

Overview:

Pressure App

Why use this App?

This App focuses on situations which might cause you to feel under pressure. Life is not always smooth and it is inevitable that there will be times when you and/or others feel stressed or unable to cope. Through this App you will explore strategies and techniques to help at such times, as well as finding out how words from the Bible may help you.

How do I use it?

The App is split into five programmes. Each one should take four to six hours.

The programmes:

OK to say No	(Peer pressure)
Watch out for your Grades	(Exams and coursework)
No Respect	(Bullying and abuse)
Life's Knocks	(Facing life's experiences)
Standing Out	(Being different)

Each programme presents you with a challenge. Here are the five challenges from the Pressure App:

Your Challenge:	OK to say NO: (Peer pressure) Consider what is needed to resist peer pressure and source ways in which to encourage/inform others that it's OK to be themselves and stand up for what they believe.
Your Challenge:	Watch your Grades: (Exams and coursework) Deadlines, tests and exams can be difficult times for us all. Plan ahead and find ways of coping more easily with these pressurised times.
Your Challenge:	No Respect: (Bullying and abuse) In our world today there are some people who do not show respect for others. Identify one or more groups of people who live in a world without respect and see what you can do to improve their place in society.
Your Challenge:	Life's Knocks: (Facing life's experiences) Life sometimes brings difficult situations which are hard to cope with. Identify one such time and reflect on your personal experience of it or explore coping strategies which might help in such a situation.
Your Challenge:	Standing Out: (Being different) Society comprises of a number of groups/individuals who are different in one way or another. Find a way to identify with one such group/individual and develop an understanding of how they feel.

Pressure App:
Your challenge:

OK to say No: (Peer pressure)

Consider what is needed to resist peer pressure and source ways in which to encourage/inform others that it's OK to be themselves and stand up for what they believe.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Write and produce a drama/play about someone who gives into and then learns to stand up to peer pressure. Perform it to a chosen focus group.
- Make a presentation highlighting how young people can be helped to deal with peer pressure. Either aim this at parents so that they feel better equipped to help their children or at the young people themselves.
- Use the internet, the press or personal contacts to explore the stories of individuals who have faced peer pressure in different contexts (e.g. smoking, truanting from school, having under aged sex, joining gangs or vandalism). Discuss the outcomes and alternative routes each might have taken.
- Interview people of differing ages and write a series of articles and/or create a series of cartoons illustrating how peer pressure changes through the years but can be present in all ages. Find a way of publicising your material.

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/other members of your group possess to help with this challenge?

Design:

Study some of the information you have gathered and consider how you will complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advice do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time lines you must set in order to ensure you meet your deadlines?

Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Exodus Chapter 20 gives us the 10 basic outlines of God's guide for life. Consider how you could be peer pressured into breaking them.
- Discuss and list the ways in which you can resist temptation and say no in order to keep God's law.
- The Bible never uses the words peer pressure, but it does tell us how we should deal with the many trials we will face in our lives. Read Ephesians Ch.6:10-18 and consider how this spiritual armour can help you withstand peer pressure.

Respond: Make it happen! Put your plan into action and complete the challenge.

Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues which you face in everyday life?

Pressure App:
Your challenge:

Watch your Grades: (Exams and coursework)

Deadlines, tests and exams can be difficult times for us all. Plan ahead and find ways of coping more easily with these pressurised times.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like. You could:

- Arrange for a teacher or college lecturer to lead a number of sessions on study skills/revision techniques to help with your preparation for these busy times.
- Record in visual form how your time is used in a typical week. Discuss with others where study time can be gained whilst maintaining a balanced lifestyle. Prepare a timeline for yourself and record your actual use of time during an exam period or when focusing on a key piece of coursework.
- Engage in a variety of games and activities which encourage the development of memory skills - identifying that memory is an important factor when it comes to exams! Discuss how you can use some of these skills to aid your revision.
- Explore and adopt some positive techniques for relaxation which will help you in times of pressure. Relieve the pressure of a forthcoming exam period by planning and preparing an 'exams over' party.

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/members of your group possess to help with this challenge?
- What difficulties do you think you might face?

Design:

Study some of the information you have gathered and consider how you will complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advice do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time lines you must set in order to ensure you meet your deadlines?

Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Studying for your exams is really important. Read James Ch.1:19-25 and discover what this passage says you should study. Discuss Verse 23 and explain what it means.
- Choose a selection of well-known Bible verses and commit them to memory.
- Begin keeping your own journal and record things you read in the Bible or hear from other Christians. Your journal will remind you of the things which you don't want to forget (like your revision notes). From time to time you can look back at your jottings and remember what you have learnt about God!
- Commit to maintaining your spiritual journal after you have completed this challenge.

Respond: Make it happen! Put your plan into action and complete the challenge

Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues that you face in everyday life?

Pressure App:
Your challenge:

No Respect: (Bullying and abuse)

In our world today there are some people who do not show respect for others. Identify one or more groups of people who live in a world without respect and see what you can do to improve their place in society.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Create and deliver a four week programme of activities to teach younger members of your group about bullying. Explore such areas as the feelings it evokes, what to do if they know someone who is being bullied and how to stand up to a bully etc.
- Gather together an anthology of writings by, or about, those who have been abused. Abuse of many kinds is prevalent in our society today. Discuss together the emotions expressed in the writings and the ways in which you can support those who suffer in this way.
- Identify the different types of abuse - physical, mental, sexual, racial and neglect. Find out about an organisation that seeks to support those who suffer in one of these ways. Raise some money to help.
- Attend a training course focusing on a leader's responsibility to learn about respect issues e.g. child protection or equal opportunities.

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/other members of your group possess to help with this challenge?
- What difficulties do you think you might face?

Design:

Study some of the information you have gathered and consider how you will complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advice do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time scales you must set in order to ensure you meet your deadlines?

Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Read *Genesis Ch.37:18-32*, the story of Joseph's brothers' vendetta against Joseph.
- Identify motives, attitudes, thoughts and actions in the story which are mirrored in bullying situations seen today.
- Read *Genesis Ch.39:2; Ch.39:21 and Ch.41:37-41* - discover and discuss how Joseph survived this difficult time in his life.

Respond: Make it happen! Put your plan into action and complete the challenge

Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues that you face in everyday life?

Pressure App:
Your challenge:

Life's Knocks: (Facing life's experiences)

Life sometimes brings difficult situations which are hard to cope with. Identify one such time and reflect on your personal experience of it or explore coping strategies which might help in such a situation.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Write a collection of poems or a short story which reflects someone's experience and feelings as they go through a particularly difficult time e.g. the death of a family member, a divorce or a break-up.
- Arrange to meet some people, including your minister or pastor, who are willing to talk about their experiences of bereavement. Identify the different circumstances which may result in death e.g. a long term illness, old age or an accident and find out the strategies which have helped them to cope with the pressures it can bring and the range of emotions they felt.
- Create a piece of art - a painting, sculpture, piece of music or collage, which expresses your emotions as you went through a difficult experience.
- Look at some of the websites available to help people living in difficult situations e.g. broken relationships, sibling rivalry, terminal illness, divorce, separation, crime or abuse. Participate in a number of role plays/scenarios which will help you to explore how you might support someone you know who might be facing any of these circumstances. Discuss what you have learnt.

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/other members of your group possess to help with this challenge?
- What difficulties do you think you might face?

Design:

Study some of the information you have gathered and consider how you will complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advice do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time lines you must set in order to ensure you meet your deadlines?

Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Find out about the work of The Gideons International.
- Look in a Gideon Bible and you will find a list of Bible passages which might be useful in difficult times. Choose one or two of the categories which might apply to you and read the verses suggested.
- Select a few verses which might be really helpful in difficult times. Print them out in the form of a pocket-sized card, get it laminated and carry it with you in your bag or pocket.

Respond: Make it happen! Put your plan into action and complete the challenge.

Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues that you face in everyday life?

Pressure App:
Your challenge:

Standing Out: (Being different)

Society comprises of a number of groups/individuals who are different in one way or another. Find a way to identify with one such group/individual and develop an understanding of how they feel.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like. You could:

- Select a specific disability and find out as much as you can about those who are affected in this way. Find a way to identify with this group and demonstrate your support e.g. entertain at a local disability centre, run a stall at a local charity sale to raise funds or learn to use sign language.
- Explore a range of unusual hobbies in which people of your age may engage. Identify one such interest and follow it for a period of time. Produce evidence of your interest and share your passion with the rest of your group and, in so doing, embrace difference.
- Organise a cultural evening embracing and celebrating differences in areas like food, clothing, lifestyle, festivals and beliefs.
- Produce a public information leaflet, DVD or poster campaign to address issues relating to racial tensions/gender bias/ageism/other difference which might be prevalent in your neighbourhood, workplace, school or college

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the activity and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/other members of your group possess to help with this challenge?
- What difficulties do you think you might face?

Design:

Study some of the information you have gathered and consider how you will complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advise do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time lines you must set in order to ensure you meet your deadlines?

Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Read Galatians Ch.3:26-29 and explore its meaning.
- Rewrite Verse 28 as if Paul was writing these words today. Consider what groups he might include when trying to express that all are 'one in Christ Jesus' in our society today.
- Create a collage, mural, banner or screen saver illustrating the text 'all one in Christ Jesus'.
- Reflect on the fact that if God accepts all in His family then we should do the same.

Respond: Make it happen! Put your plan into action and complete the challenge.

Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues that you face in everyday life?

Pressure app

Your chosen challenge:

Ideas:

Outline your idea:

Set the scene:

Jot down your initial thoughts/questions:

Design:

Consider who will be involved, when it will happen, what you will need and how much it will cost etc.

Who?

What?

How much?

When?

Investigate the Christian perspective:

Outline how you will find out what the Bible/other Christians say about this topic.

Will you have a specified time every week or one whole evening focused on this aspect of your challenge?

Will it be led by visitors/your leader/your chaplain/members of your group?

Respond

Now use the challenge plan on the next page to help you to make it happen!

Work out what will happen each week.

Identify who you will need to help you/who is inviting them/who is leading/who will be involved in each activity etc.

Ensure you will have the resources you will need.

Record the time you are involved each week to keep track of your progress.

Evaluate

Think through how successful you have been by considering the evaluation questions.

Record your story in my i - **chievement** journal

Pressure app -
Challenge plan

Date	Activity What will you do this week?	Who Who will support you to facilitate this session?	What What equipment is needed?
Week/step 1 Date: Time:			
Week/Step 2 Date: Time:			
Week/step 3 Date: Time:			
Week/step 4 Date: Time:			
Week/step 5 Date: Time:			
Week/step 6 Date: Time:			
Week/step 7 Date: Time:			
Week/step 8 Date: Time:			
Week/step 9 Date: Time:			
Week/step 10 Date: Time:			

Copy for additional weeks as required.