

# Programming for Youth Ages 13 through to 18

[YRCU or Youth Group Meetings](#)

[Six Components of Balanced Youth Programming](#)

[Coming of Age Programs](#)

[Our Whole Lives for Youth](#)

[Understanding the Lingo](#)



Five Steps to Building  
Community

Bonding

Opening Up

Affirming

Stretching

Deeper Sharing and Goal  
Setting

# YRUCU or Youth Group Meetings

Youth group meetings are held in the Fireside area of the church on Sunday evenings from 7:00 through to 9:00 pm.

There are two adults present at all youth group meetings and events. Overnights, planned by the YAC, will be advised via e-mail by the Youth Program Coordinator.

The Youth Program Coordinator (YPC) communicates with youth group members and family support members on a regular basis by means of a monthly and weekly e-mail. If you would like to be included on this e-mail list, please contact our Youth Program Coordinator

## Six Components of a Balanced Youth Program

Community Building

Social Action

Leadership

Learning

Worship

Youth - Adult Relationships

Our youth group strives to balance our programming to include these elements. Every year, the group takes an "inventory" of the types of activities the group has been doing the past year.

# Coming of Age Programs

“Coming of Age” is a term used by many cultures and now by many U\*U congregations to describe the transition adolescents make as they move from childhood into adolescence. This program is grounded in our shared Unitarian Universalist principles and is based on our belief that each of us, including our youth, has the ability to create a life that will be rich and meaningful. There are several components to the program.

For youth in Grade 8, from within our congregation, each protégé is paired with an adult mentor. The program starts with an overnight retreat entitled “The Wizard of Oz”. A concluding overnight Credo Writing Retreat takes place in April. The program consists of monthly meetings where protégés and mentors learn about our faith’s history, social responsibility, values clarification, etc. After the Credo Writing Retreat, there is a family celebration where protégés will have an opportunity to read their Credo statement. Parents are also given an opportunity to speak about the strengths they see in their youth that will help them through the coming teenage years. The opportunity for the congregation to witness and affirm each protégé’s personal credo brings the program to a close.

For youth in Grade 12, there are various times that people enter transition. There is no other transition time in life that has quite the same impact as when youth go through their final year in high school. This program is designed to prepare youth to enter young adulthood. The program includes a meeting with the Youth Program Coordinator about every three weeks.

# Our Whole Lives

Our Whole Lives (OWL) is a sexuality education curriculum that can be offered to five age groups: K-Grade 1, Grades 4-6, Grades 7-9 (Junior High), Grades 10-12 (Senior High), and Adult. This year we are excited to be piloting a new program designed for Young Adults. Each program is offered every 2 years so that each of our children and youth have the opportunity to participate in each curricula as they grow within our congregation.

The Our Whole Lives curriculum was developed by the Unitarian Universalist Association and the United Church of Christ in the USA. The North Shore Unitarian Church has offered this sex-positive education program for all five, and now six, levels for over 10 years. "About Your Sexuality" (AYS) was the precursor to the OWL program. This year marks the 7th time that we have offered the Grade 8 and 9 program for our youth group members.



# Understanding the Lingo

**BAT** - Basic Youth Advisor Training

**CoA** - Coming of Age program offered for our grade 8's

**CanUdle** - The annual business and social conference for youth in Canada. This is held concurrently with the CUC's Annual Conference and Meeting (ACM) in May.

**Con** - a youth conference with adult sponsors in attendance.

**DRE - Director of Religious Education** - The individual who administers the Religions Education program - also DLRE (lifespan)

**GoldMine**—a 6 day residential program held in the summer for youth that covers Leadership Skills Development, Credo Writing Time, Religious Values and Heritage and Worship Arts.

**LDC - Leadership Development Conference** A training to help youth and advisors learn leadership skills.

**OWL - Our Whole Lives** - A lifespan sexuality education curriculum.

**SDC - Spirituality Development Conference**- A training to help youth and adults further develop spirituality and worship skills.

**YAC— (Youth Adult Committee)** - a committee made up of 2 youth from each grade level in youth, adult advisors and the YPC that plan all youth group activities.

**YPC - (Youth Program Coordinator)** - The individual who administers and coordinates the youth program offerings within our congregation.

**YRUU (Young Religious Unitarian Universalists)** youth group meetings on Sunday nights from 7-9 pm

*Pledges and contributions to the North Shore Unitarian Church benefit youth programs and services that we provide. Additional financial assistance is granted through the Province of British Columbia. We celebrate and affirm those whose generosity and vision strengthen the community of the North Shore.*