

## *The winter conference*

for GB's children and youth leaders

**4 November 2017**

St Luke's Church Centre,  
Great Colmore Street, Edgbaston, B15 2AT

Including ....

# volumise

## Why do I feel so bad?

**Helping young people deal with difficult emotions like shame and guilt**

*A resource for equipping other leaders*

### **What is this resource?**

This resource is based on the Volumise equipping session dealing with difficult emotions held at Girls' Brigade's conference in November 2017. The session was led by GBEW's President Rachel Gardner and GBM's Advocacy Co-ordinator Dr Claire Rush.

This resource has been produced to help you, as leaders, to multiply the learning from this session with others leaders in your group, local area and region. It's also accompanied by another resource, which can help you run a session exploring the issue with girls and young people.

The resource contains four sections including:

1. Engage: To help you understand the difference between guilt and shame
2. Equip: To engage you with an exploration of shame culture and how it uniquely impacts girls in the UK
3. Empower: To help you understand how shame can impact young people, the difference that knowing Jesus can make and practical strategies to deal with difficult emotions
4. Embrace: To help us celebrate our God-given worth.

Check out the Volumise section within our website's Go leader zone to find video clips of Rachel and Claire equipping you to run the session.

The resource is flexible and can be used in a variety of settings:

- With your local GB leadership team
- In regional and district leadership meetings
- As an individual online.

Below are some suggested questions that can be used to equip leaders in your local, district or regional teams. In total, this session could last between 1hr 30 – 2 hours depending on the number of activities and questions you engage with. Feel free to pick and choose activities depending on time and relevancy.

Let's equip other leaders to continue to raise the volume of hope amongst girls by enabling them to explore guilt and shame and begin a journey to wholeness.

### **Let's get started!**

## **Introductory videos**

To introduce the topic, watch the three shame stories films. Discuss with the group:

- Which film clip can you identify the most with?
- Is there a word or phrase which stood out from any of the film clips?
- Did any of these film clips change your perspective on shame? If so, how?

## **1. Engage**

This section enables us to understand the difference between shame and guilt.

Activity:

If you have time, complete the 'Defining shame' and/or 'Weather forecast' activity from the Engage section in the Volumise resource for young women with your leaders.

Before watching Rachel's video, discuss together:

- When you hear the term 'shame', what words or phrases come to your mind?

After watching Rachel's video, discuss together:

- Rachel says 'Shame is not really an emotion; it is a feeling... Shame is fuelled by our fear of not belonging and of being rejected... Shame is a bully; it encourages us to run and hideaway.' Discuss.
- Think about your GB group. How could some of the young people experience shame during a normal Girls' Brigade night? (Speak in general rather than specific terms).

Pray together:

- Thank God for the privilege of being able to journey with the young people in our GB groups.
- Pray for some of the issues that may cause shame in the lives of the girls and young women that you work with.

## **2. Equip**

This section enables you to explore shame culture and how it uniquely impacts girls in the UK.

Activity:

If you have time, complete the 'Who do you think you are?' activity from the Equip section in the Volumise resource for young women with your leaders.

After watching Claire's video, discuss together:

- Claire identified three main areas of girls' lives where messages communicated by society can make girls specifically feel shame – body image, sexuality and being stereotyped. How do you see these three 'shame triggers' in the lives of the girls that you work with?
- Claire said 'From a very young age, girls are made to feel their bodies are projects to be improved upon. The global beauty industry and aggressive advertising tells girls that they can always have whiter teeth, better skin, redder lips, slimmer waists. Every aspect of a girl's appearance now presents an opportunity to fail. Whereas boys are taught that their bodies are incredible vehicles to conquer the world in and to do great, courageous things, girls are conditioned to believe that their bodies are on display for others and should be pleasing to onlookers.' Do you agree or disagree?
- In terms of what's expected of them in how they look, act and behave, girls often find themselves in a double bind – a situation in which options are very limited and all of them expose them to penalty, censure or deprivation. In your experience, how does society place competing, conflicting and unrealistic expectations on girls?

Pray together:

- Thank God that Girls' Brigade can be a place where girls discover their God-given worth and the counter-cultural message; they are much more than what they look like.
- Whereas culture may communicate negative messages to girls about femininity, the Gospel has an incredible message for girls. Because you're a girl, you're made in the image of God. And that means you're loved, you have incredible value, and you have been made to fulfil your unique God-given potential. Pray this over the girls that you work with.

### 3. Empower

This section helps you to practically support young women experiencing issues with shame.

Activity:

If you have time, complete the 'Pictionary' activity in the Empower section of the Volumise resource for young women.

Before watching Rachel's video, discuss together:

- A young woman in your GB group shares with you that she's experiencing feelings of worthlessness and not feeling good enough. How would you handle this situation – name some practical steps? What resources/ideas do you already have?

After watching Rachel's video, discuss together:

- How do you create safe places in GB for girls and young women to be vulnerable and share difficult things? What do you do well? What could you do better?
- Read the story of the bleeding woman [Mark Ch.5:25-34]. How did Jesus deal with shame? What can we learn from Him?

Pray together:

- Write out the names of the girls and young women in your GB group on small pieces of paper. Give a few names to each GB leader and ask them to spend some time praying for them.

## 4. Embrace

Let's enable each other to build up young people's self-esteem and their understanding of their God-given worth.

After watching Rachel's video, discuss together:

- Rachel mentions about accepting our limitations. In a world that fuels perfectionism, how is this counter-cultural?
- Rachel says 'We need to welcome our uniqueness. We have something to offer that NO ONE else has to offer, and that is our unique selves: a combination of our experiences, hopes, skills, personality and achievements.' How has God made you unique? What unique experiences, hopes and qualities do you bring to the role of GB leader?

End the session engaging with the 'I am' creative prayer session in the Embrace section of the Volumise resource for young women.

Provide space for leaders to be silent before God and ask Him for His love, strength, joy, rest, hope etc. Please note: Shame is a difficult and tough subject and many of us as leaders experience it too. If possible, create an opportunity for leaders to receive prayer ministry if they need it.

### Further GB resources:

We hope that your GB group finds this session helpful and enjoyable. Our regular programmes unpack managing emotions in more detail – why don't you delve in further?

- **n:vestigate** – Our Feelings
- **n:gage** - Courage/Self-control/Inner beauty
- **n:counta** - Our Emotions/Who am I?/Coping with Life
- **n:spire** - Diva Channel/Future Channel

### Be The Change:

If you haven't done so already, please get your hands on GBEW's Be The Change **n:spire** programme. Girls' Brigade believes that we need to empower girls and stand with them as they challenge the shame culture in the UK. Girls are incredible hope-bringers and transformers. The Be The Change programme is a practical follow-on from this resource and it will equip them with the tools to challenge shame culture and raise hope for girls. A practical challenge could be producing a piece of positive media which tells girls a different hope-filled and truth-filled message about who they really are.