

**IFG Ultimate Programme**

The **Ultimate Programme** has been designed especially for you (girls who are 14 years and over). Check out what this is all about on the following pages.

There are twenty **Apps** on topics that are relevant to your age group**,** all with their own challenges. You get to choose which **Apps** you would like to complete. Your Leaders are there to help, guide and support you along the way.

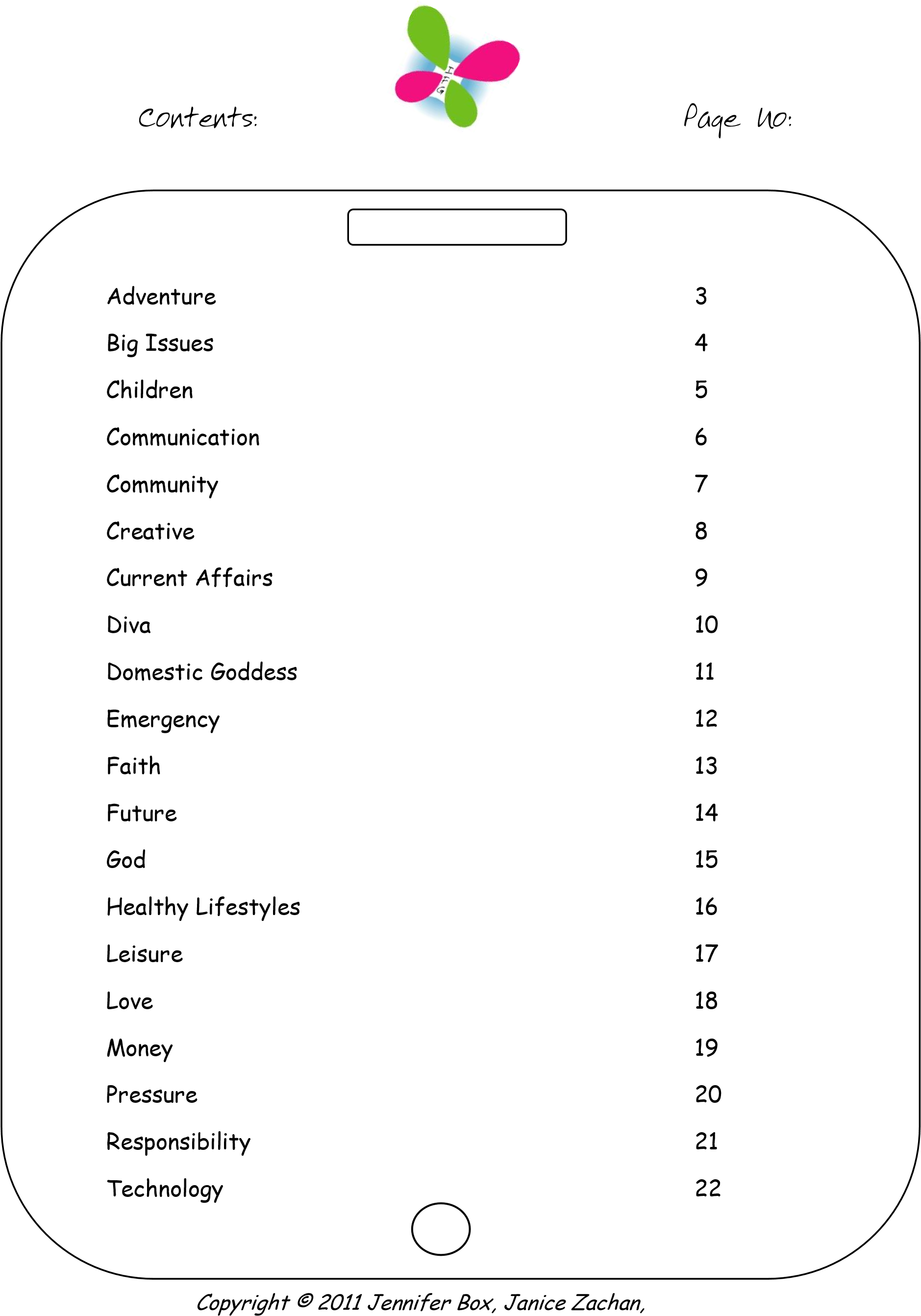
You will earn badges for each **App** completed; these are stitched to the back of your

Ultimate tee shirt, inside the cell phone outline.

You will receive an **Ultimate I-chievement Journal.** This journal is your own personal record of the **Apps** you undertake while working on the Award.

**The IFG Ultimate Award** – check out page 30 of your I-achievement Journal to see what you need to do to achieve this very special award.

This resource gives you an outline of each **App**. For more detailed information check out the **Ultimate Programme** book which your Leader has.



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and their registered leaders

# Adventure App

**Why use this App?**

Adventure will give you the opportunity to take an active part in a wide range of adventures, both in a local and a global setting. You can experience what it means to make a difference in people’s lives, encounter something new, achieve and bring about change. The app also helps you to explore the great adventure that can be yours in following Jesus!

**How do I use it?**

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

The programmes:

|  |  |  |
| --- | --- | --- |
| **Intrepid Journeys** |  | (Expeditions and explorations) |
| **Camping**  **Holiday planning** |  | (Residential events) |
| **Mission Possible** |  | (Local and overseas mission) |
| **Reach for the Sky** |  | (Personal physical achievement) |

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

|  |  |
| --- | --- |
| Your Challenge: | **Intrepid Journeys:** (Expeditions and Explorations)  Plan and participate in an expedition/exploration. Use an appropriate and interesting way to record your experiences. |
| Your Challenge: | **Camping:**  (Residential events).  Work with others to help plan and deliver a residential event. Consider the needs of your participants and from these provide a range of enjoyable activities in which they can participate. |
| Your Challenge: | **Holiday planning:**  Explore the different types and characteristics of holidays available. Find out about some of the things that need to be considered when planning a holiday and then plan your ideal time away. |
| Your Challenge: | **Mission Possible:** (Local and overseas mission)  Explore the work of a specific local or overseas mission organisation or team. Take an active part in supporting your chosen mission and share your experiences/discoveries with others. |
| Your Challenge: | **Reach for the Sky**: (Personal achievement)  Engage in an activity which has an element of personal achievement and adventure. Try something new, aspire to a standard you have never accomplished before, master a fear or just be different! |

# Big Issues App

**Why use this App?**

In the world today you will occasionally be faced with issues of huge significance - matters relating to life and death, truth and justice, freedom and oppression, sin and forgiveness or trust and acceptance. Such things are almost too big for us to grasp; they cause us to think deeply and reflect carefully. They have a mammoth impact on the kind of society in which we live. This channel helps you to see these significant issues through the eyes of God.

**How do I use it?**

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

The programmes:

**Fool Proof** (Trust and acceptance)

**It’s not Fair** (Truth and justice)

**Liberty** (Oppression and freedom)

**Life to the Full** (Life and death)

**Missing the Mark** (Sin and forgiveness)

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

|  |  |
| --- | --- |
| Your Challenge: | **Fool Proof:** (Trust and acceptance)  Explore what it means to be trusted and accepted from a personal, community or world perspective. |
| Your Challenge: | **It’s not Fair:** (Truth and justice)  We have a society where truth and justice are considered to be a ‘right’ for all but where in practice there are groups who are marginalised, ignored or even persecuted. Raise your awareness of one such group and find a way to help others know more about their plight. |
| Your Challenge: | **Liberty:** (Oppression and freedom)  Investigate examples of oppression and freedom around the world and do something practical to raise awareness of these issues. |
| Your Challenge: | **Life to the Full:** (Life and death)  Think about life and death and how they both affect everyone on the planet. Explore the different ways in which we face and deal with these issues. |
| Your Challenge: | **Missing the Mark:** (Sin and forgiveness)  Think about all the wrong that is prevalent in our world today and reflect on our attitudes and response to those who commit these wrongs. |

# Children’s App

**Why use this App?**

Jesus Himself held children in high esteem, saying that we should become like them! Many of you young women will one day be mothers and others may work in professions which will involve interaction with young children. This App is designed to help you develop skills that will help you to understand the needs and responsibilities associated with such roles. The App explores practical tasks such as baby care and running a children’s party. It also introduces you to issues such as ‘How much TV should my child watch?’ and ‘How can I choose toys and games that will benefit my child?’

**How do I use it?**

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

The programmes:

**There’s more to it than cuddles** (Baby care)

**Pass the parcel**  (Children’s parties)

**Once upon a time** (Story time)

**Playtime**  (Toys and games)

**Watch with mother** (Children’s TV)

**Each programme presents you with a challenge. Here are the five challenges from the Children’s App:**

|  |  |
| --- | --- |
| Your challenge: | **There’s more to it than cuddles:** (Baby care).  Everyone loves a baby but there is much more to it than cuddles! Your challenge is to try to understand the needs of new parents and their babies. |
| Your challenge: | **Pass the parcel:** (Children’s parties).  Parties can be fun, but what makes a good party? Explore the elements of good parties and get involved in using or sharing this information. |
| Your challenge: | **Once upon a time:** (Story time).  Engage in an activity that helps you think about what makes a good children’s story. |
| Your challenge: | **Playtime:** (Toys and Games)  Investigate the vast selection of toys and games that are available for children and develop an understanding of the value of each. |
| Your challenge: | **Watch with Mother:** (Children’s TV)  We live in a society where some children are left to watch television alone. Research the effect of children’s television on young viewers. |

# Communication App

**Why use this App?**

There are so many issues surrounding communication as it’s such an important life skill. This App is full of challenges to help you to explore some of the ways in which you can communicate effectively. This might involve producing a church newsletter, organising a book club or using drama to show how important body language can be. Of course, one of the most fabulous things to learn is that God wants to communicate with us on a daily basis.

**How do I use it?**

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

The programmes:

|  |  |
| --- | --- |
| **Hitting the headlines** | (The media) |
| **Body Talk** | (Body language) |
| **Paperback writer** | (Book worms) |
| **Get the message across** | **(**Clear communication) |
| **Jaw ache** | (Debating) |

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

|  |  |
| --- | --- |
| Your challenge | **Hitting the headlines:** (The media)  Investigate how newspapers/television/radio stations/websites operate and put what you learn into practice. |
| Your challenge | **Body Talk:** (Body language)  Find out about how we use body language. Investigate ways of sharing this with others. |
| Your challenge | **Paperback writer:** (Book worms)  Engage in an activity that helps you broaden your horizons in terms of the type of books you read. |
| Your challenge | **Get the message across:** (Clear communication)  Investigate why clear communication is vital whether it’s verbal or written and challenge yourself to keep things short and simple. |
| Your challenge | **Jaw ache:** (Debating)  We live in a society where we often take freedom of speech for granted. Engage in a dialogue or debate, challenging yourself to consider both sides of the issue. |

# Community App

**Why use this App?**

Jesus lived in a close community with His disciples. This App is packed with challenges about what it means to live in a community. Whether it’s about looking at your local area or further afield, you will find lots of ideas to help you think through the issues and get involved. You might find yourself helping an individual or a group, finding out about and promoting your local area or examining how your choices impact on people around the world.

**How do I use it?**

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

The programmes:

**On your doorstep** (Your environment)

**It’s your right (**Citizenship)

**It’s a small world** (Global community)

**A helping hand** (Caring for others)

**Any volunteers?** (Community service)

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

|  |  |
| --- | --- |
| Your challenge: | **On your doorstep:** (Your environment)  How much do you know about where you live? Your challenge is to find out about the people who are part of your local community and to find some way to promote or help your local area. |
| Your challenge: | **It’s your right:** (Citizenship)  Over many centuries, the rights of citizens have been fought for. Your challenge is to find out what it means to be a citizen today and get involved. |
| Your challenge: | **It’s a small world:** (Global community)  Find out about how the choices we make impact on people around the world. Challenge yourself to get involved in doing your bit to change the world! |
| Your challenge: | **A helping hand:** (Caring for others)  This challenge is all about helping others. Take a look around your community and it won’t be long before you find an individual or a group in need of care. Think about the gifts and talents you have and help use these for others. |
| Your challenge: | **Any volunteers?** (Community service)  The media is always full of bad news stories about young people and yet there are so many ways in which young people are helping their community week in and week out. Your challenge is to find a volunteering opportunity that interests you and complete a period of community service. |

# Creative App

**Why use this App?**

Creativity is a gift of God and creative hobbies are a good way of enjoying relaxation and leisure time. As you grow older you will need to make personal decisions about how best to use your leisure time. Using your God given creativity is a great way to do this. This App is full of challenges to help you to develop existing and new hobbies and talents. This might involve art, craft, music, drama, dance or design.

**How do I use it?**

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

The programmes:

|  |  |  |
| --- | --- | --- |
| **Fingers and thumbs** |  | (Arts and crafts) |
| **Make a joyful noise** |  | (Musical talents) |
| **Action** |  | (Drama and dance) |
| **Heart of worship** |  | (Creative worship) |
| **Creative minds** |  | (Designing and making) |

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

|  |  |
| --- | --- |
| Your challenge | **Fingers and thumbs:** (Arts and crafts)  Explore different types of art and craft mediums. Produce one or more items using different art/craft techniques. |
| Your challenge | **Make a joyful noise:** (Musical talents)  Engage in musical activities as part of a group or on your own, by developing an existing or new talent. |
| Your challenge | **Action:** (Drama and dance)  Identify different styles of drama and/or dance. Take part in a production to an audience/congregation. |
| Your challenge | **Heart of Worship:** (Creative worship)  Explore different types of creative worship. Take part in an activity in a worship setting. |
| Your challenge | **Creative minds:** (Designing and making)  Use your creative flair to design an item, room or article and put your designs into action. |

# Current Affairs App

**Why use this App?**

Today there are more places than ever to find out about current affairs – in magazines, newspapers, TV or on the net. This App challenges you to take a closer look at the constantly changing world, whether it is close to your home town or on the other side of the world. It helps you to explore these issues from a Christian perspective and to consider if you can make a difference.

**How do I use it?**

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

The programmes:

**Paparazzi (**People in the news)

**Eco Warriors (**Environmental issues)

**Down your street (**Local news)

**Read all about it** (Behind the headlines)

**The whole world in His hands (**World church)

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

|  |  |
| --- | --- |
| Your Challenge: | **Paparazzi:** (People in the news)  Lots of people influence our world. Your challenge is to select a key figure (leader or activist) in the news and explore their sphere of influence. |
| Your Challenge: | **Eco Warriors:** (Environmental issues)  Challenge yourself to lead a more eco-friendly lifestyle to look after your environment and encourage others to do the same. |
| Your Challenge: | **Down your Street:** (Local news)  Find out what is happening in your local area and try to increase awareness of important issues. |
| Your Challenge: | **Read all about it:** (Behind the headlines)  Find out about national issues currently in the news and choose one to learn more about. |
| Your Challenge: | **The whole world in His hands:** (World church)  Around the world the church is growing. Your challenge is to find out more about the church worldwide, especially in those areas where it is expanding, and share this with others. |

# Diva App

**Why use this app?**

Many people in the world in which we live are obsessed with the way they look, celebrity focus and fast living lifestyles. This App will help you to look at true beauty, to unpack the things that are important in life and highlight the importance of accepting yourselves as beautiful and special people in the eyes of God.

**How do I use it?**

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

The programmes:

**The Catwalk** (Fashion)

**In the Eye of the Beholder** (Beauty)

**Welcome to Hollywood** (Celebrity and fame)

**Miss Congeniality** (Personality)

**The Real You**  (Masks)

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

|  |  |
| --- | --- |
| Your Challenge: | **The Catwalk:** (Fashion)  Fashion is all around us and ever changing. Explore Fashion in relation to who you are and what you like. |
| Your Challenge: | **In the Eye of the Beholder:** (Beauty)  Challenge the way in which you look at beauty and the different forms that beauty has. |
| Your Challenge: | **Welcome to Hollywood:** (Celebrity and Fame)  Challenge the way you see celebrities and look at the ways they are similar to you. |
| Your Challenge: | **Miss Congeniality:** (Personality)  Investigate the different personalities that everyone has and celebrate your own personality through creative activities. |
| Your Challenge: | **The Real You**: (Masks)  Explore the different ways masks can be used and see the impact that some masks have on society. |

# Domestic Goddess App

**Why use this App?**

Making your house into a home is a real gift. There are so many skills to develop such as cooking, entertaining and DIY. In this App you’ll enjoy learning new skills, which will make a difference to you and others around you. The best challenge of all, however, comes from God’s Word - “As for me and my house, we will serve the Lord” (Joshua Ch.24:15) - now that’s a challenge!

**How do I use it?**

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

The programmes:

|  |  |  |
| --- | --- | --- |
| **Ready steady cook** |  | (Cooking) |
| **DIY SOS** |  | (Do It Yourself) |
| **Come dine with me** |  | (Entertaining) |
| **Mum’s the word** |  | (Being a mum) |

**Changing rooms** (Interior design)

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

|  |  |
| --- | --- |
| Your Challenge: | **Ready steady cook:** (Cooking)  Cooking is an important household skill - get creative with planning and preparing food. |
| Your Challenge: | **DIY SOS:** (Do It Yourself)  Learn some Do It Yourself skills and use some of these skills to help others. |
| Your Challenge: | **Come dine with me:** (Entertaining)  Explore how to provide fun, laughter and a warm welcome. Challenge yourself to put this into practice. |
| Your Challenge: | **Mum’s the word:** (Being a mum)  Investigate what it’s like to be a mum and what a mum needs to know. |
| Your Challenge: | **Changing rooms:** (Interior design)  Design a new look for a room. Identify what makes a house a home. |

# Emergency App

**Why use this App?**

Life is sometimes hard, but who said it would be easy? This App is full of challenges that will help you feel prepared to face life head on. The App will make you aware of world need and give you practical skills which will help you to cope in those situations when things seem to go wrong. Christians, of course, know they always have God to turn to when the going gets tough!

**How do I use it?**

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

The programmes:

**Friend in Need** (Practical friendship)

**Life is Precious** (Lifesaving)

**You’re Special** (Personal safety)

**Made Do and Mend** (Coping in an emergency)

**Danger Zone** (Environmental hazards)

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

|  |  |
| --- | --- |
| Your Challenge: | **Friend in Need:** (Practical friendship)  How far would you go to help a friend in need? What do you mean by friend? Explore what it means to help a friend and consider the implications of helping others in trouble. |
| Your Challenge: | **Life is Precious:**  (Lifesaving)  Engage in an activity that makes you think about life saving and life savers. |
| Your Challenge: | **You’re Special:** (Personal safety)  There are many dangers and threats talked about that some say we have created a ‘society of fear’. Find out about sensible and reasonable precautions you can take to stay safe as you experience life to the full. |
| Your Challenge: | **Make Do and Mend:** (Coping in an emergency)  Emergency situations can often lead to a loss of possessions and/or restricted access to resources we are used to using every day. Explore alternative methods of carrying out everyday tasks. |
| Your Challenge: | **Danger Zone**: (Environmental hazards)  When events in the natural world harm people and damage property, the effect can be disastrous. These events are known as environmental hazards. Your challenge is to investigate environmental hazards and consider how and why they become so disastrous for some people. |

# Faith App

**Why use this app?**

Faith and its influence on today’s society seems to hit the headlines almost daily. This App helps you to thank about faith and the impact it has, or could have, on your everyday life. The App helps you to identify the beliefs of those claiming to be Christians, but it also helps you understand the

**How do I use it?**

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

The programmes:

|  |  |
| --- | --- |
| **The “Bride” of Christ** | (Exploring the church) |
| **I Believe in…** | (Other beliefs) |
| **The Root of the Matter** | (Beliefs and values) |
| **Let your Light Shine** | (Living your faith) |
| **Saints at Work** | (People of faith) |

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

|  |  |
| --- | --- |
| Your Challenge: | **The “Bride” of Christ:** (Exploring the church)  Explore one of the many ways the church exists materially in the community today and find a way to better understand it or to be involved in it. |
| Your Challenge: | **I Believe in…:** (Other faiths)  New Zealand is becoming a much more multicultural society with people of many different faiths. Make yourself aware of one of these faiths that exists in your community. |
| Your Challenge: | **The Root of the Matter**: (Beliefs and values)  Explore the ways in which people’s different beliefs motivate their behaviour and daily living, and in doing so, try to clarify your own belief system. |
| Your Challenge: | **Let Your Light Shine:** (Living your faith)  Consider how you should show your faith in your daily living as set against a background of today’s modern world. |
| Your Challenge: | **Saints at Work:** (People of faith)  What does it mean to live out your beliefs in the public eye? Choose a well-known person and discover what faith means/meant to them. |

# Future App

**Why use this App?**

For you, like all young people, the time will come when you have to leave home and start living independently. This experience brings with it the need for a whole new range of skills from setting up home to managing money, from making life choices about partners and careers to setting priorities and goals for future life. This App explores many of these issues and shows how God wants to be part of your future.

**How do I use it?**

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

The programmes:

**Home Sweet Home** (Setting up home)

**What’s my Line** (Careers)

**Student Days** (University life)

**Which Way** (Life choices)

**Being Me** (Developing self)

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

|  |  |
| --- | --- |
| Your Challenge: | **Home Sweet Home:** (Setting up home)  Consider some of the issues and decisions that you might have to face when you start to live independently. Get involved in an activity which will help you prepare for this experience. |
| Your Challenge: | **What’s my Line:** (Careers)  Choosing and applying for your next step in education, or for your first job, is an important step to independence. Choose an activity which will help you to plan for this important step in your life. |
| Your Challenge: | **Student Days:** (University life)  Explore life at university so that when your course starts you are ready and have the skills to be a good, successful student. |
| Your Challenge: | **Which Way:** (Life choices)  As you move into adult life there will be many important life choices that will need to be made. Select one such choice and explore your personal response to it. |
| Your Challenge: | **Being Me:** (Developing self)  As you step out into the world of independence you need to accept who you are and assert your right to express yourself in the way you choose. Your challenge is to take responsibility for your own future by finding a way to identify and release your hopes and dreams for your life. |

# God App

**Why use this App?**

This App concentrates on those things which will help you to live a life close to God. It looks at the importance of prayer, Bible reading and worship and encourages you to find new ways of getting involved with these things. It also focuses on the ways in which you can share the good news of Jesus with others.

**How do I use it?**

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

The programmes:

**Hallelujah** (Worship)

**Learn of Him** (Discipleship)

**Anybody there?** (Prayer)

**Inspired words** (The Bible)

**Go Tell** (Evangelism)

**Each programme presents you with a challenge. Here are the five challenges from the God app:**

|  |  |
| --- | --- |
| Your Challenge: | **Hallelujah:** (Worship)  Worship is the way we give honour and praise to our great God. Explore the different ways people worship and find a way in which you can engage in worship within your Christian community. |
| Your Challenge: | **Learn Of Him:** (Discipleship)  A disciple is a learner and discipleship is about learning. Find out more about the Christian faith and how it can be lived out in your everyday life. |
| Your Challenge: | **Anybody There?** (Prayer)  Explore some of the many different ways in which people can pray and in so doing find out more about the wonderful privilege of prayer. |
| Your Challenge: | **Inspired Words:** (The Bible)  Find a new and inspiring way of engaging with the Bible - it’s the word of God and our guide to daily living. |
| Your Challenge: | **Go Tell!** (Evangelism)  Consider the ways in which you can help to spread the good news of the gospel and find a way to engage in mission. |

# Healthy Lifestyle App

**Why use this App?**

This App is packed with challenges about the importance of having a healthy lifestyle. This might be by being careful about what you eat, by improving your fitness levels, by ensuring you maintain good hygiene practices or by finding out how to keep spiritually fit.

**How do I use it?**

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

The programmes:

**Live the Life** (Healthy lifestyle) **Body Beautiful** (Keeping fit)

**Junk Food Ban** (Healthy eating)

**Water, water everywhere** (Drinking habits)

**Sex in the City** (Safe sex)

**Each programme presents you with a challenge. Here are the five challenges from the Healthy lifestyle app:**

|  |  |
| --- | --- |
| Your Challenge: | **Live The Life:** (Healthy lifestyle)  Consider what is needed to live a healthy lifestyle. Choose a specific focus group and find a way of promoting healthy living to this group. |
| Your Challenge: | **Body Beautiful:** (Keeping fit)  Challenge yourself to get fit both physically and spiritually. Select a sport/leisure activity that interests you and engage with it on a regular basis. |
| Your Challenge: | **Junk Food Ban:** (Healthy eating)  Explore what constitutes a healthy diet and engage in an activity which helps you to share that information with others. |
| Your Challenge: | **Water, Water Everywhere:** (Drinking habits)  Water is essential to life. Your challenge is to consider the positive and negative experiences that can come from the use of water (which is after all present in every drink) and help others to understand this. |
| Your Challenge: | **Sex In The City:** (Safe sex)  Your challenge is to explore how it is possible, in what some call ‘a permissive society,’ to maintain a healthy respect for your body and for those you care about. |

# Leisure App

**Why use this App?**

There are so many ways that you can choose to use your leisure time. This App will enable you to engage with, and explore, some of the many options. It will help you to enjoy the experiences as well as to appreciate the physical and spiritual benefits that your leisure choices can bring. Time is a gift of God; we need to learn to use it well.

**How do I use it?**

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

The programmes:

**In on the action** (Sport and physical recreation)

**Cheer out loud** (Being a supporter/fan)

**Happening Beats** (Enjoying music)

**Animal watch** (Caring for animals)

**Get in the game** (Fun and games)

**Each programme presents you with a challenge. Here are the five challenges from the Leisure app:**

|  |  |
| --- | --- |
| Your Challenge: | **In On The Action:** (Sport and physical recreation)  Discover what it takes to participate in and enjoy sport and physical recreation activities. Choose a specific activity, set an appropriate goal and try your best to reach it! |
| Your Challenge: | **Cheer Out Loud:** (Being a supporter/fan)  Explore and share with others about something that you support or have an interest in e.g. a team, band, singer or television programme and demonstrate how this impacts on your life. |
| Your Challenge: | **Happening Beats:** (Enjoying music)  Discover what the benefits are of watching and listening to music and provide others with the chance to experience and appreciate this too. |
| Your Challenge: | **Animal Watch:** (Caring for animals)  Find out about the different ways that you can care for animals, either in the wild or as pets. Choose one particular animal then create an in-depth understanding of how to meet its needs. |
| Your Challenge: | **Get In The Game:** (Fun and games)  Participate in a range of individual and group games, including things like computer games, DVD games and board games. Find out what makes a game successful and then design one yourself. |

# Love App

**Why use this App?**

The Bible tells us that God is love. This App examines our response to this truth. It also examines the many different kinds of love which you will meet in all kinds of places – in families, in friendship groups, in special relationships, in romance or in marriage. This App challenges you to seek the meaning of true love and to show your love in practical ways.

**How do I use it?**

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

The programmes:

**We are family** (Family relationships)

**True love** (Romantic relationships)

**All you need is love** (Social action)

**A gift from God** (Sex)

**Love is......** (Friendship)

**Each programme presents you with a challenge. Here are the five challenges from the Love app:**

|  |  |
| --- | --- |
| Your Challenge: | **We Are Family:** (Family relationships)  Every family is different in its formation but it is nearly always love that binds it together. Explore some of the different facets of love shown in family relationships and record them in a creative way. |
| Your Challenge: | **True Love:** (Romantic Relationships)  Find a way to explore and express the elements of True Love shown in a positive romantic relationship. |
| Your Challenge: | **All You Need Is Love:** (Social action)  There are many organisations that run social action projects. Your challenge is to get involved with one of these activities. |
| Your Challenge: | **A Gift From God:** (Sex)  Your challenge is to consider the spiritual, moral and emotional issues connected with having sexual relationships - and determine a positive and informed response to the questions raised. |
| Your Challenge: | **Love Is…** (Friendship)  Friendship is a relationship which has at its heart a special kind of love. Find a way to show the essence of this love. |

# Money App

**Why use this App?**

There are so many issues surrounding how we use our money and this App is full of challenges to help you think them through. This might involve budgeting, giving to charity or investigating the stories behind how our purchases are made or supplied. The Bible gives us sound advice about the way we should view money.

**How do I use it?**

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

The programmes:

**Spare Change** (Charity)

**Big Business** (Fair trade)

**Know your Limits** (Budgeting)

**Drop the Debt** (World poverty)

**Shop Till You Drop** (Consumerism)

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

|  |  |
| --- | --- |
| Your Challenge: | **Spare Change:** (Charity)  Investigate the work of at least one charity and find a way to support them in their work. |
| Your Challenge: | **Big Business:** (Fair trade)  Find out about how some popular products are traded. Investigate fair trade alternatives and promote these to others. |
| Your Challenge: | **Know your Limits:** (Budgeting)  Engage in an activity that helps you think about responsible ways to budget your finances. |
| Your Challenge: | **Drop the Debt:** (World poverty)  Investigate some of the issues surrounding world poverty. Find a way to raise awareness and make a difference in this area. |
| Your Challenge: | **Shop Till You Drop:** (Consumerism)  We live in a society where everything is instant and disposable. Challenge yourself to live a lifestyle which is sustainable. |

# 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. |

# Responsibility App

**Why use this App?**

This App explores some of the rights and responsibilities that come with adulthood. As you live in the home, work in your office, help in church or get involved with voluntary work you may be called upon to take leadership roles. At other times you will be part of a team or group that needs to work together. You will need to learn to organise yourself, prioritise and make decisions in many different contexts. This App will help you to explore some of these skills.

**How do I use it?**

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

The programmes:

**Follow Me** (Learning to lead)

**The three R’s** (Roles, rights and responsibilities)

**Pulling together** (Team work)

**Solve it** (Problem-solving)

**Sort it** (Organisational skills)

**Each programme presents you with a challenge. Here are the five challenges from the Love app:**

|  |  |
| --- | --- |
| Your Challenge: | **Follow Me:** (Learning to lead)  Engage in an activity which will help you to develop leadership skills. |
| Your Challenge: | **The Three Rs:** (Roles, rights and responsibilities)  Choose an aspect of adult life that brings with it specific rights and responsibilities and find a way of equipping or preparing yourself for that role. |
| Your Challenge: | **Pulling To:** (Team work)  Explore the ways that effective teams work together or demonstrate your ability to be a good team member. |
| Your Challenge: | **Solve It:** (Problem-solving)  Consider a practical problem that you have met/might meet and from the alternatives open to you attempt to resolve the problem. Alternatively, participate in some activities which will help you to develop a range of problem -solving strategies. |
| Your Challenge: | **Sort It:** (Organisational skills)  Demonstrate or develop your organisational skills by taking responsibility for planning and delivering a project or by reviewing your organisational skills. |

# Technology App

**Why use this App?**

Communication has never been so easy! The World Wide Web in all its facets allows you to speak to those across the world in a nanosecond. This App allows you to explore and engage safely with these and other technological innovations. It also looks at how the technological advances of the 21st century can be used to help communicate the message of the Christian faith in relevant and creative ways.

**How do I use it?**

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

The programmes:

|  |  |
| --- | --- |
| **Top Techies** | **(**Creative use of technology) |
| **Chat to the World** | (Social networking) |
| **Welcome to the Web** | (Internet safety) |
| **Lights, Camera, Action** | (Photography and video recording) |
| **Testing, Testing, Testing** | (Sound recording) |

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

|  |  |
| --- | --- |
| Your Challenge: | **Top Techies: (**Creative use of technology)  Consider the numerous ways you could use technology creatively and find a way of using this creativity for the benefit of others. |
| Your Challenge: | **Chat to the World:** (Social networking)  Find out the potential for good and ill of social networking and use its power to accomplish something positive. |
| Your Challenge: | **Welcome to the Web:** (Internet safety)  Consider the dangers which the internet can bring and source ways in which to encourage the safe and edifying use of the world wide web. |
| Your Challenge: | **Lights, Camera, Action:** (Photography and video recording)  The visual arts can be used to give pleasure, to attract attention, to inform or to provide permanent memories of significant people, places and events. Develop or hone your photographic or videoing skills and use your talent for one of these purposes. |
| Your Challenge: | **Testing, Testing, Testing:** (Sound recording)  Explore how people relate to sound or use your knowledge of sound recording to produce a track that will entertain, help or inform others. |