism spectrum disorder (ASD)

ASD and the youth group

Generalised anxiety disorder

Panic disorder

Social anxiety disorder

Phobias

Treating anxiety disorders

Anxiety for a Christian

Obsessive compulsive disorder

Helping youth leaders care for young people with mental health issues/concerns

Jo Barlow

'Alice'

Depression and Major Depressive Disorder (MDD)

Treatment of MDD

Bipolar disorder

PTSD and DV

Substance abuse

Oppositional defiant disorder (ODD)

Self harm

Helping youth leaders care for young people with mental health issues/concerns

Jo Barlow

Suicidal thoughts

Risk factors

Grief and loss

Getting help – see list of resources

Take-home messages

Helping youth leaders care for young people with mental health issues/concerns

Jo Barlow

Where to find help - Phone and online services

- Lifeline – crisis support
131114
- Beyond Blue – services for teens as well; helpful articles on website
1300 22 4636
- Kids Helpline – telephone counselling up to the age of 25
1800 55 1800
- SANE – for people with complex mental health needs
1800 18 7263
- NSW Mental Health Line – advice and recommend services
1800 011 511
- Head to Health – government agency helping people connect with services
1800 595 212
- Jericho Road – recommend Christian counsellors
1800 818 133
- Someone.health – bulk-billing online psychologists

Panel: Developing a Pathway to Serve

Koh Saito, Karen Astles, Matt Lihou

My notes from the Panel:

Panel: Developing a Pathway to Serve

Koh Saito, Karen Astles, Matt Lihou

My notes from the Panel:

Cultivating Joy in the life of the Youth Group Leader

David Phillips

Introduction: what is joy?

How are you going with joy at the moment?

Cultivating joy in seven steps

1. Clearing the ground

2. Tilling the soil

3. Planting the seeds

4. Watering and waiting

5. Pruning

6. Harvesting

7. Composting

Cultivating Joy in the life of the Youth Group Leader

David Phillips

Forming new habits

Making a habit of joy in your life

Making joy a part of your youth group leadership

What habits will I put in place to cultivate joy?

Small Group Reflection Time from the day

Notes

- BACK -



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