

Contagious One to Ones

Aim

Each young person who attends Contagious Max is offered a one to one meeting with their SUS leader. The aim of a one to one is to:

- **meet the needs of a young person.** One to ones are **not** to fulfil a need in a leader.
- **provide an opportunity for a young person to speak to a mature Christian** about their spiritual walk with God and ask any questions about the Christian faith.
- **provide support**, advice, biblical guidance and prayer for a young person.
- **provide a safe place for a young person to share** any pastoral or safeguarding concerns they have and direct them to appropriate further help and support.

...But NOT

Contagious One to ones are :

- **NOT a counselling session.** Whilst some young people may wish to share deep pastoral needs, the one to one is not a counselling session where issues are broken apart and put back together again. Point or direct young people to seek help or arrange for further support to be provided if appropriate.
- **NOT an interrogation!** Do not ask leading questions about their moral life or seek to expose wrong behaviour.
- **NOT the start of an ongoing discipleship relationship.** We are not the local church or parent who have the responsibility for the ongoing discipleship of a young person. Even if a young person does not have good role models back home, SUS leaders are not expected to develop ongoing mentoring relationships with the young people.
- **NOT a Bible study.** They are not the place for a prepared Bible Study, although there may be opportunities to open Bibles to clarify some of the teaching if the young person has a question.
- **NOT the place for leaders unburden themselves.** A SUS leader needs to be very careful about sharing their own struggles. Whilst we want to be real and practical with young people, adults must not use the one to one relationship as a place of confession, counselling, seeking assurance from a young person. Sounds obvious, but sometimes leaders have felt like they need to be completely open and exposed before a young person is open with them – not true. If a leader feels convicted or needs to talk, please share with a senior leader.
- **NOT the place for leaders to share all their mistakes.** A SUS leader needs to be very wise about what life experiences they share with young people. If you share your failures, you could cause a young person to stumble over the same sin (Mark 9v42).

Guidelines

- **Offer a One to One (it's optional).** The SUS leader should offer to have a one to one with a young person in their group towards the middle or end of the week. The young person is free to decline a one to one if they do not want to meet.
- **Give 3 hours' notice prep time.** A young person should be given at least 3 hours' notice from arranging a time to meeting up, in order to give them time to prepare.
- **Agree a suitable time and place.** Agree an appropriate time and place to meet e.g. outside the dining hall, by the steps, entrance to the hall etc. Do not meet after 9pm and try to avoid taking time when the young person would prefer doing activities.
- **Explain what it involves.** Explain the aims of the one to one and show the young person the page in their teaching books of the sort of questions you will be asking them. Tell them the one to one will be between 20-30 mins (no more) and that you will pray for them at the end.
- **Meet in a public place.** Always meet in a public place with other leaders/young people in view. Meal times are ideal or a short walk between sessions. **Never be alone with a young person in a room.**
- **Prepare and pray.** SUS leaders should prepare for the one to one in prayer and think about the questions to ask. Have a notepad and pen with you to write notes. Do not promise confidentiality but say that information will only be shared on a need-to-know basis for the young person's benefit and welfare.

Format and Questions

Subject	Lead Question	Secondary questions
Contagious (2 mins)	How have you found Contagious this summer?	<i>What have you enjoyed? Friendships? What has been most difficult? Would you change anything?</i>
Teaching (4 mins)	What part of the teaching have you most appreciated?	<i>What's the one big thing you have learnt this week? How have you got to know Jesus better this week? Anything about the teaching frustrated you or made you angry? What have you learnt this week that has made your heart sing?</i>
Questions about Teaching (4 mins)	Would you like to ask any questions about the teaching this week?	<i>What has been most difficult to understand? Would you like to go over anything again?</i>
Spiritual health (10 mins)	How would you describe your own spiritual journey?	<i>Would you describe yourself as a 'Christian'? How does your life reflect your love for Jesus? Put into your own words what you understand about who Jesus is and what he has done for you? Describe how you are with your friends, parents/family. Where are the battles or inconsistencies in your life? Describe how you meet with Jesus regularly – church, youth group, bible readings, prayer, podcasts, worship music, discipleship relationships back home?</i>
Personal application of teaching (4 mins)	If you've been challenged or encouraged by the teaching this week, how do you want to be different when you return home?	<i>What's the one big thing you want to tell yourself in one week's time, one month, six months, one year etc? What difference would you like your friends/family to see in you?</i>
Closing question (1 min)	Is there anything else you want to talk about?	<i>A completely open question to allow them to share or ask anything. Don't press them, just give a brief opportunity.</i>
Prayer (5 min)	What can I pray for you?	<i>Spend a few moments to pray for them. You could ask them gently if they would like to pray too. Praise God for some of things you have learned. Thank God for saving/teaching the young person. Ask God to continue to show his grace to the yp. Pray for them as they return home.</i>

Afterwards

- **If there has been a safeguarding disclosure:** write down any safeguarding disclosures as soon as possible after the meeting. If the young person is in any danger or there is a further risk of harm ACT NOW. Inform the safe guarding officer at the conference (or call Nick Jackman on 07933 068667) and complete a Safeguarding Report Form available here: <http://contagious.org.uk/wp-content/uploads/2018/05/Safeguarding-report-form-1.pdf>
- **Pray** for the young person.
- **Notes.** If you have written any notes of your one to one, please take a picture of them and send them to safeguarding@contagious.org.uk for safe keeping.
- **If further pastoral support is needed** please share your concerns with your Teaching Leader or Pastoral Lead.