

Girls Only

***★ Addiction

Additional Project Ideas

Tell the story. Have the girls write a "choose-your-own-adventure" story. The girls could write a story individually or collaborate with a small team of other girls. Have the girls create the book as if they are creating a prototype to submit to a publisher. Pair talented artists with writers and encourage cooperation. Coordinate with the sponsor of a younger club to have the girls share the story with the younger club.

Invite a guest. Invite someone from your church who has overcome a life-controlling issue to come in and share their testimony with the girls. Remind the speaker of the age- and maturity- level of the girls in your group. Leave plenty of time for the girls to ask questions.

Advertise it. Have the girls come up with an advertising campaign for a drug-free lifestyle. Have the girls design T-shirts, posters, commercials, etc. Coordinate with another club and allow your girls to present their campaign to younger girls. Explain the importance of having good role models to look up to and that they can be role models for the younger girls.

Research it. Have the girls talk about what kinds of life-controlling issues they see their friends dealing with (without naming names). Have the girls research the different problems they talk about and present their findings to the club. Encourage the girls to focus on warning signs to look for and what they can do to help friends who may struggle with these issues.

Get creative. Have the girls make an art project which illustrates the effects of a life-controlling problem.

Give it back. Coordinate with your local Teen Challenge center. Ask if there's a project the girls can help with. Have the girls do a Rock-a-thon fundraiser to raise money for the center or around Christmastime have the girls organize a gift-giving campaign. If possible, help your girls organize a team from your church to do maintenance or decorating at the center.

Memorize it. Have the girls come up with verses to memorize that will help them overcome temptation. Read Matthew 4:1-11 (Jesus' temptation) with the girls and talk about the importance of knowing scripture and hiding it in their hearts. Have the girls come up with their own verses or choose from the following:

John 3:17

Romans 6:16

1 Corinthians 10:13

Resource Ideas

- *Adolescents in Crisis: A Guidebook for parents, Teachers, Ministers and Counselors* by G. Wade Rowett, Jr., Westminster, 2001.
- *I Want to Talk With My Teen About Addictions* by Megan Hutchison, Standard, 2006.
- *True Colors Series #5, Burnt Orange: Color Me Wasted* by Melody Carlson, NAV Press, 2005.
- *The Secret Life of Samantha McGregor: Book 3, Playing with Fire* by Melody Carlson, Multnomach, 2007.

Additional Discussion Questions

Discovery #1

- What does it mean to you to be God's temple?
- The design for the temple God commanded Moses to build seems really complicated and detailed. Why do you think God commanded it to be this way? Why doesn't our church look like this temple?
- Knowing that your body is God's temple, how does that affect what you do? What about what you eat? What about the other things you put into your body? What about the way you dress? What about the things you choose to do with your body?

Discovery #2

- What does addiction mean to you? How does it affect you personally?
- What kinds of things could be considered an addiction in your life? Is it always bad to be "addicted" to something?
- Are you fulfilled? Why or why not?

Discovery #3

- How have you observed drug addictions starting? Is there a pattern?
- Why do you think people try drugs for the first time? Why do they continue to use drugs?
- What does it mean to use a drug "recreationally"? Is it OK to experiment with alcohol and drugs or to use them "recreationally?" Why or why not?

Discovery #4

- What are some other substance addictions you've observed?
- Are you addicted to any substances? What can you do to help yourself give up these addictions?
- Why do people struggle so much with becoming addicted to certain foods? Why do people struggle so much with obsessively counting calories and managing their weight?

Discovery #5

- Have you observed any activities becoming addictions?
- How do you spend the majority of your time? Are you addicted to any activities? Are you addicted to any things (cell phone, TV, computer, iPod, etc.)? How can you tell if you're addicted to something or just enjoy certain activities?
- What can you do to help yourself give up addiction to things and activities?

Discovery #6

- What can you do to help someone with an addiction?
- What are some of the things you observe people having addictions to in your school and friend group?
- What are some warning signs to look for if you suspect a friend is struggling with an addiction? What should you do if you find out a friend is struggling with an addiction? How should you react? Where should you turn for help?