

SMALL  GROUP

SMALL GROUP LEADER GUIDE

Red Flags, Respect, & Relationships / Week 3

BEFORE GROUP

BOTTOM LINE

God cares about how we value ourselves and others.

SCRIPTURE

Mark 12:30-31 NLT

GOAL OF SMALL GROUP

To encourage students to consider the way they value themselves and others and to point them toward treating everyone (including themselves!) the way God calls us to.

THINK ABOUT THIS

The standard when it comes to the way we value others regarding relationships and sex is sexual integrity—choosing to respond to the sexual things we feel, think about, and desire in a way that respects ourselves, others, and God. Your middle schoolers may not be permitted or even interested in dating just yet. That's why it's important to help your students think about how they can practice sexual integrity in areas of their lives they might not have thought of originally. Point them toward things like the music they listen to, the shows they watch, the pictures they post, the jokes they make, and the way they talk to and think about other people. Finally, remember that you may have students who have experienced sexual abuse on some level. This conversation could lead them to share with you about that, so be prepared to follow up, support, and point them toward help if and when they do.

This guide is a suggestion, not a formula. Adjust the content as needed, and don't feel like you need to complete everything listed.

DURING GROUP

JUST FOR FUN

Tell us about your most valuable childhood possession!

DISCUSS THIS

1. How can people tell when something is valuable to us?
2. How can people tell when something isn't valuable to us?
3. How might knowing that God says we all have value change the way we treat . . .
 - a. Others?
 - b. Ourselves?
4. What might change about our relationships if we treat others with value?
5. What might change if we ask others to treat us with that same value?

DO THIS (EXPERIENCE 1)

Hand out the provided journal page and ask students to fill it out during group time. Allow students to complete it privately, and then ask for volunteers to share what they wrote if they feel comfortable.

GOD CARES ABOUT HOW WE VALUE OURSELVES & OTHERS

USE THIS SHEET TO IDENTIFY RED FLAGS IN HOW YOU VALUE YOURSELF, TO MAKE A PLAN FOR HOW YOU'LL RESPECT OTHERS AND YOURSELF, AND TO USE YOUR RELATIONSHIPS WITH TRUSTED ADULTS TO HELP YOU FIGURE OUT YOUR NEXT STEPS.

RED FLAGS

Before we can treat others like they have value, we have to first believe that we deserve to be treated well. Read the following questions and answer them honestly to determine if you have any red flags with how you think about yourself.

- 1 When I look in the mirror, I usually:
 - a) Like the person I see.
 - b) Am not sure if I like the person I see.
 - c) Don't like the person I see.
- 2 If I fail a test, I usually feel:
 - a) That one test doesn't reflect my intelligence.
 - b) Unsure if I can do better next time.
 - c) That I'll never do well in school.
- 3 If I don't make the team/club I tried out for, I usually:
 - a) Still think I have unique skills and talents.
 - b) Feel unsure if I have what takes to make the team/club in the future.
 - c) Don't try out again.
- 4 When I'm left out of something my friends are doing as a group, I usually feel:
 - a) That I'm a good friend and deserving of supportive friends who include me.
 - b) Like I did something wrong or that they don't like me.
 - c) That I don't deserve good friends or to be included.
- 5 If others criticize me, I usually:
 - a) Ignore it and still believe I have value.
 - b) Question if they are right.
 - c) Agree with them.
- 6 When I think about God's love, I usually feel:
 - a) That I'm loved and valued by God no matter what.
 - b) Like I have to do something to earn or keep God's love.
 - c) Undeserving of God's love.
- 7 When I think about my achievements, I feel mostly:
 - a) Proud of what I've accomplished.
 - b) A little uncomfortable taking credit for my accomplishments.
 - c) Undeserving or that I probably won't achieve anything important again.
- 8 If someone says something hurtful to me or spreads a rumor about me, I usually:
 - a) Stand up for myself.
 - b) Ignore it and hope it stops.
 - c) Think I did something to deserve it.
- 9 When I face a challenge, I usually:
 - a) Think I can successfully meet the challenge.
 - b) Am unsure if I can tackle it.
 - c) Believe I don't have what it takes and will fail.
- 10 I believe that when others think about me, they usually:
 - a) Think positive things.
 - b) Have no opinion of me.
 - c) Think negative or critical things.
- 11 When someone does or says something that makes me feel uncomfortable, I usually:
 - a.) Ask them to stop.
 - b) Ignore it and hope it stops.
 - c) Think my feelings don't matter.

If you answered "b" or "c" to more than five of these questions, you may need to work on how you view and value yourself. Use the next two sections to help you brainstorm how you can take positive steps in that direction.

LOVE



RESPECT

Consider what it might look like to make a change in the ways you respect and treat yourself and others.

I CAN RESPECT AND TREAT MYSELF WITH VALUE IN THESE WAYS . . .

WHEN I LISTEN TO SONGS: _____

WHEN I WATCH VIDEOS: _____

WHEN I LOOK AT PICTURES: _____

WHEN I HAVE A CRUSH: _____

THESE ARE 2 ADDITIONAL WAYS I CAN RESPECT MYSELF:

1. _____

2. _____

I CAN RESPECT AND TREAT OTHERS WITH VALUE IN THESE WAYS . . .

WHEN I TELL JOKES: _____

WHEN I'M ON SOCIAL MEDIA: _____

WHEN I THINK ABOUT SOMEONE ELSE: _____

WHEN I HAVE A CRUSH: _____

THESE ARE 2 ADDITIONAL WAYS I CAN SHOW RESPECT TO OTHERS:

1. _____

2. _____

RELATIONSHIPS

Sometimes we need a little help in navigating what it means to value ourselves and others.

THIS IS A TRUSTED ADULT WHO CAN HELP ME FIGURE OUT WHAT STEPS TO TAKE TO RESPECT AND VALUE OTHERS IN WAYS WE ALL DESERVE: _____



XOXO

