

Pathfinder

COMMUNICATION

&

PERSONAL DEVELOPMENT

Specialty

Resource Material

COMMUNICATION & PERSONAL DEVELOPMENT

Specialty Activities

+ Denotes a campout activity component

- x1.+ Discover who you really are.
- x2. Discover how to deal with self-consciousness.
- x3.+ Discover some good clothing suggestions.
- x4.+ Discuss the relationship between diet and exercise in developing good health.
- x5.+ Explore some points for conversation making.
- x6.+ Learn the principles of good posture.
- x7. Discover the importance of facial care.
- x8. Discuss and develop the principles of good manners and etiquette.
- x9. Discuss the etiquette of meeting and greeting people.
- x10.+ Discuss sexual morality.
- x11.+ Males - Examine the techniques of personal grooming.
- x11.+ Females - Examine the techniques of personal grooming.

ACTIVITY X1

Discover who you really are

+ Some of this activity may be completed on a campout

OUTLINE

Who am I?
Why am I here?
Am I of value?
Does God know me?
Does life have meaning?

Why are the answers to these questions so important? Because success cannot be achieved without a solid foundation upon which to build a purposeful future.

RESOURCE MATERIAL

FINDING OUT WHO YOU ARE

Establishing your personal identity

Basically, you must face up to the questions, "Who am I? Why am I here? Do I matter? And do I matter to God?" And doesn't this make sense? For unless you're willing to grapple with these important questions regarding your personal identity, there is no logical reason to concern yourself about what kind of person you'll become. Therefore, the first step is to settle - once and for all - the matter of your personal identity!

Some people never really come to grips with the mystery of that "secret person living within them." They never discover the real meaning of their own personal existence. Because of this, their lives are empty and unfulfilling. Like many of this generation, they cry out, "Who am I?"

Who am I?
There's a sea of empty faces
Floating in the world to-day
Can you hear their hollow heart-beat?
Can you hear the words they say?
"Who am I? Who am I? Who am I?"
Like a seething, surging tide,
Like a moaning, restless wave,
Going here...going there,
Never finding what they crave,
It's a seeking generation,
And it hollers with despair,
Shouting, "Tell me, is there 'something'...
Is there 'someone' way out there?
Shall we try to find nirvana?
Will we find true meaning there?
Shall we turn into a guru
Wearing long, flowing hair?
Does the zodiac know me?
Can I trust my lucky star?
If there's nothing more to living
Than this strife and clashing jar,
Why this hollow voice within me
Crying, 'Find out who you are!'
Why this haunting song that whispers
As I strum my lone guitar,
"Who am I? Who am I? Who am I?"

Why haven't such persons been able to find out who they are? Because in seeking the answer to this question, they've looked in the wrong places. They've looked either to themselves, to others, or to the limited reasons of limited men.

Joe's Search For Identity

Refer to Hand Out No 1.

We meet a fellow named Joe. Joe is searching for identity by holding some quiet conversations with himself much as you or I might do.

Assign each of Joe's conversations to a pathfinder to read aloud. You, the teacher, may provide continuity by reading the explanatory remarks at the beginning of each of the stages in Joe's search for identity.

Ask the following questions, and encourage the Pathfinders to express their views.

1. Am I nothing but a useless glob adrift on a sea of humanity?
 2. Am I simply a creature of chance that just happened to be born?
 3. Am I merely the product of an evolutionary train that started chugging along in ages past and somehow never got stopped?
 4. Am I nothing more than the end result of thousands of biological adaptations?
 5. Am I only a progressive point in the upward climb from the lower animal kingdom?
 6. Am I just another animal? Nothing more than a bunch of muscle, flesh and bones?
-

IF THIS WERE TRUE....

Then it wouldn't matter what I do to-day or tomorrow. My life would hold no meaning or purpose. It wouldn't matter if I did right or wrong. There'd be no reason to concern myself about to-day's world, or the next generation, or my neighbour, or myself...or anyone at all! If this were true, it'd leave me feeling like nothing but a NOTHING.

BUT HOLD ON HERE

If I'm a "nothing", then other people are "nothings" too. Then why should I look to other "nothings" like myself to find the answer to a big question like "Who am I?" The only logical course would be to look to something that is greater and higher than we humans...to a real "Somebody" who is out there somewhere. And that would have to be God! The only wise plan is to find out what He has to say about me!

God Says I Am "Someone"!

Turn to the only satisfactory source of truth. What does God say about you and me? God says we are each an important "someone"!

"Nobody's a "nobody" with God!"

"For I have created him for my glory, I have formed him; yea, I have made him" (Isa.43:7).

"I am fearfully and wonderfully made" (Ps 139:14)

"And God said, Let us make man in our image, after our likeness: and let them have dominion....over all the earth" (Gen.1:26)

"God created man in his own image" (Gen.1:27)

Ask the Pathfinders the following questions:

How did we come into being?

How do we happen to be here, alive on planet earth?

How do we receive our continuing life-support on this planet?

Why were we created? What is the purpose of our existence?

What is the basis for man's dignity and worth?

God knows each of us by our very name. It was God himself who first conceived the idea of attaching names to people. He knew us even before we were born (Ps 139:13,15,16). Because our minds are limited, this fact seems hard to believe. God knows you as a separate and distinct person. He knows the number of hairs on your head (Matt. 10:30). Your words, your thoughts, your movements, your actions - everything about you is known to God. **YES, YOU ARE A SPECIAL "SOMEONE" TO GOD.**

My Decision

"What shall I do with this person I call 'me'?"

Is there a special job for you to do on earth? Has God created you for a special purpose? Absolutely! Somewhere in this world is an empty niche waited to be filled by you! A "reserved" sign has been hanging there from all eternity and your name is engraved on it! No other person in the world can fill this niche. It belongs to you alone. If another tries to fill your place, he'll find he's a misfit - like a key which lacks the exact shape to open the lock. But God has been shaping you from birth to fill this place in the world - exactly!

How Has God Been Shaping You?

Think back on your life for a moment. What has happened to you? Some good things? Some bad things? Have you had hurts or problems? Have you been granted special advantages or opportunities? God has been shaping you by every circumstance he's allowed to touch your life. He's been shaping you by the people he's brought into your path and by the problems he's allowed you to encounter, so that you might build the specific strengths you'll be needing for the task. God is shaping you day by day into a special tool to be used in serving him and in serving the world.

"But," you might say, "how can God make use of me? I can't do anything!" Neither can a wrench do anything by itself! In the hands of a Master Mechanic, however, a wrench can perform important feats! And so can the most unlikely person when he places himself in God's hands! This is your decision. You can choose to restrict your usefulness by living for self, or you can choose to live creatively with God, thus filling the purpose for which you were born. (See Handout 2)

PERSONAL DEVELOPMENT

Personal Development Handout 1

Joe's Search For Identity

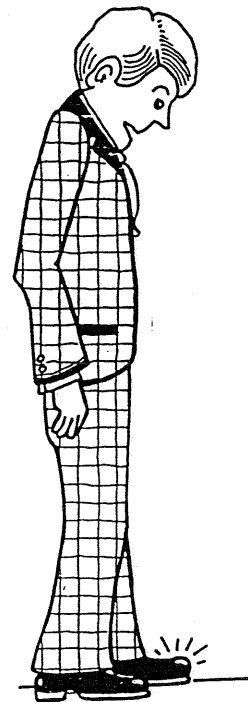


The search for identity
leads many down empty paths.
Let's take Joe, for instance.
Joe says one day:

*"I wonder what I am?
Am I SOMEBODY?
Am I a REAL person?
Maybe if I get a haircut
and buy a new suit
of clothes, and polish
my shoes...
I'll be a REAL PERSON!"*

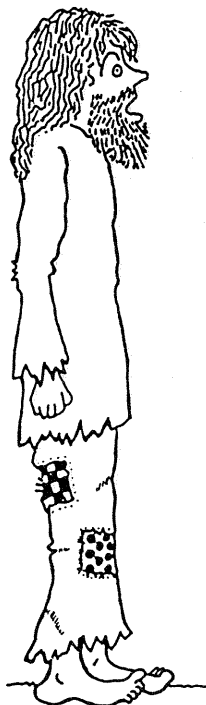
Joe gets a haircut, buys a suit,
and polishes his shoes.
Now he looks at himself and says:

*"Is this all I am?
Nothing but a haircut, a suit of
clothes and polished shoes?
Is this my only value?
Maybe if I let my hair grow
and buy second-hand clothes
and go bare-footed,
I'll find out if I have value
just in MYSELF...
without these outer trappings
that gain approval from others!"*



Joe lets his hair grow
and buys second-hand clothes.
But then Joe says:

*"Do my crummy clothes
and my shaggy hair really
prove anything?
I still don't know if I'm
something of value underneath
it all!
If this is the real "ME"...
I GIVE UP!
HELP!!!"*



PERSONAL DEVELOPMENT

Personal Development Handout 2

MY DECISION

I'm glad God has been shaping me day by day into a special person to be used in serving him and in serving the world.

I choose to live creatively with God, thus filling the purpose for which I was born.

Signature

ACTIVITY X2

Discover how to deal with Self-consciousness

This activity has one hall session

OUTLINE

To see how self-consciousness leads to self-interest, then to being self-centred and blind to the needs of others.

RESOURCE MATERIAL

What Causes Self-consciousness

In order to overcome self-consciousness, we need to discover what causes it. Pictured in Hand Out No 2 are five different people who suffer from self-consciousness, each for a different reason.

Have you ever felt the way they do?

Skit - "Five Self-conscious people" - (Have 5 Pathfinders dramatise these people)

(1) "MR/MISS INFERIOR"

I'm Mr/Miss Inferior. Everyone else seems better than me. (Hang head.) I don't measure up to the other kids. When I'm around a big shot, I'm overwhelmed and feel like a "nobody"! The big shot seems so important, I'm afraid to open my mouth. Wish I could feel self-confident like everyone else, but I guess they're just better than me! I'll probably be an awkward mess all my life! (Shake head slowly.) But what can I expect when I'm so inferior? (Clasp hands in front and hang head.)

(2) "MR/MISS INADEQUATE"

I'm Mr/Miss Inadequate. When I'm up against a new situation, I get flustered and embarrassed! (Swing body in an embarrassed manner.) I don't know how to act! (Shuffle feet.) I wonder if I'm saying the right thing and if I'm dressed right. (Look down at clothes.) I feel like I am "put on the spot," and I get so nervous I can't enjoy myself! And I can't enjoy being with anyone else either! Sometimes I wish I had just stayed home because I feel so inadequate." (Shrug shoulders; Lift hands in a helpless, bewildered manner.)

(3) "MR/MISS FEARFUL"

I'm Mr/Miss Fearful. What do I fear? Everything! I fear I'll look foolish or make a bad impression. (Appear timid and frightened; Chew on fingernails.) I'm afraid others are laughing at me behind my back. (Twist around as though looking behind.) I'm afraid I'll be a failure and others will reject me. And when I get scared, I can't do anything right! I stiffen up...(pull up rigidly)...I stumble over everything...(stumble over other foot)...I blush and st-st-st-stam-m-mer...and I don't know what to do with my hands! (Shove hands in pockets; Pull them out again. Try to hide them.) I imagine that everyone is looking at me. It ruins my fun. I'm so full of fears; I'm just plain miserable! (Assume trembling, fearful pose.)

(4) "MR/MISS SELF-CONCERNED"

I'm Mr/Miss Self-concerned. I can't get my mind off myself! Sure, I'm aware other people are there...but my main concern is "What do they think of me? (Point to self.) Do I wonder if anyone else is having a good time? (Motion towards others.) No! It's me I'm worrying about! (Point to self again.) Do I wonder how others feel? No! I'm too occupied with my own feelings to be concerned about theirs! I'm constantly on guard to make sure I don't "lose face"! And this keeps my eyes constantly on me! Me! Me! (Point repeatedly toward self.)

(5) "MR/MISS GUILTY"

I'm Mr/Miss Guilty. When I'm running with the wrong gang and doing things I shouldn't do...my conscience hurts! (Hunch shoulders and look around uneasily.) I've found out that when I'm doing wrong, I can't feel right. And with these bad things gnawing at my conscience, I feel ill at ease - even when I'm with the right gang! I find myself thinking, "Boy, I hope they never find out!" (Shield face with hand, as though to hide from others.) Or, "Would they really like me if they knew?" Putting up a false front makes me so jittery, I can't act naturally. (Shake head sadly.) It's hard to relax and be happy when you've got a guilty conscience.

Following the skits, ask the Pathfinders:

Did you recognise "yourself" in any of these skits?

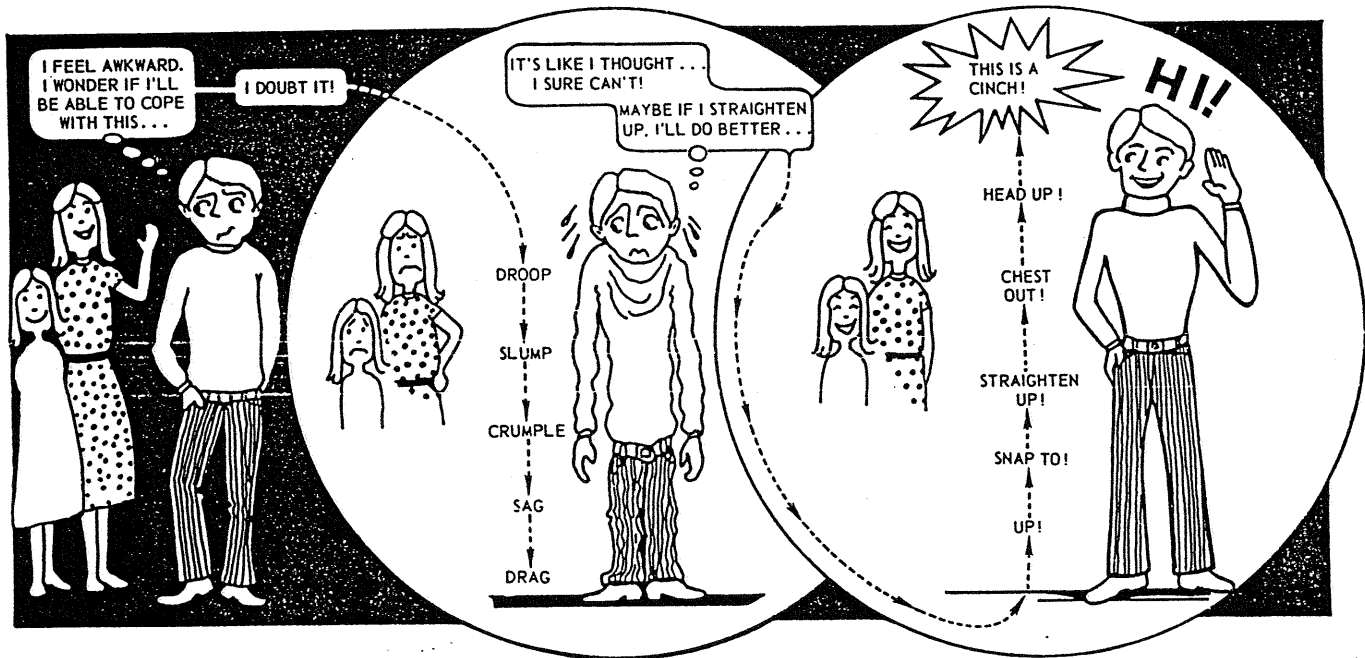
Have you experienced the same feelings these people expressed?

Did you gain new insights as to why you feel self-conscience at certain times?

PRINCIPLES TO FOLLOW IN COPING WITH SELF-CONSCIOUSNESS

PRINCIPLE NO 1:

WHEN YOU LACK CONFIDENCE...STRAIGHTEN UP!



We learn that "thoughts" influence posture. For instance, if you think you're a failure, your brain sends "defeat signals" to your body, and your muscles "act out" the part. You hang your head! You droop! You slump! But it works the other way around too.

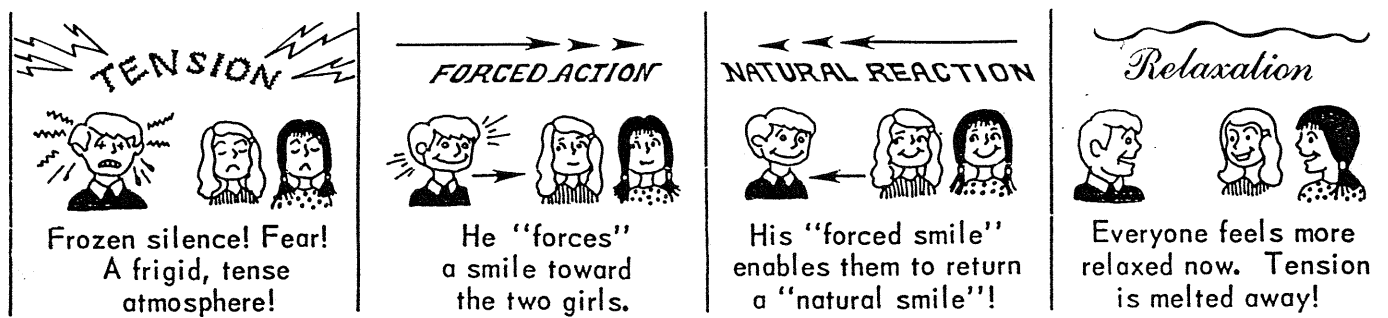
By controlling your body posture you control your mental outlook.

If you force yourself to take a posture of success and confidence, you replace those "fear and failure" signals with "faith and confidence" signals instead! The very act of straightening up sends a flow of optimism through you, and you tell yourself, "No problem! I can handle this!"

"Actions" bring about "feelings". In other words, act the way you want to feel - and you will! Act confidently and you'll feel confident!

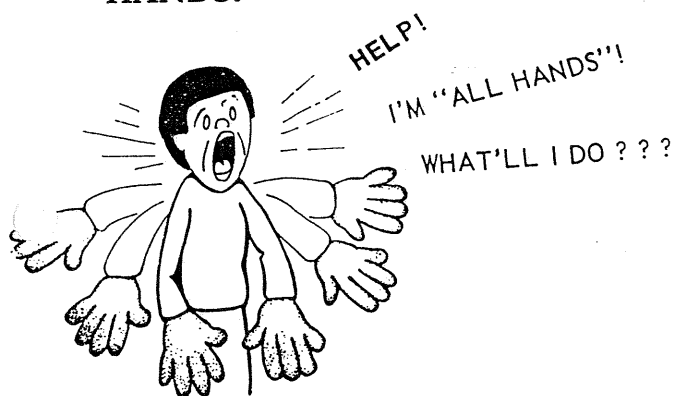
When you are asked to give a talk or item - even if you feel nervous, don't let it show and certainly don't announce this to the congregation. Prepare well. Pray for God's help. Stand straight and speak or sing clearly.

PRINCIPLE NO 2:
WHEN YOU WANT TO DISPEL SOCIAL TENSION.....SMILE!

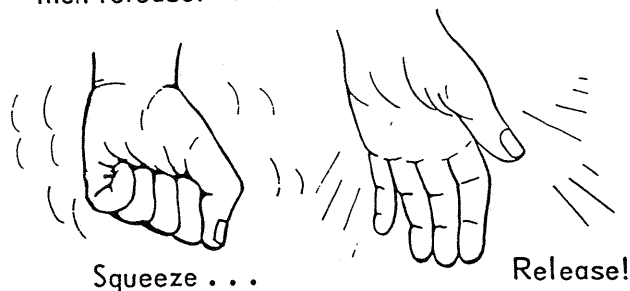


Why smile? Because a smile is relaxing to you and to others!
 How do you break a frozen atmosphere? By "forcing" a smile toward the others. This makes them feel accepted, so they'll send a smile back. Their smiles make you feel accepted too! The result? Everyone relaxed!
 Remember, when there is tension, a forced action will cause a natural reaction, resulting in relaxation! Try it this week! Put it to the test! You'll find it works!
 And once you've loosened your lips with a smile, you'll find it easier to speak.

PRINCIPLE NO 3:
WHEN YOU FEEL LIKE EVERY EYE IS ON YOU.....TAKE COMMAND OF YOUR HANDS!



When "hand-panic" strikes, place your hands behind your back...squeeze into tight fists... then release! This will relieve tension.



Have you ever felt like you've got ten hands? Like you've been hit with "hand hysteria"! You're certain that everyone is looking at your hands. When you feel that you're "all hands", what should you do? Should you sit on them? Shove them in your pockets? Start cracking your knuckles?

No, instead try this: Put your hands behind your back. Squeeze them into tight fists, then release them quickly, letting your fingers fall loose and relaxed.

But now you ask, "Where should I put my hands?" Here's the simple answer: Once you've relaxed them, forget about them! They'll take care of themselves - naturally!

PRINCIPLE NO 4:

WHEN YOU'RE TRAPPED BY FEAR AND SELF-CONCERN.....SHOW LOVE TO THE OTHER PERSON



"Perfect _____ casts out _____" (1 John 4:18).

Much self-consciousness is caused by fears. (Let's look at the first section of our cartoon strip.)

You think: "Hmmm...wonder what they think of me...will they reject me? I'm afraid they think I'm stupid! Guess I really am!"

Many of us feel like this. We're afraid of what others might think! We're afraid of losing their approval! But God has provided a way to banish these fears. (The next section of our cartoon shows us how. Read aloud.)

Tell yourself: "Hold on here! God loves me...just like I am...The others aren't perfect either...and they know it, too! God's given me his love...so I'll pass it on to them!"

When you find yourself becoming fearful around another person, tell yourself these three things.

First: God loves me - just like I am!
This will get your eyes off "self" and on to God!

Secondly: The others aren't perfect either...and they know it, too!
Remind yourself that the others have fears, too - no matter how self-confident they may appear!

Thirdly: God's given me his love...so I'll pass it on to others!
What will be the result? (Let's look at the last section of our cartoon. (Read aloud.)

Tell Yourself: "Hmmm...that's funny! They don't scare me any more! They look different now! They're just other human beings like me who need to know that people like them, too!"

When you tell yourself these three things, you'll see other people in a new light. You'll feel love and compassion toward them. You'll realise they're simply

another person with needs - like you! And as you let God's love flow through you to them, they'll sense your spirit of love - and respond to it!

How can you be sure they'll respond? Because all the world responds to love - because all the world desperately needs love! If this weren't true, why does God urge us to "dish it out" unsparingly to everyone!

"Love your neighbour," he tells us. "Love your enemy...love your brother...love one another!"

God knows that in filling the other person's need, we'll find our own need fulfilled also! Try it! You'll see it works!

Have the Pathfinders say the scripture verse: "Perfect love casts out fear" (1 John 4:18)

PRINCIPLE NO 5:

WHEN YOU FEEL LIKE A MISFIT.....TAKE ACTION!

Sometimes it is necessary to make an effort to keep from feeling like a misfit! Here are four suggestions to follow:

1. Develop social skills.

If you find you are sitting on the sidelines watching others have fun, take steps to change the picture! If bowling parties are in style, learn to bowl! (You may like it!) The greater number of social skills you possess, the more easily you'll fit in with the group.

2. Pay attention to what others are wearing and try to dress similarly.

You might ask, "How can I know what others will wear?" When you are invited, simply inquire "What will most of the kids be wearing?" If you find yourself completely in the dark, stay in the middle of the road. If you should make a wrong guess and turn up at the party wearing the wrong thing, don't let it ruin your fun (and everyone else's). When others see that you're not concerned about your "outer covering," they'll forget it too!

3. Co-operate! Volunteer your help! Get into the action!

Working with others will help you feel like one of the team. Don't hang back! When help is needed to hang decorations, volunteer! When someone is needed to bring equipment, offer your help! Get into the action! Do telephoning...make posters...arrange transportation. Remember, "A man that hath friends must show himself friendly" (Proverbs 18:24). This means that your actions must demonstrate that you are open to friendship.

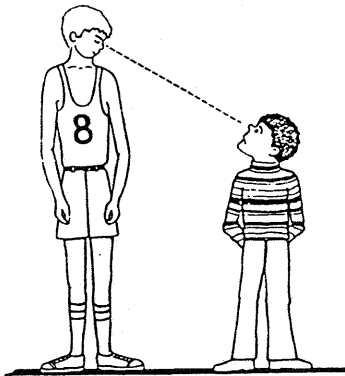
4. Remember people's names - and use them!

Nothing is more pleasing to a person's ears than the sound of his own name! Here are some tips to help you remember a new name:

- * Keep a notebook in your pocket and when you have an opportunity, enter the new name in your notebook as a reminder.
- * Repeat the name several times during the conversation.

PRINCIPLE NO 6:
WHEN OTHERS OVERWHELM YOU...REMEMBER THAT YOU'RE NOT INFERIOR - ONLY DIFFERENT!

God has made you as you are for a reason. He has given you special talents. You are needed as you are!



"For as we have many members in one body, and all members have not the same office; so we being many are one body in Christ...having then gifts differing according to the grace that is given to us" (Rom. 12:4-6).

"And the eye cannot say unto the hand, I have no need of thee: nor again the head to the feet, I have no need of you" (1 Cor. 12:21).

"But now hath God set the members every one of them in the body, as it hath pleased him" (1 Cor. 12:18).

"Shall the thing formed say to him that formed it, Why hast thou made me thus" (Rom. 9:20)?

Some teenagers feel overshadowed by another person's personality, appearance and achievements. They shrink into a shell - overcome by feelings of inferiority.

Has this ever happened to you? If so, remember this: Failing to measure up to another person's capabilities does not make you an inferior person. You become inferior only by failing to live up to your own God-given capabilities - not someone else's.

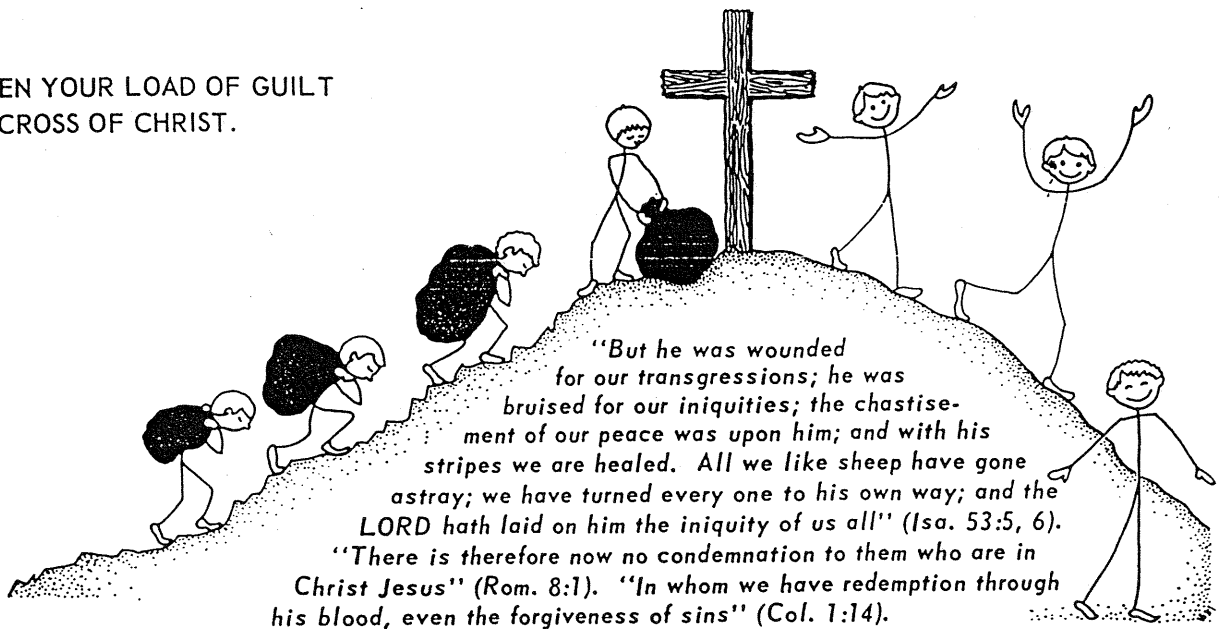
You have your own special gifts.

If God didn't give you long arms and legs, why feel inferior to the star basketball player? You have gifts that he may not have. The star basketball player may not be able to speak like you...or repair cars...or grow vegetables...or make others feel important by being a good listener.

Furthermore, God may have a different timetable for the use of your gifts. Some talents require years of preparation. Whereas the star player appears in the limelight now (and possibly for the next few years) your acclaim may come later - and last longer!

PRINCIPLE NO 7:
WHEN GUILT CREEPS IN...DEAL WITH IT GOD'S WAY!

**UNBURDEN YOUR LOAD OF GUILT
AT THE CROSS OF CHRIST.**



"But he was wounded for our transgressions; he was bruised for our iniquities; the chastisement of our peace was upon him; and with his stripes we are healed. All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all" (Isa. 53:5, 6).
"There is therefore now no condemnation to them who are in Christ Jesus" (Rom. 8:1). "In whom we have redemption through his blood, even the forgiveness of sins" (Col. 1:14).



Some of you may be thinking, "Yeah, but I've already gotten into the wrong crowd, and I've done things I'm ashamed of. Sometimes it's hard to look others in the eye. How can I get rid of this guilty conscience?"

Nothing will ruin your happiness - or your personality - more quickly than a guilty conscience. If you want to feel relaxed with others, do nothing that you may wish to hide from them.

If you have already done things that make you feel guilty, deal with them God's way. Confess them and accept God's forgiveness. Forgive yourself, too! Satan may try to taunt you with your sin. But refuse to let him drag up the past. Let memories of past deeds serve only to remind you of God's forgiveness and to make you more careful to avoid the wrong path in the future. Also let others forget their sins. Don't gossip about their past sinful deeds.

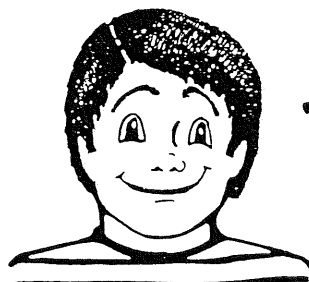
Every member of the human race has felt the pangs of guilt. Jesus Christ was the only one who never had reason to feel shame. That is why He is the only one qualified to help us. (See Isa.53:6; Rom.8:1; Col.1:14)

PRINCIPLE NO 8:

WHEN YOU NEED COURAGE TO FACE PROBLEMS...TAP IN ON JESUS' STRENGTH AND POWER!



"The Lord will hear when I call unto him" (Ps. 4:3).



**THANK YOU,
LORD!**

"In my distress I called upon the LORD...and my cry came before him, even unto his ears" (Ps.18:6). "My heart trusted in him, and I am helped" (Ps. 28:7).

"For God has not given us the spirit of fear; but of power, and of love, and of a sound mind" (2 Tim. 1:7)
WHEN YOU'RE SHAKING IN YOUR BOOTS ..*"In the fear of the LORD is strong confidence: (Prov. 13:26)*
WHEN YOU FEEL TIMID AS A MOUSE.....*"The righteous are as bold as a lion" (Prov. 28:1)*
WHEN YOU FEEL HELPLESS.....*"We may boldly say, The Lord is my helper" (Heb. 13:6a)*
WHEN YOU FEAR RIDICULE AND TEASING.....*"I will not fear what man shall do unto me" (Heb. 13:6b)*
WHEN YOU FEEL YOU CAN'T POSSIBLY SUCCEED.....*"I can do all things through Christ which strengthens me." (Phil. 4:13)*

Don't wait until you're faced with a jungle full of lions and tigers to learn to yell, "Jesus, HELP ME!" Start learning now to deal with your everyday social fears by seeking his strength.

Do you sometimes shake in your boots? (Prov. 14:26)
Do you ever feel as timid as a mouse? (Prov. 28:1)
Do you sometimes feel completely helpless? (Heb. 13:6)
Do you fear you will be teased or ridiculed? (Heb. 13:6)
Are you afraid that you can't possibly succeed? (Philip. 4:13)

When you feel completely overwhelmed, repeat them to yourself. You'll see the results! (Psalm 4:3; Psalm 18:6; Psalm 28:7)

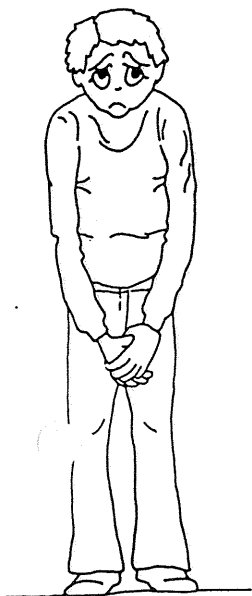
PERSONAL DEVELOPMENT

Personal Development Handout 3

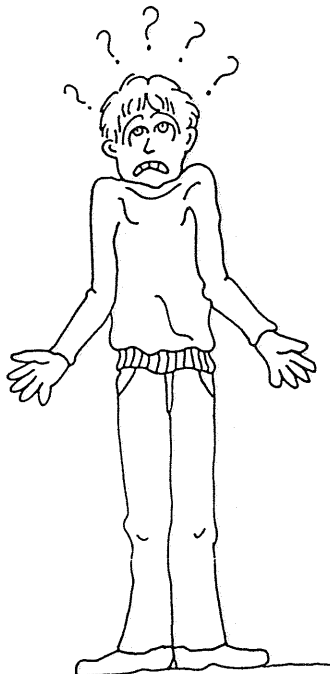
WHAT CAUSES SELF-CONSCIOUSNESS?

HERE ARE 5 BASIC REASONS FOR IT:

1. Feelings of
Inferiority



2. Inadequacy



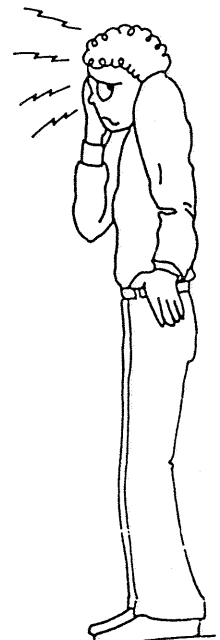
3. Fear



4. Self-concern



5. A Guilty
Conscience



ACTIVITY X3

Discover some good clothing suggestions.

+ This activity has one hall session.

OUTLINE

Clothes do not necessarily make the person, but they do serve as a 'label'. They are the clues you furnish on the 'outside'. Christians should dress with style and taste so that their appearance will bring honour to the One they represent; for they are Ambassadors for Christ.

- a) Does it matter how we dress?
- b) Clothing suggestions and combinations.

RESOURCE MATERIAL

A) Does it matter how we dress?

Why should we be concerned about our appearance? Does it make any real difference how we dress? Is what we are in the inside the only thing that really matters or is our outer appearance important too?

We should be concerned with our appearance ...

- 1. Because our appearance becomes our 'label'.
- 2. Because people judge us by our clothing.

REASON 1.

Our appearance becomes our 'label.'

Everyone's appearance says something, just as a label does. We live in a world composed of human beings who are not all-knowing. They cannot see what goes on inside our heart! They must form their ideas about the real person inside from the clues furnished on the outside. In their estimation, the way we dress is a first-rate clue! It becomes our 'label'. And for this reason it is important.

LABELS ARE IMPORTANT WHEN YOU CAN'T 'SEE' WHAT'S INSIDE.

REASON 2

People judge us by our clothing.

'But people have no right to judge a person by his clothes!' you protest. This may be true. Yet when we look at the history of mankind, we see that clothing has always been used to proclaim a person's state or position in life.

To be clothed in purple, for example indicated wealth or royalty. For a bride to be attired in white proclaimed her purity. Grief was once expressed by wearing sackcloth. Mourning is expressed by wearing black. The special clothing worn by doctors, fireman, nurses, policemen, mail carriers, bakers, chefs, soldiers and sailors identifies their role in life.

The habit of judging a person by his clothing is deeply ingrained in humanity and cannot easily be shaken.

A changed appearance will produce a changed attitude.

If you want to change peoples attitude toward you, you can begin by changing your outward appearance.

SIX IMPORTANT QUESTIONS TO CONSIDER

Refer to Hand Out No 3

Before anyone decides if their appearance is not important, they should ask:

1. Will the way I dress make a difference in the way I feel about myself?

A person's appearance plays a large part in determining the kind of self image held. It's impossible to look in the mirror without feeling some kind of inward response. When the appearance is respectable, the self image rises. A greater degree of self respect and self confidence is felt. On the other hand, if a disreputable looking character is seen, self image plunges.

2. Will the way I dress affect my attitude towards others?

Someone has said. 'When I hate the way I'm dressed, I hate everyone!' When you know your appearance is poor, you tend to withdraw. You hide away in a corner. You clam up. If a proper social attitude towards others is important, so is a proper appearance. They go together!

3. Will the clothes I wear have a bearing on the type of friends I attract?

An old adage states that 'birds of a feather flock together.' If you clothe yourself in the 'feathers' of a certain gang of 'birds' they'll naturally flock around you! But the 'birds' that migrate towards you will expect you to 'migrate with them'. If you want to attract the kids that travel the high road, dress like them!

4. Will the clothes I wear affect my emotional outlook?

Clothes will affect your emotional attitudes - for good or for bad! A sharp looking outfit will help you feel sharp. A dull, drab outfit will help you feel dull and drab - just as you look! The Bible declares that a merry heart is as beneficial as medicine! (Prov. 17:22) If it's important to keep your spirits high, then it's also important to wear the clothes that will help you do it!

5. Will the clothes I wear affect my moral behaviour?

Strangely enough, they can! There is a subtle correlation between clothing you wear and the way you behave! Every actor, football player, soldier or band member knows this! Costumes, uniforms and other types of clothing subtly 'program' a person's actions. Human beings instinctively tend to act the way they look!

6. Will the clothes I wear affect my witness for the Lord?

It may, for this reason: When your appearance is acceptable, your witness for Christ gains a wider and more respectful audience. When your appearance is oddball, the effectiveness of your Christian testimony is reduced.

When you wear grubby-looking clothes, you tell the world that you consider yourself unworthy of the care that any object of real value deserves. The world accepts your self-appraisal and thus dismisses you as 'second-rate.' And when they reject you, they reject your Christian witness as well!

If you're a Christian, it's right that you place a proper value upon yourself - in humble acknowledgment of what the Lord has done for you. If you wear a low price-tag before the world, you belittle the high price Christ paid to redeem you. If the 'King of Kings' has taken up residence within your body, why not dress in a way that will honour him? Lack of money could prevent your buying special clothes to wear to church. Come in the best you own. To honour God, see that the garments are clean and mended.

B) Clothing Suggestions and Combinations

1. Make sure your clothes are neat and clean.

For the moment, let's presume that you have a wardrobe full of clothes that are in good order. It is morning. The alarm clock has just rung. You drag yourself out of bed and stand in front of your wardrobe wondering what to put on.

How do you decide what to wear? The first question you ask yourself is: 'What do I have that is clean?' The next question you'll want to ask yourself is this: 'What will the other kids be wearing?' Should you follow their lead exactly?

2. Conform somewhat to others, but don't lose your individuality.

Yes, you'll want to look 'something' like the others, but be careful not to go overboard on conformity. A certain amount is desirable; otherwise you'd look peculiar. But don't conform so completely that you look exactly like every other kid in the room! If you do, you lose your own sharp edge - the thing that defines you as 'you.'

3. Dress appropriately for the occasion, the activity, and the role you'll be playing.

Ask yourself: 'Where am I going? What will I be doing?' You'll want to wear clothes that are appropriate. This means clothing which is suitable for the occasion, the activity, and the role that you will be playing.

Knowing what is appropriate to wear is not always easy. Here are some guidelines to help you:

*** What to wear to Church:**

Show respect to God's house by wearing respectable clothes. When attending a worship service, wear the best you have (in keeping with the situation, of course). The same rule applies when you are a guest at a wedding or a reception. Show your respect for the person being honoured by dressing respectfully.

*** How to dress when applying for a job:**

Dress moderately, neatly, and appropriately! When applying for a job in an office building, wear clothes suitable to that environment. Your prospective employer may want to see how you would look as an office assistant, clerk or messenger. When applying for a job that involves dirty manual labour however, don't wear your dirty old 'grubbies' - wear clean, casual clothes.

*** How to dress for a date:**

When going on a first date avoid wearing brand-new clothes. On a first date you may tend to feel slightly self-conscious. If you're decked out in clothes you've never worn before, you may feel doubly self-conscious. And if you're so aware of your new clothes that you can't get your mind off yourself, you're sure to be a flop as a companion!

*** How to dress for dinner at a restaurant:**

Let the degree of formality of the restaurant itself (as well as the occasion) dictate your choice of clothes. If you'll be seated at a table with a white linen tablecloth, you should probably wear your best clothes.

4. Become colour-wise.

Wear brighter colours in smaller doses, and only one vivid colour at a time. Don't combine vivid colours. Pants of a strong shade of blue or green, for example, will not look good when combined with a shirt of vivid red or orange. For more pleasing results, combine two shades of the same colour - for example, a light blue shirt with dark blue pants.

Remember also: The brighter the colour, the less pleasing it is in large doses. Use moderation with intense colours not only because of their visual effect but also because of their psychological effect upon others. To wear clothes of extreme or uncommon colours is like wearing a sign that says, "Hey! Look at me!" Earn your attention by the kind of person you are - not by the bright colours you wear!

5. Key your shoes to the colour of your clothes. Key your socks/stockings to the colour of your shoes/clothes.

Brown shoes are best with brown clothes, but you may wear either brown or black shoes with other colours. For the most pleasing effect for fellows, match the colour of your socks either with the colour of your shoes or with the colour of your pants. Do not introduce a third colour in your socks. Similarly for girls, match shoes and stockings with clothes.

6. Coordinate your outfits with care. Do not combine more than 2 patterns in your basic apparel items.

You may see people wearing bold prints, plaids, checks and stripes - and combining them wildly! If you want to be certain of presenting a top appearance, however, pay attention to the standard rules of pattern combination.

Do not combine more than 2 patterns in your basic items of clothing. Your basic items are 1) your pants or skirts, 2) your shirt, and 3) your jacket.

* If your pants/skirt and shirt are both patterned, choose a jacket of solid colour.

* If your pants/skirt and jacket are both patterned, choose a shirt of solid colour.

* If your jacket and shirt are both patterned, choose pants/skirts of solid colour.

You may see this rule broken today. For example, a person may be wearing a plaid jacket with checkerboard pants and a flowered shirt. But the picture they present is a disturbing one. The more striking the various patterns that are involved, the more displeasing are the results.

7. Choose the right line, colour and pattern for your build.

People come in various shapes and sizes. Some are king-sized while others are mini-sized. Of course, fat may be trimmed away, but some physical features are unchangeable. If you're tall, you're tall. And if you're short, you're short. Your bone structure, whether you approve or not, is here to stay!

By learning a few simple techniques, however, you can create an 'illusion' of a different body height or breadth. The human eye naturally follows lines. If you wear up-and-down lines, the eye senses height. If you wear side-ways lines, the eye senses width. The eye is also attracted to light and dark colours. Light colours accentuate your proportions and dark colours minimise them.

After you have learned how to choose the proper clothing for your body-build, the next step is to forget about your stature problems. Accept yourself as you are, for God has made you as you are.

Don't allow an unalterable abundance or scarcity of inches in any direction to make you feel self-conscious or resentful.

PERSONAL DEVELOPMENT

Personal Development Handout 4

SIX IMPORTANT QUESTIONS TO CONSIDER

Before anyone decides if their appearance is not important, they should first ask:

1. Will the way I dress make a difference to the way I feel about myself?
2. Will the way I dress affect my attitude towards others?
3. Will the clothes I wear have a bearing on the type of friends I attract?
4. Will the clothes I wear affect my emotional outlook?
5. Will the clothes I wear affect my moral behaviour?
6. Will the clothes I wear affect my witness for the Lord?

Follow these clothing suggestions

1. Make sure your clothes are neat and clean.
2. Conform somewhat to others, but don't lose your individuality.
3. Dress appropriately for the occasion, the activity, and the role you'll be playing.
4. Become colour-wise.
5. Key your shoes to the colour of your clothes. Key your socks/stockings to the colour of your shoes/clothes.
6. Coordinate your outfits with care. Do not combine more than two patterns in your basic apparel items.
7. Choose the right line, colour and pattern for your build.

ACTIVITY X4

Discuss the relationship between diet and exercise in developing good health.

+ This activity to be completed on a Campout

OUTLINE

To highlight the benefits in health as a result of living a Biblically-centred lifestyle.

Contact your local conference Adventist Health Dept for suggested videos or leaflets, or invite a dietitian, health and fitness specialist, sports person, or other professional who can outline the principles of diet and exercise for a healthy lifestyle.

RESOURCE MATERIAL

DIET

The Australian Nutrition Foundation recommends that the largest proportion of our diet should consist of fruits, vegetables and grains. A moderate amount of protein foods should be eaten, and oils and sugars form only a small part of our diet.

A well balanced vegetarian diet closely follows these guidelines, easily supplying all the nutrients we require.

See Handout 5 - The Healthy Diet Pyramid shows that a major proportion of our daily diet should include whole grains, fruits and vegetables. These foods are really the staples - the base of a healthy diet. Other foods are somewhat like trimmings, to be eaten in moderation. The vegetarian diet is based on whole grains, vegetables and fruit.

Here's a formula for sufficient protein in a balanced diet

GRAINS			GOOD		WELL
NUTS	+	LEGUMES	QUALITY	+	BALANCED
SEEDS			PROTEIN		MEAL

Discuss junk food, and remind the pathfinders that junk food is very high in kilojoules. Here are some examples:

<u>Food</u>	<u>Kilojoules</u>
Burger	1820
Spring Rolls	1670
French Fries (large)	1380
Hot Fudge Sunday	970
Thick Shake	1350
Hot Apple Pie	1130
Pan Piza (1/4 Medium)	2400
Small Cakes/Donuts	1180

EXERCISE

Discuss the changes in lifestyle of someone living 100 years ago as compared with today. Include changes in transportation, job occupation - ie from rural-based existence to urban, growth in automation and technology in the home and on the job, changes in ration of "free or leisure" time to "work" time, changes in recreational pursuits. Arrive at the conclusion that today we do not meet basic exercise needs in our lifestyle either at home or on the job.

Discuss the principles of physical fitness, such as cardiovascular fitness, how intense does exercise need to be to be beneficial, the importance of building habit patterns and recreational skills early in life.

Let the pathfinders graph their heart rate response to various activities.

Have some magazines and papers and let the pathfinders look through advertisements and see how many promote a sedentary lifestyle, and how many promote an active lifestyle.

Ask each pathfinder to draw up a daily exercise program best suited to their body needs, lifestyle. Encourage them to put this into practice.

HEALTHY LIFESTYLE

Present the essentials of the Adventist lifestyle as contained in Ministry of Healing, page 127.

Pure Air
 Sunlight
 Abstemiousness
 Rest
 Exercise
 Proper Diet
 The Use of Water
 Trust in Divine Power

One of the principal aids to good appearance is good health. Among Christians, Seventh-day Adventists are noted for their emphasis on health. Studies show that they are healthier than the general population, if the abstain from alcohol, tobacco and harmful drugs, have a vegetarian diet, avoid coffee and tea, promote exercise, rest and trust in God.

Vegetarianism has become recognised as a sound way of life. Over the last few decades medical advice is to cut down on cholesterol, fat, sugar and refined foods. A well-balanced vegetarian diet is high in fibre, low in cholesterol and fat, and can provide us with all the nutrients we need.

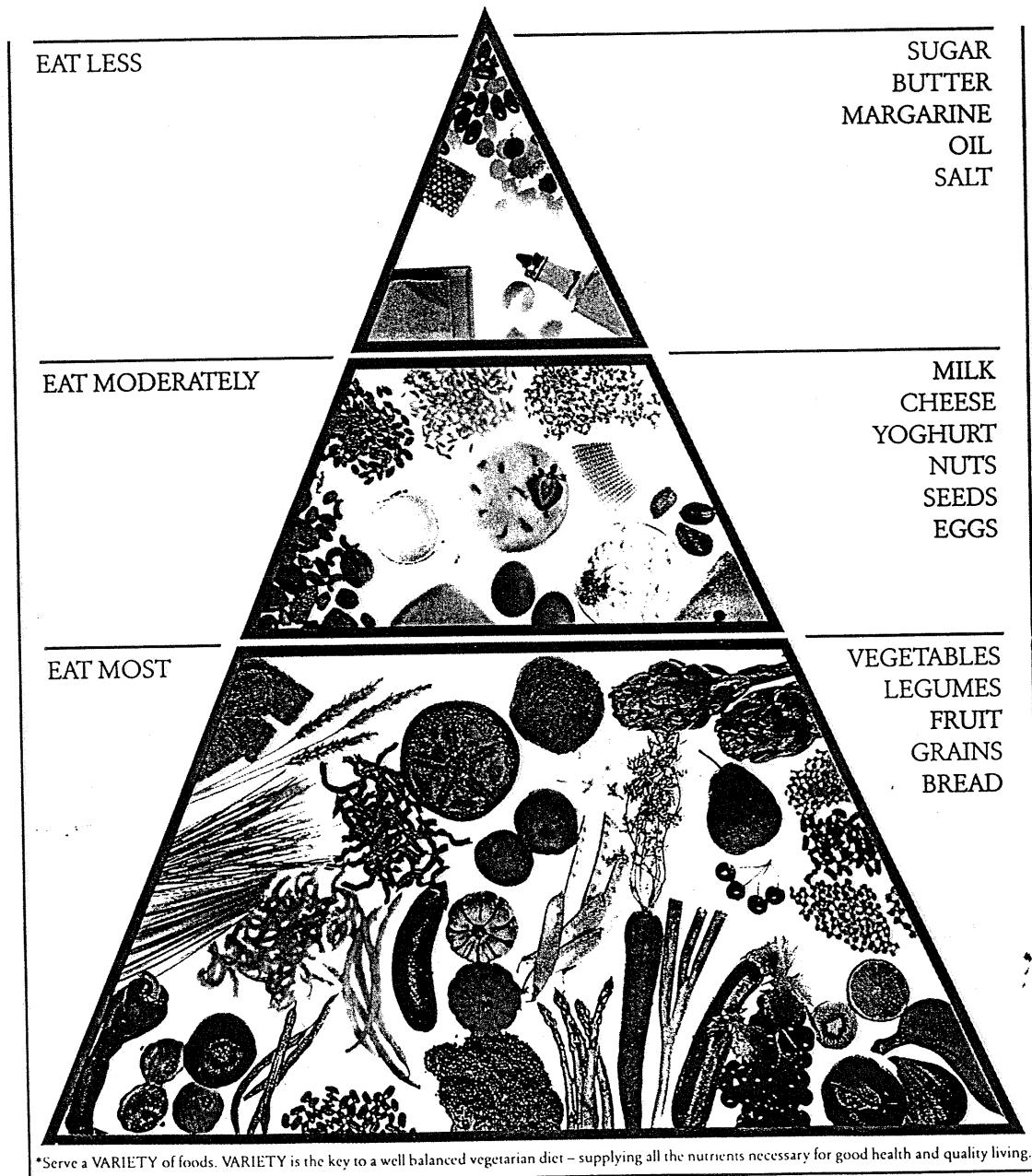
Know medical benefits of a vegetarian diet are:

- Less Heart Disease
- Less Cancer
- Less Obesity
- Less Hypertension (High Blood Pressure)
- Less Bowel Disorders
- Less Diabetes
- Less Osteoporosis
- Greater Longevity
- Greater Endurance

PERSONAL DEVELOPMENT

Personal Development Handout 5

THE HEALTHY DIET PYRAMID



ACTIVITY X5

Explore some points for conversation making.

- + This activity has one campout session.

OUTLINE

The ability to converse freely will make you a happier person and as you mingle with others you can become a "mouth piece" for God. Use your "gift of speech" for God.

RESOURCE MATERIAL

ACQUIRING CONVERSATIONAL SKILLS

ARE YOU A GOOD CONVERSATIONALIST?

What kind of conversationalist are you? Can you talk easily and freely with everyone, or do you "freeze up" when you're with certain people? By answering the questions in Handout No 6 you can discover just where you stand. Answer the questions honestly. No one else needs to see your answers.

POINTS OF CONVERSATION

1: WHEN YOU DON'T KNOW HOW TO BEGIN, LOOK FOR "COMMON GROUND"!

You have found yourself among strangers. Introductions have been made. An awkward silence follows. You search for something to say. Where do you start? Why not start right where you are - on common ground!

"But," you say, "we've just met! We have nothing in common!"

Yes, you do! You have at least three things in common:

First, you are both "somewhere." You share a common environment you can remark about. For example: if you're in a lift, why not say, "This surely beats the stairs, doesn't it!"

Second, you share a common atmosphere you can talk about. "Nice day, isn't it?" Or, "Wish it would stop raining!" Remarks about the weather have saved many an awkward silence.

And third, you are both in the same time zone. You can speak about the time of day. You can say, "Is it three o'clock yet?" Or, "Do you have the correct time?" Even if you are wearing a watch, this is still appropriate, for your watch may be running slow! Who knows?

Don't think you must wait until you have something profound to say. But while you're discussing the weather (or whatever starter subject you choose), don't forget to use your eyes to search out further conversational clues - just in case you're together awhile!

For example, if the other person has an armload of books: "Been to the library?" Or, if he has a towel rolled up under his arm: "Going swimming?"

In the week ahead, watch for opportunities to start conversations. Practise looking first for common ground, and secondly for additional conversation clues. You'll be amazed at your success. Let's do some practice right now as we look at these three conversation problems.

2: DON'T TRY TO DO ALL THE TALKING.

Refer to Handout 7. Have the Pathfinders consider the two cartoons, "In the 'Game of Catch'" and in the 'Game of Conversation.'"

Conversation is a two-way game.

(1) It's like a game of catch. Doing all the talking is like hanging on to the ball. What happens to a game of catch when you hang on to the ball? It's obvious that hanging on to the ball ruins the game! But did you know the same thing happens to the (2) "game of conversation" when you hang on to the "conversation ball"?

Let's compare (3) "Bill the Blabber-mouth" and (4) "Larry the Listener." (Have two pathfinders read the parts aloud.) Which fellow gets Betty's vote for being the more fun to talk to? Larry the Listener, of course! No-one enjoys the guy who carries on a never-ending monologue.

What truth does Mr "Blabber-mouth" need to learn?

Answer: God gave us two ears and one mouth to be used in that proportion.

Mr "Blabber-mouth" also needs to learn to follow Paul's advice: "Don't just think about your own affairs, but be interested in others and in what they are doing" (Phil. 2:4, Living Bible). If "doing all the talking" is the wrong way to keep a conversation going, then what's the right way? Our third rule of conversation gives the answer.

3: KEEP THE CONVERSATION ALIVE BY TOSSING QUESTIONS.

You can easily sustain a conversation for hours, if necessary! All you have to do is keep the "conversation ball" in motion. Toss it back and forth...back and forth. But how do you toss the "ball"? It's easy. You ask a question!

The art of asking questions is one of the most valuable conversational techniques you can acquire. What makes it doubly important is this: When you ask a question, you not only keep the conversation alive, but the other person feels you're interested in them as well.

To see what a difference this technique can make, let's listen to a conversation between "Rick" and "Marie." Have to Pathfinders act or read out the following skits.

SKIT: (Refer to Handout 8)

Discuss **VERSION ONE** skit with the pathfinders, asking these questions:

Was this a successful conversation? Why not?
What impression did Marie receive of Rick?
What might have been Rick's impression of Marie?
How many times did Rick toss the "conversation ball" in her direction?
What answers could/should Marie have made?

Discuss **VERSION TWO** skit with the pathfinders, asking these questions:

Was this a more successful conversation? Why?
What did Marie think of Rick? Why?
What did Rick think of Marie? Why?
How many times did Rick toss the "conversation ball" in her direction?

He asked her...

1. What her favourite dessert was.
2. Where her summer cabin was located.
3. What she liked to do in the mountains.
4. If she had noticed the wild pigeons.
5. If he could bring her his Bird Book.

By asking questions, Rick not only kept the "conversation ball" rolling, but also made Marie feel she was important to him.

How did Marie throw the "conversation ball" back to Rick?

4: WHEN OTHERS ARE TALKING, BE A GOOD LISTENER!

Of course, you may hear the spoken words with your ears, but "listening" involves your eyes, your mind and your heart as well. Jesus spoke of men who had "ears that did not hear." Let's take a look at four "listening faults".

a) A good listener does not interrupt the speaker.

Why become so impatient that you "cut in" on the speaker? The Bible tells us to be "swift to hear and slow to speak" (James 1:19). The speaker may be working up to an important point. Why not give them a chance to make it? It's absurd to be so busy planning your reply that you miss what is being said. When you listen attentively, your reply will come naturally and properly - at the right time (when the other person is finished)!

b) A good listener does not daydream while others are talking.

Do you play the game of "catch" with your arms folded? Of course not! You might miss the ball when it is thrown to you. But do you ever daydream when others are talking? If you do, you might miss the "conversation ball" when it is tossed your way! And worse yet, the speaker might be awaiting an answer to a question you didn't even hear! Keep awake!

c) A good listener keeps his eyes on the speaker.

When you look the speaker in the eye, you gain in two ways: First, you learn as much from their facial expressions as from their words (perhaps even more); and second, you find it easier to remain attentive. If you let your eyes wander, your mind is sure to follow! It is surprising how interesting a Sermon becomes when you look at the minister.

d) A good listener responds to the feelings of the speaker and shows it on his face.

Show the speaker you're responding to their words. Smile! Nod approval! Enter into laughter with them! Why wear a dead pan expression on your face and discourage them.

5: DON'T FAIL TO COMMENT ON WHAT'S SAID.

In making comment, you may express agreement or disagreement (tactfully, of course), or volunteer something from your own experience. But do say something! When you fail to comment, the speaker concludes that you're so bored that you want to end the conversation. Feeling rejected, he'll soon leave you alone.

The "Conversation Wheel"

We have now completed a 3-point system for conversational success. We've learned first, to keep the conversation alive by asking questions; second, to listen when answers are given; and third, to show interest by making some kind of comment.

Ask, listen, comment! Do this, and your conversation will roll along as long as you desire! But before you start talking remember that, as a Christian, you represent the Lord Jesus Christ.

6: FOLLOW THE SCRIPTURAL PRINCIPLES THAT APPLY TO ALL CONVERSATION.

Remember Ecclesiastes 5:3

"A fool's voice is known by the multitude of words." The one who indulges in unbridled talking is liable to speak unwisely, uttering exaggerations, secrets, gossip, boastings or words that will offend. David said, "I will keep my mouth with a bridle" (Ps. 39:1). This is a good idea for all of us! If we fail to "muzzle" our mouths, they may run away like wild, unbridled horses!

Remember Philippians 2:4

"Don't just think about your own affairs, but be interested in others, too, and in what they are doing" (Living Bible). Before you talk at length about your chosen topic, ask yourself: Is this something the listener can grasp mentally? Is it reasonable for him to be interested in this subject? If the answers to these questions are "no", proceed with caution! You may lose your listener!

Remember Ephesians 4:29

"Let no corrupt communication proceed out of your mouth." What is "corrupt communication"? Speech that is tainted, foul or defiling - such as gutter language and swear words and words with double meanings.

Gutter language and swear words don't impress anyone! Everyone knows that the person who swears the most has the least confidence in themselves! Take the apostle Peter, for example. When he sat by the fire the night Jesus was betrayed, he was too weak to admit he even knew Jesus! When he saw that his words were falling flat, he tried to beef them up with cursing. This is normally the case: The weaker the person, the stronger his language!

Filthy words bring filthy pictures into your mind. And when you speak these words around others, you bring filthy pictures into their minds also. The Bible tells us to speak words that are "helpful for building others up according to their needs" (Eph. 4:29). This means words that are wholesome and healthful - words that build others up, rather than tear them down.

But what can you do when your friends start swapping dirty stories? You can clean up the polluted atmosphere by (1) telling some clean stories (2) lead off on another subject or (3) walk away.

Remember Proverbs 27:2

"Let another man praise thee, and not thine own mouth; a stranger, and not thine own lips." In other words, don't brag about yourself! If you want others to feel good around you, don't try to always appear great! Instead, tell about the times you've goofed! It's almost impossible to defame yourself by telling about your foolish mistakes.

Remember 1 Peter 3:8

"Live in harmony with one another, be sympathetic, love as a brother, be compassionate and humble." Don't exclude a third party from your conversation. No one likes to be left out. Practise love by showing compassion for others.

(Refer also to the following: Prov 18:13, Prov 21:23, Prov 26:22, James 1:19)

LET'S TAKE A LOOK AT YOUR TONGUE

Why does the doctor check our tongues? Because they often indicate our general health. For the Bible says, "Those things which proceed out of the mouth come forth from the heart" (Matt. 15:18).

Use your tongue for Jesus!

There are times that by just saying a kind and helpful word you can witness for Christ. What is the best way to use your tongue and what is the power that will help you do it?

Ask a pathfinder to read Mark 5:19.

"Go home to thy friends and tell them how great things the Lord hath done for thee, and hath had compassion on thee."

The best way to use your tongue is to speak out for Jesus! He's the one person you can brag about! After healing the demon-possessed man, Jesus told him to tell his friends about it! Tell them he can do the same for them. Tell your friends that Jesus is a liberator who can set them free...that Jesus died on the cross to change the world's bad news to good news!

GOOD NEWS FOR ALL

What is the good news? Jesus says, "Come to me! Believe in me! I'll give you a new life! I'll take care of your guilt problem! I'll forgive your sins! I'll release you from your fears! I'll help you live victoriously!" That's good news - and it's for everyone!

But you may ask, "How do I tell people about these things? Do I stand on the street corner and shout them out, hoping they'll listen?"

FOLLOW JESUS EXAMPLE

To be sure, God has made use of street evangelists, and many have believed on Jesus through their witness, but God has not called everyone to this ministry. Everyone, however, can follow Jesus' example. Jesus caught people's attention by talking about things that interested them - such as building houses and barns, planting crops, harvesting, or going fishing. But he didn't stop there - he used these common everyday topics as "starters" to lead people into conversations about God.

You can do the same thing! You have learned how to open conversations and how to keep them rolling. Using these techniques, you can become a voice for God. The more freely and easily you can converse with others, the more opportunities you'll have to do this!

PERSONAL DEVELOPMENT

Personal Development Handout 6

ARE YOU A GOOD CONVERSATIONALIST?

Answer the following questions to discover where you need improvement in your conversational skills. (No one else needs to see your answers)

1. Have you ever crossed the street to avoid speaking to someone? YES/NO
2. When a stranger sits beside you at a social gathering, is it hard for you to strike up a conversation? YES/NO
3. Have you ever become so tongue-tied with others that you felt embarrassed and miserable? YES/NO
4. Do you sometimes blush and stammer when you talk to a member of the opposite sex? YES/NO
5. Do other people often become bored when you talk to them? YES/NO
6. Are you uncertain what to do when the conversation switches to dirty stories? YES/NO
7. Do you sometimes open conversations and then run out of something to say? YES/NO
8. Do you ever ask people questions that arouse resentment? YES/NO
9. When there's a break in the conversation, do people seem anxious to edge away from you? YES/NO

Add up your "YES" answers. Do you have THREE or more? Then you need help in your conversational skills.

PERSONAL DEVELOPMENT

Personal Development Handout 7

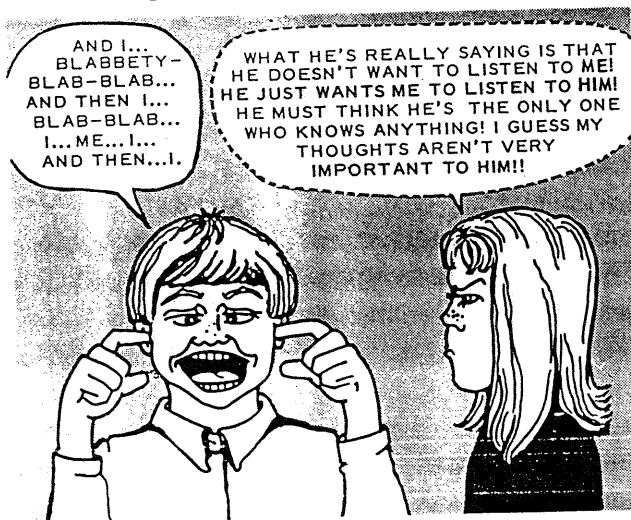
IN THE "GAME OF CATCH" ...
HOLDING THE BALL
RUINS THE GAME!



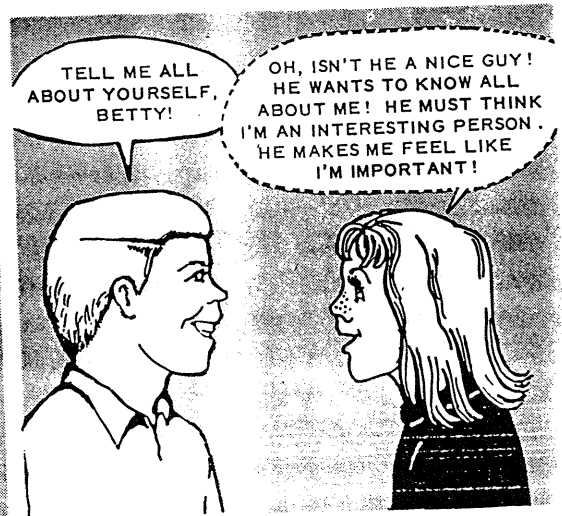
IN THE "GAME OF CONVERSATION" ...
HOLDING THE "CONVERSATIONAL
BALL" RUINS THE GAME!



"BILL THE BLABBER-MOUTH"



"LARRY THE LISTENER"



Mr. "Blabber-Mouth" needs to learn this truth:
GOD GAVE US TWO _____ AND ONE _____ TO BE USED IN THAT PROPORTION.

"Don't just think about your own affairs, but be interested in others, too, and in what they are doing." (Phil. 2:4, Living Bible.)

PERSONAL DEVELOPMENT

Personal Development Handout 8

Rick and Marie are seated side by side before the class, holding paper plates and napkins in their laps. Using a fork, they go through the motions of eating as they speak.

SKIT, VERSION ONE

Rick: Hi, Marie! This strawberry shortcake sure tastes good, doesn't it! It's my favourite dessert.

Marie: It is?

Rick: Yeah...I never get tired of eating strawberries!

Marie: (Without enthusiasm), Oh...

Rick: I've been picking strawberries all week and I still like to eat 'em!

Marie: (Bored), Well...

Rick: Yeah, and if I pick fast enough, I make pretty good money! I'm saving for a ten-speed bike!

Marie: Hmmm...

Rick: Yeah, and I'm gonna travel to the coast next year with Bill.

Marie: (Looking aside as though trying to find a way of escape), Well...

Rick: Yeah! Bill's already bought his bike! It's really great!

Marie: Ho...hum...(Yawns loudly, closes eyes, droops head as though to fall asleep.)

SKIT, VERSION TWO

Rick: Hi Marie! This strawberry shortcake sure tastes good, doesn't it! It's my favourite dessert. What's yours?

Marie: (Brightly), Oh...I'd say the wild blackberry pie Mum makes at our summer cabin!

Rick: Oh? Do you have a cabin? Where is it?

Marie: In the Blue Mountains! They're beautiful! Ever been there?

Rick: Sure! I go fishing there with my Dad. And when we're not fishing, we're hiking. What do you like to do in the mountains, Marie?

Marie: Oh, I like to swim...and hike...and study the birds. Have you ever noticed how many blue jays there are?

Rick: Sure! They're so noisy you can't miss them! And have you noticed the wild pigeons?

Marie: Yes! And the woodpeckers, too! You know, Rick...I've counted as many as 14 different species of birds near our cabin, but I don't know all their names.

Rick: Say, Marie...I've got a Bird Book! Maybe you'd like to take it with you next time you go! Can I bring it over sometime?

Marie: (Brightly), That'll be great! Thanks a lot, Rick!

ACTIVITY X6

Learn the principles of good posture.

- + This activity to be completed on a Campout.

OUTLINE

To see why it is relevant - in our Christian life - to present ourselves in the best possible way in how/where we stand, sit and walk - to attract others to Christ and His way of living.

RESOURCE MATERIAL

Refer to Handout 9

1. **A DISCIPLINED POSTURE CAN HELP YOU GET THE JOB YOU WANT**
 - a) Invites trust
 - b) Inspires the confidence of others
 - c) Strengthens your self-esteem
 - d) Makes you appear energetic
 - e) Gives you an air of success
 - f) Give dignity and force to your witness
 - g) Honours your body as God's creation
2. **A POISED POSTURE CAN INCREASE YOUR APPEAL**
 - a) Gives an appearance of strength
 - b) Increases your height
 - c) Adds attraction to your appearance
 - d) Makes you look self-confident
 - e) Impresses people
 - f) Gains a respectful audience
3. **AN ALERT POSTURE CAN HELP YOU PASS THE TEST AND MAKE THE GRADE**
 - a) Increases blood circulation to the brain
 - b) Quickens reactions and responses
 - c) Promotes sharp thinking
 - d) Builds your confidence
 - e) Expands your lung capacity
 - f) Creates greater body energy
 - g) Increases vitality and health

THIS IS THE WAY WE STAND...AND WALK...AND SIT:

A sagging head quickly triggers a downward chain reaction that ends with a slumpy jelly roll look! Try it and see! Let your head sag. What happens?

1. Your shoulders slump
2. Your chest caves in
3. Your waistline thickens

For perfect body balance and a great appearance, line up your body like this:

KEEP YOUR HEAD HIGH

Pull it up! No, not with your chin...pull from behind!

Stretch the top of your head upward until you feel a tugging behind your ears.

At the same time push gently downward with your shoulders.

Keep as much distance as possible between your head and shoulders.

KEEP YOUR HEAD SQUARELY ON YOUR SHOULDERS!

Never hang your head forward over your chest.

Deliberately push back with your neck muscles until the centre of your ear is lined up vertically with the centre of your shoulder bone.

Ask the one beside you to check your head position by holding a ruler or pencil vertically at your ear lobe. Does it line up with the centre of your shoulder bone? Push your head backward until it does! This is where your head should be.

KEEP YOUR SHOULDERS STRAIGHT!

Don't hunch then forward over your chest in a hawk-like manner.

Don't thrust them backward like a soldier standing at attention.

Exert a slight bit of downward pressure on your shoulders to keep them low and relaxed. Don't hold them high and strained.

LET YOUR ARMS FALL NATURALLY AT YOUR SIDES!

Do not stand stiff-armed or with hands clenched. Bend your elbows slightly and rest your thumbs at your side seams.

HOLD YOUR CHEST HIGH, BUT RELAXED

Don't puff your chest out like an inflated balloon. Thrusting your chest out too much throws your shoulders back in an awkward position, producing a swayed back and bulging buttocks. Hold your chest high enough to leave plenty of space between your hip bone and your ribs. This creates a better figure!

PUSH YOUR BUTTOCKS DOWN AND UNDER; PULL YOUR TUMMY UP AND IN!

These two work together. As you tighten your buttocks muscles, pushing downward and tucking way under, flatten your tummy at the same time by pulling upward and inward. This is a critical area! Keep those muscles under control.

KEEP YOUR KNEES RELAXED AND SLIGHTLY FLEXED!

If you lock your knees stiffly and tightly, you'll protrude fore and aft in an awful figure "s" curve. Try locking your knees and see for yourself what happens! Do you feel your weight thrown forward and your tummy pushing out? Notice that your back is swayed and your hips are sticking far out behind. Instead of looking tall and regal, your figure bumps out grotesquely.

POINT YOUR FEET STRAIGHT AHEAD!

Never overburden one leg with all your body weight. Play fair! Divide it up evenly between both legs. You'll look better too!

YOU'VE LEARNED HOW TO STAND LIKE ROYALTY... NOW STEP OUT AND WALK LIKE ONE!

This is how you do it:

- (1) Check your posture. Stretch up high! Pull yourself up...taller...taller!
- (2) Place your heel down first. A gentle push ahead from the other foot will roll you forward smoothly. Do not drop your heels with a jarring thud as you walk along.
- (3) Walk in a straight line. Imagine you are following a chalk line with feet pointing straight ahead. Don't toe in. Don't toe out. Glide along smoothly. Don't bounce up and down like a rubber ball.
- (4) Remain vertical from the hips up! Are your head and chest slanting forward trying to get ahead of the rest of you? Are you leading with your head or "pointing with your nose" like a Beagle hound? Get your head back in line over your hips. Lead with your thighs instead. Swing out smoothly from your hips keeping the rest of your body vertical.

SITTING DOWN!

Now that you know how to stand and walk, don't ruin your regal appearance when someone says, "Please sit down!" Follow these simple steps and you can relax in confidence,

1. Back up to your chair until you feel the front edge with both legs.
2. Place one leg farther back underneath the chair to provide good balance as you lower yourself. Bending your knees, let yourself down slowly, keeping your hips well tucked under and your back straight.
3. Seat yourself on the edge of the chair; then slide back gracefully easing yourself into place.

STOOPING!

When stooping place one foot in front of the other and lower yourself with both knees bent, spine straight and head erect. Use your leg muscles to raise your body again, keeping your spine and head erect as before.

RELATING THE THEME TO CHRISTIAN LIFE

YOUR DAILY CHRISTIAN WALK

A good posture and a happy disposition will make your appealing to others. cultivate

- | | |
|--------------------------------------|---|
| You will never be appealing - | no matter how light your step - if you walk roughshod over others! |
| You will never be appealing - | no matter how regal your bearing - if you hold your head high in arrogance and self-conceit. |
| You will never be appealing - | no matter how perfect your body rhythm - if you walk out of step with God, walking contrary to His purposes for your life; or out of step with others, lacking sympathy and understanding of their needs! |
| You will never be appealing - | no matter how carefully you place your feet one before the other in a straight line - if you cannot walk a straight line with others, if you are crooked in your dealings, deceitful, disloyal, untrue! |
| You will never be appealing - | no matter how carefully you place your heels on the floor - if you brusquely "kicks others around" in your eagerness to get to the top. |
| You will never be appealing - | no matter how graceful your body motion - if you walk awkwardly with your friends, shoving them thoughtlessly aside to suit your selfish whims! |
| You will never be appealing - | no matter how harmoniously your muscles are coordinated - if you are out of harmony with your Creator, out of harmony with family and friends, demanding your way above theirs! |
| You will never be appealing - | no matter how good looking you are or how perfect your posture, if your voice is rough, loud or rapid (listen to yourself on a tape). |

TEEN YEARS ARE IMPORTANT IN DEVELOPING YOUR SPIRITUAL POSTURE

Your teen years are important because they are formative years, not only for your body but also for your soul and mind. Deep-set thought patterns, long-lasting attitudes and emotional responses are being within you, and these will determine the beauty of your spiritual posture and the loveliness of your Christian walk. As Christian young people, remember that your physical posture and walk is important for this life-time only; but your spiritual posture and walk is important for all time! For one day each of you will stand before God. What will your posture be then? Will your head hang low? Or will you be able to stand before Him, in confidence, unashamed (1 John 2:28)?

PERSONAL DEVELOPMENT

Personal Development Handout 9

POSTURE

A DISCIPLINED POSTURE



A POISED POSTURE



AN ALERT POSTURE



ACTIVITY X7

Discover the importance of facial care.

OUTLINE

Often it is heard that "the eyes are the mirror of the soul" but it could be said that the "countenance is the cardiogram of the heart". The muscles in our faces register the changes of our hearts. If ugly pleasant reign in our hearts, pleasant expressions stamp themselves on our faces and visa versa. (Phil. 4:8) God is the one who transforms the human heart, making our faces radiate with His love to draw others to Him through us.

RESOURCE MATERIAL

IMPROVING YOUR FACE

HOW IMPORTANT IS YOUR FACE?

First of all, your face is important to God! No matter how ordinary it may appear to you, God can use it. You don't have to be pretty or handsome. You simply need to be in tune with Jesus and share His feelings and think His thoughts. When this happens on the inside it shows on the outside! Your face becomes a living advertisement for Him.

FACES CAN ATTRACT OTHERS TO JESUS

Young people today are searching faces. They are searching for someone who looks as though he has found the answer to life. What they are really seeking in a face is Jesus, for he is the way, the truth and the life (John 14:6). When a face reflects Jesus, it bears an unmistakable quality about it that sets it apart from the crowd.

It's alive and enthusiastic -not hollow, empty and bored. It's open and genuine - not masked. And it actually sheds forth a kind of radiance that attracts others. And they conclude, "Whatever they've got, I need it too!" They seek excuses to talk with that person in order to discover the secret behind their face. And when they do discover the secret, they've discovered Jesus! For it was Jesus' peace and love written all over that face that drew them in the first place!

And because they've seen Jesus in someone's face, they can no longer deny that he is real. Will they see him in your face? They can. Your face can become a live exhibition of Jesus!

YOUR FACE CAN HARM YOUR OWN CAUSE, TOO!

If you neglect your facial appearance, you may harm your own cause - as well as Christ's cause - for your face is a powerful agent that can work either for you or against you. Some people think that it is feminine for a guy to look in the mirror. But mirrors are for men, too! Since everyone looks at your face, you'd better find out what they are seeing!

"God has given you one face and you make yourself another." Shakespeare

1. At this moment you are shaping your facial appearance by the grooming and health habits you are following.

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's food, nor the wine which he drank...and their countenances appeared fairer and fatter in flesh than all the youths which did eat the portion of the king's food" (Daniel 1:8,15).

2. At this moment you are shaping your facial appearance by the "facial posture" you are practising.

"They have made their faces harder than a rock" (Jer 5:3)

3. At this moment you are shaping your facial appearance by the quality of the character you are forming.

"A man's wisdom makes his face to shine, and the strength of his face shall be changed" (Ecclesiastes 8:1).

"A merry heart makes a cheerful countenance" (Proverbs 15:13).

SOME EASY WAYS TO PUT THE FOLLOWING FACE FOES "ON THE RUN"

- A. Muddy, sallow skin colour; Listless, dark-circled eyes

Both of these enemies can be conquered by simply following good health rules. The way you eat, exercise and sleep all show on your face. If you want clearer eyes, whiter teeth, fewer facial eruptions, improved skin tones and a healthier glow to your face - get plenty of fresh air and exercise, eat properly, drink lots of water, maintain good elimination and get sufficient sleep.

- B. Spotted, grease-smudged glasses

Do glasses spoil a person's appearance? Clean glasses are never detrimental to a person's looks. But dirty, smudged glasses will detract from even the most handsome face. Remember that others notice spots on your lenses more easily than you do.

Clean your glasses regularly using soap and water or lens cleaner. Dry the lenses with a soft, clean cloth. Wear your glasses confidently and they'll look sharp on you! Of course, you

may want to consider contact lenses for other reasons. Consult your optometrist. He'll tell you if they are advisable.

C. Food-encrusted, yellow teeth

Your best weapon against this enemy is the toothbrush. When caught without one, rinse your mouth after eating to wash away food particles lodged between your teeth.

Do you worry because your teeth are crooked? Clean, glistening teeth are far more important to your good looks than perfectly aligned ones. An imperfect tooth alignment usually registers in the minds of others as nothing more than "your special trademark" - and not the appearance defect you suspect.

If you must wear braces for an alignment problem, don't try to hide your braces when you smile. If you cover them with your hands, you actually call more attention to them. Smile openly and smile often! Others will notice the friendliness of your smile rather than the braces.

D. Crusted eyelids and matter in corner of eyes; dirty ears; grimy skin; dirt-clogged pores

All of these face-foes will yield to careful cleansing. Wash your face often and wash it well. Work up a sudsy lather in both hands and massage every inch of your face. Scrub around your hairline where perspiration and dust collect. To cleanse your eyes, wash away the crust or matter by wiping from the inside out. Get into the creases around your nose. Then splash-rinse, first with warm water and then with cold. Your cleansing job doesn't end at the chin-line. A clean face demands a clean neck - and so does a clean shirt! And don't forget your ears. Drape a washer over your little finger and gently work around each fold. Get behind them, too!

E. Facial eruptions, pimples, bumps

This is a common facial foe that many teenagers must battle. Follow the steps listed and you'll put this enemy on the run.

- * Keep your face and scalp clean and free of oil.**

An oily face provides a perfect breeding ground for bacteria. Wash your face several times a day. You may want to use an antiseptic soap. Shampoo your hair often, too; for dirty, oily hair promotes pimples. Don't apply greasy hair lotion after your shampoo.

- * Maintain good bowel function.**

Your skin plays a part in excreting waste. A sluggish elimination system can overburden your skin's role in this. Therefore drink plenty of water and eat enough vegetables and fresh fruit to provide normal roughage.

- * Keep your hands off your face.**

Watch that urge to squeeze, dig or pick! Rather than helping the problem, an innocent "squeeze" can aggravate it by spreading the infection beneath the skin to adjacent areas. If your fingers or nails are not clean, you invite bacterial infection, too. Don't risk a permanently scarred, pock-marked, pitted face. Keep your hands off!

*** Avoid emotional upsets.**

Don't fret or panic over pimples (or anything else in your life), for emotional upsets trigger skin problems. Get sufficient rest and relaxing outdoor exercise to relieve tensions. Try spiritual sedatives, too. "In quietness and in confidence shall be your strength" (Isaiah 30:15).

*** Consult a doctor.**

If your skin problem is severe, consult a dermatologist. They can help you through this troublesome period as they have helped many others. Above all, don't bury your head in the sand and don't become a hideaway! An outbreak of pimples is no reason to avoid the human race. You are not alone in this problem. More than 85% of all teenagers suffer from it - and boys more severely than girls. Remember also, that other people enjoy the "real you" inside, not just your outer layer! You can have pimples and still be popular!

F. Patchy, scraggly whiskers

Guys - you may not be troubled with this face-foe yet; but sometime before you are 17, you'll discover fuzz on your chin and upper lip. In order to look well-groomed, you'll find it necessary to master the art of shaving.

PERSONAL DEVELOPMENT

Personal Development Handout 10

SOME EASY WAYS TO PUT THE FOLLOWING FACE FOES "ON THE RUN"

1. Skin
2. Glasses
3. Teeth
4. Eyes and Ears
5. Facial Eruptions
6. (Boys) Facial Whiskers

ACTIVITY X8

Discuss and develop the principles of good manners and etiquette.

OUTLINE

Show the importance of good manners in the christian life by following the 'Golden Rule' of the scriptures, "Therefore all things whatsoever ye would that men should do to you, do ye even so to them..." - Matthew 7.12. Manners are designed to stop you being embarrassed.

- a) Good Manners for Eating
- b) Seating/Table Arrangements
- c) Assessing your Manners

RESOURCE MATERIAL

Good Manners for Eating

AVOID THE THINGS YOU DISLIKE IN OTHERS

Do you enjoy eating with someone who gulps his food? Chews with his mouth open? Lets food drops from his lips? Of course not! Therefore, to follow the golden rule, you will want to eat quietly, chew with your mouth closed and use your serviette frequently. Make this your rule: 'Eat as neatly for others as you would want them to do for you!'

MANNERS MUST BE PRACTICED REGULARLY

You might ask, 'It is all right to eat any way I please when I'm alone?' You can - but if you're smart, you won't! Why not? Because in order for your table manners to become an ingrained pattern in your life, they must be practised consistently. Only when your table manners become a natural thing, will you be able to 'act naturally' when eating with others. If you are constantly on guard lest you slip back into the careless habits you practise at home, you'll feel tense and uncomfortable. Others will feel uncomfortable around you likewise. You'll make poor table company. You may not be invited back again!

DON'T REBEL AGAINST THE RULES

Perhaps you are thinking: 'Why should I have to follow some ancient rules written down in some old etiquette book - especially when some of the rules don't make sense?'

Let's look at it this way: Table etiquette is simply a system of eating which has been figured out in years past through trial and error. This accumulated knowledge has been handed down to free you from the burden of figuring out fresh solutions for each new eating problem. Following the rules will make life easier for you - and for those around you, too!

THE 'EATING GAME' REQUIRES TEAM WORK

Eating together at a common table, serving yourself from a common dish, passing objects from one to another is in a very real sense a team effort. Like any other game, it will progress more successfully when every player follows the rules laid down in advanced.

If you make up your own rules as you go along, others won't be expecting your plays and passes. The result? Confusion, spills and awkward situations!

DON'T BE A 'HOSTESS HARASSER'

What should you do when you find you're going to be late?

Most hostesses do not plan to serve dinner immediately upon their guests' arrival. However, if you see that you're going to be 15 to 20 minutes late, telephone your hostess, make a brief explanation and suggest that she not wait dinner for you. What should you do when you enter the Dining room?

First, wait for your hostess to tell you where she wants you to sit. Then as a mark of respect, remain standing until your hostess is seated.

What should you do when you find a foreign object in your food?

Keep quiet about it and proceed as normally as possible in the circumstances. Rather than drawing attention to it, and thereby embarrassing the hostess, simply bypass the object (if possible) as you are eating.

How can you keep in step with others?

Keep an eye on the other guests' plates as you are eating. Try neither to eat too slowly nor too fast. If you see that everyone else's plate is almost empty and yours is still heaped, it's time to eat - rather than talk! It is impolite to unnecessarily delay the dinner's progress.

DON'T BE A 'THOUGHTLESS DINNER GUEST'

Girls- How do you permit gentleman to seat you at the table?

First, the gentleman will stand behind your chair. He will pull it away from the table just enough so that you can enter easily. As you lower yourself into the chair, he will gently slide the chair towards you. Remember to keep your back erect as you sit down. After you are seated, you may wish to rise again slightly to allow the gentleman to slide your chair a little closer to the table.

When dining at a restaurant with a gentleman, the head-waiter may help seat

you at the table. If not you should pause long enough to allow the gentleman to perform this courtesy for you before he seats himself.

Boys- How do you help a girl into her seat?

First, step behind the girls chair. Pull it away from the table just enough so that the girl can enter easily. As she lowers herself into the chair, gently slide the chair towards her. Be careful not to bump the edge of the seat into her legs. After she is seated, the girl may rise again slightly to allow you to slide her chair a little closer to the table. When dining at a restaurant with a girl, the head waiter may help seat the girl. If not, you should perform the courtesy before you seat yourself.

Don't use your fingers as 'food pushers'

If you cannot capture peas with your fork, use a crust of bread for a 'pusher.' Or use your knife as a barricade, so that you can retrieve the wandering food with your fork.

Special precautions are required when drinking.

Never take more than one or two sips of liquid at a time. Then you'll never become so out of breath that you have to exhale loudly when finished drinking. To avoid leaving a food smear around the rim of your glass, wipe your lips with your napkin before you take a drink. Also, to avoid leaving beverage 'rings' around your mouth, wipe your lips with your napkin after taking a drink. If you stir your hot beverage with a spoon to cool it, be sure to remove the spoon before you drink.

What to do when you have to blow your nose.

If you find that you must give your nose a slight blow at the table, do it as quietly and quickly as possible, turning your head from the table. (Be sure you have a clean handkerchief or tissue in your pocket!) For a major nose-blowing project, excuse yourself and go to the bathroom or somewhere where the guests will not be disturbed.

Do not discuss revolting subjects.

Avoid discussing:-

- any subject that might bring unpleasant pictures into the minds of the guests or that might cause tension or arguments.
- gruesome accident descriptions or discussions of operations or bodily injuries.
- crimes of violence or disasters

Why? Because unpleasant subjects not only spoil appetites, but also hinder the operation of the digestive system, whereas pleasant subjects are an aid to proper digestion and relaxed enjoyment of the meal.

Take only your share of the floor space.

No matter how long your legs may be, don't usurp someone else's leg space. Remember, there are normally twice as many feet and legs under the table as there are heads above! Keep your feet pulled back just in front of your chair so that your legs are at right angles to your thighs. Do not let your knees spread out and bump the person next to you.

Think about the other guests!

Try to make your dinner partners feel comfortable by conversing pleasantly with them. If a serving dish is in front of you, the hostess may ask you to start passing it. Normally food is passed to the right. If the serving dish is heavy or awkward to handle, hold it for the guest next to you.

When a serving dish is passed to you, remember to pass it on to the next person. Don't lay it down in front of you once you've taken your share! Use your eyes. Look around. Think of others. Make sure your dinner partners are not sitting there with their mashed potatoes becoming cold because you've docked the gravy boat squarely in front of you and are carrying on a continuous conversation which they cannot interrupt. Remain attentive to the needs of others.

Don't reach in front of your neighbour to 'long-arm' a roll! Wait for the 'green light.' Then simply say, 'Would you please pass the rolls?' And remember to say 'Thank-you!'

Observe common decencies.

Never dip your own utensil into any common serving dish. When serving from a common dish, take the food nearest you whether or not it is the most desirable piece. Do not take 'seconds' until you have finished 'firsts.'

Don't 'elbow' others.

Granted it is easier to cut your food when you have plenty of operating room. But most dinner tables do not allow unlimited elbow space for each guest. And even if the space were available, you would present an unsightly picture cutting your food with elbows spread out like chicken wings. Train yourself to tuck your elbows close to your sides, making sure you keep your knife and fork in a horizontal position as close to the plate as possible - never vertical - while performing the cutting operation.

DON'T BE A 'REPULSIVE EATER'

Watch your posture at the table.

Do you have to sit stiff and straight? No, you should be relaxed - but not slouched. Don't drape your arm over the back of your chair. Don't hunch over your food plate, and don't circle your arm around it as though to protect your food from others. When not in use, your hands should be in your lap - not lying on the table. And don't eat as though you had no arm muscles. Lift your food to your mouth. Don't duck your head down for each bite as though you were bobbing for apples.

Don't talk with food in your mouth.

If someone asks you a question immediately after you've taken a bite, stall for a moment and swallow the bite. Then proceed with your answer. Because conversation is a pleasant part of dining, it's a good idea to take smaller bites of food. In this way you'll be able to add to the conversation without having to stall for time or talk with food in your mouth.

Keep your mouth closed while chewing. Clean off the spoon or fork completely before you draw it out of your mouth.

Assessing Your Manners

Refer to Handout 11 and have the Pathfinders answer the questions one at a time, giving them a few seconds to think about their answer. Then ask one of the Pathfinders to share their answer. The answers are given below.

- 1a. After everyone has been served, and the hostess has begun.
- 1b. After 4 or 5 have been served, or the hostess says, "Please go ahead, so the food won't get cold!"
- 2c. Not while you are eating, but perhaps while resting between courses or conversing at the end of a meal.
- 3a. On your lap.
Note Leave a large dinner-size napkin folded in half. Unfold a luncheon-size napkin completely. Open your napkin quietly - not with a big shake!
- 4c. Lay it loose beside your plate.
Note Do not lay your napkin on the table as long as you are seated at the table. Even though you are finished eating, keep your napkin on your lap until you leave the table. If you excuse yourself in the middle of a meal, lay it beside your plate until you return.
- 5b. Hand it to the next person with the handle turned towards that person.
- 6b. Keep quiet about it and take a small portion anyway.
- 7c. Dip gravy with a gravy ladle.
Note Never pour it!
- 8a. Put it on your plate and then transfer it to your bread or roll.
- 9a. Place them onto your plate and then transfer them to your mouth.
Note Food is never transferred from a common serving plate into your mouth as long as you have a plate in front of you. If you are being served appetisers in the living room prior to the meal and have no plate, then of course you may transfer the food from the tray to your mouth.
- 10a. Start at the outside and work in toward your plate as the meal progresses.
- 11c. Lay them flat across the side of your plate.
Note When soup is served in a cup, lay the spoon on the dish under it when you are finished. When soup is served in a soup plate, however, leave the spoon in the soup plate. A dessert spoon is left on the dessert plate. When dessert is served in a sherbet glass or bowl, lay the spoon on the dish under it (spoons should always be left with the bowl of the spoon up.)

- 12c. Lay your knife and fork side by side across your plate.
Note Place them carefully across the top portion of your plate so there's no danger of their falling off en route. Once you have used a utensil, allow no portion of it (not even the handle) to touch the table again.
- 13a,e. Break off and butter a portion at a time. Hold it on your plate.
- 14b,c. Dip your spoon away from your body. Sip from the side of the spoon.
- 15a. Take unchewable food items out of your mouth in the same way they went in - with finger, fork or spoon.
Note If an unchewable item went in with the fingers, it comes out with the fingers.
- 16b. Stay at the table until the hostess rises and says, 'Shall we go into the living room.' If you have a pressing problem, simply ask to be excused without making explanation.

PERSONAL DEVELOPMENT

Personal Development Handout 11

Do you know what a well-mannered person does?

How well can you answer these questions? Tick your selections. (There may be more than one right answer to a question.)

1. What does the well-mannered person start to eat?

At a small dinner party (6 or fewer guests)

- a) ☐ Whenever he feels like it, depending on how hungry he is!
- b) ☐ After everyone else has been served, and the hostess has begun.
- c) ☐ As soon as he is served his food.

At a large dinner party.

- a) ☐ After everyone has been served, and the hostess has begun.
- b) ☐ After 4 or 5 have been served, or when the hostess says, 'Please go ahead, so the food won't get cold!'

2. Do you ever place your elbows on the table?

- a) ☐ Yes, when you are tired.
- b) ☐ No, never.
- c) ☐ Not while you're eating, but perhaps while resting between courses or conversing at the table at the end of the meal.

3. Where do you leave the napkin throughout the meal?

- a) ☐ On your lap.
- b) ☐ Tucked under your chin.
- c) ☐ Tied around your neck.
- d) ☐ On the table.

4. What do you do with the napkin when you leave the table?

- a) ☐ You refold it the same way you found it.
- b) ☐ You wad it up and put it on the chair.
- c) ☐ Lay it in loose folds beside your plate.

5. How do you pass a jug or a cup?

- a) ☐ Hand it to the next person with the handle turned to that person.
- b) ☐ You set it on the table in front of the next person.

6. What do you do if the hostess serves food that you don't like?

- a) ☐ You advise her not to expect you to eat any of that particular food.
- b) ☐ Keep quiet about it and take a small portion anyway.

7. How do you serve yourself gravy from a gravy boat?

- a) ☐ You pour it out.
- b) ☐ You spoon it out with your spoon.
- c) ☐ You dip gravy with the gravy ladle.

8. When butter or jam is passed, how do you serve yourself?

- a) ☐ You put it on your plate, then transfer it to your bread or roll.
- b) ☐ You place it directly onto your bread or roll.

9. When 'finger foods' such as olives, cookies, or sandwiches are passed around the table, what do you do with them?

- a) ☐ You place them on your plate, then transfer them to your mouth.
- b) ☐ You put them directly into your mouth.

- c) ☐ You put them on the table beside the plate to eat later.

10. How do you know which silver to use?

- a) ☐ Start at the outside and then work in toward your plate as the meal progresses.
- b) ☐ As a general rule you start with the silver closest to the plate, then work out as the meal progresses.
- c) ☐ When in doubt, you follow the lead of the hostess.

11. What do you do with your knife and fork after using them?

- a) ☐ You lay them down on the tablecloth, flat.
- b) ☐ You prop the utensils against the plate with the handles resting on the table.
- c) ☐ You lay them flat across the side of your plate.
- d) ☐ You return them to the same position they came from, beside your plate.

12. What do you do with your silver when passing your plate for seconds?

- a) ☐ You hold them upright in your hand.
- b) ☐ You place them back on the tablecloth in the position from where they came.
- c) ☐ You lay your knife and fork side by side across your plate.

13. How do you butter your bread?

- a) ☐ Break off and butter a portion at a time.
- b) ☐ You butter the entire slice at one time.
- c) ☐ You hold the bread in the palm of the hand to butter it.
- d) ☐ You hold it flat on the table.
- e) ☐ You hold it on your plate.

14. How do you eat your soup?

- a) ☐ You dip the spoon towards your body.
- b) ☐ You dip the spoon away from your body.
- c) ☐ You sip from the side of the spoon.
- d) ☐ You sip from the end of your spoon.
- e) ☐ You crumble large crackers into your soup.

15. How do you remove seeds, pits, gristle from your mouth?

- a) ☐ You take unchewable food out of your mouth the same way they were put in - with your fingers, fork or spoon.
- b) ☐ You put your napkin over your mouth, so no one will see you remove them.
- c) ☐ You spit them into your plate in full view.
- d) ☐ You drop them into your napkin, then cover it over.

16. If the hostess lingers at the table following the meal, what do you do?

- a) ☐ You tell her that you are tired of sitting and ask to be excused.
- b) ☐ You stay at the table until she rises and says, 'Shall we go into the living room?'
- c) ☐ If you have a pressing problem, you ask to be excused without making explanation.

ACTIVITY X9

Discuss the etiquette of meeting and greeting people.

OUTLINE

Discuss with the Pathfinders the correct method of introducing people to one another, and why Christians should practise good manners.

RESOURCE MATERIAL

HOW TO MAKE INTRODUCTIONS

What is an introduction?

An introduction is simply a way of telling two or more people each other's name in order to acquaint them with each other.

When introducing two people, the younger is introduced to the older, the man is introduced to the woman, and the boy is introduced to the girl. This is to show honour and respect to those of greater age as well as to women and girls. A distinguishing celebrity or one of high rank or eminence is also honoured in this way. The one of lower rank or eminence is introduced to the one of higher rank.

A good rule to follow is this:

Turn first towards the one given this 'first place of honour' and speak the name of this person first. For example: "Grandmother, this is my classmate, Patty Jones. Patty - grandmother, Mrs Dugan." Or, "Paster Brown, this is my cousin, Bobby Jackson." (Notice that you do not simply say, "This is my cousin, Bobby." An introduction is incomplete without last names.)

Refer the Pathfinders to Hand-out 12. In each of the illustrations, the person in the middle position is making an introduction. Those being introduced are identified in the captions below. Have the Pathfinders write appropriate introductions.

Suggested answers are as follows:

* "Father, this is my friend, Mary Green."

Rule: Introduce the younger to the older person. (A person under 18 years of age is regarded as a young person. If Mary were older than 18, the introduction would be that of a man to a woman: "Mary, this is my father. Dad - Mary Green."

* "Mrs Green, this is my mother."

Rule: Introduce your father or mother to your friends father or mother. (It is not necessary to give your mothers last name if her name is the same as yours.)

** "Mary, this is Bob Brown. Bob - this is Mary Green."*

Rule: Introduce a boy to a girl. (Notice that Bob must be told of Mary's last name.)

** "Mrs. Moore, this is Mary Green."*

Rule: Introduce a younger person to an older person.

** "Dr. Holcomb, this is my father."*

Rule: Introduce your mother or father to your school principal or teacher.

See Handout 13 for next activity

Who Goes First?

Girl, Boy, Girl, Boy, Boy, Girl, Boy, Girl, Boy, Girl, Boy, Boy

WHY SHOULD CHRISTIANS PRACTICE GOOD MANNERS?

1. Polite manners show honour and respect to others.

"Show proper respect to everyone" (1 Peter 2:17)

"Honour one another above yourself" (Rom. 12:10)

"Rise in the presence of the aged; show respect for the elderly" (Lev. 19:32)

"Honour thy father and thy mother" (Eph 6:2)

2. Courteous manners show concern for the feelings of others.

"Having compassion one of another, love as brothers...be courteous" (1 Peter 3:8)

"Love does no harm to its neighbour" (Rom. 13:10)

3. Pleasant manners show kindness to others.

"Be kind and compassionate to one another" (Eph. 4:32)

"Be devoted to one another in brotherly love" (Rom. 12:10)

4. Considerate, thoughtful manners fulfil the golden rule.

"So in everything, do to others what you would have them do to you" (Matt. 7:12)

5. Loving and gentle manners show forth the fruit of the Spirit.

"The fruit of the Spirit is love ... gentleness ... self-control" (Gal 5:22,23)

"The servant of the Lord must ... be kind to everyone and be not resentful" (2 Tim.2:24)

COURTESY ENHANCES A PERSON'S PERSONALITY

The various charm techniques that a person develops will count for little if they are not enhanced by the crowning grace of courtesy. The apostle Paul told the Corinthian believers that without love, their most noteworthy talents would profit them nothing. In a very real sense, courtesy is akin to love. For courtesy is simply showing love by doing those things which please and refraining from those that annoy.

Read 1 Corinthians 13. Ask for suggestions on paraphrasing the chapter so that it applies to courtesy. For example:

"Courtesy is thoughtful and kind. It never embarrasses others or makes them appear awkward. It thinks of others first and self last. It doesn't steal the show, nor does it throw its weight around or walk on others toes. Courtesy steps softly, speaks gently showing honour and regard to all. For courtesy is love in action, and love will last forever."

There are two words that enhance our personality. Just simple words that, unfortunately, are often forgotten.

They are:-

THANK YOU

THANK YOU	Mother for the lovely meal!
THANK YOU	Dad for helping me!
THANK YOU	for inviting me to your place!
THANK YOU	for the cards you sent!
THANK YOU	for the gift!

and above all

THANK YOU God for all your blessings.

(Practise using these words so that saying them becomes automatic)

PERSONAL DEVELOPMENT

Personal Development Handout 12

HOW TO MAKE INTRODUCTIONS

1. Whom do I introduce to whom?

Introduce a younger person to an older person,
a boy to a girl,
a man to a woman,*
a young person to your parents.

Introduce your mother or father to your friend's
mother or father,
your mother or father to your school
principal, coach or teacher.

* A girl enters this category around 18.

Are first names enough in an introduction?

Always include last names. One exception: When introducing members of your family whose last names are the same as yours. If your parents' name differs from yours, give the last name. For example: "This is my mother, Mrs. Carter."

3. What do I do when I am introduced?

Stand up.

Look at the person.

Say, "How do you do" or simply, "Hello."

Shake hands with a man or boy.

Shake hands with a woman only if she extends her hand.

4. Is it proper to introduce myself?

Yes. This often eases an awkward situation. If possible, give some personal identification, such as, "I'm Tom Roberts, Betty's brother."

5. How do I introduce a newcomer to a group?

Announce the name of the newcomer to the group, then name the individual members of the group one by one: "This is Jeff Grey, fellows...and this is Mike Dunn, Robert Hood, Stan Wells, Gary Miller, etc."

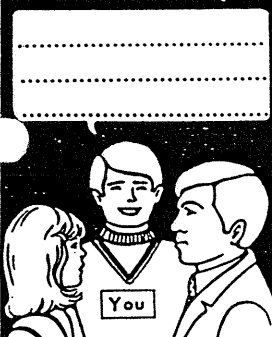
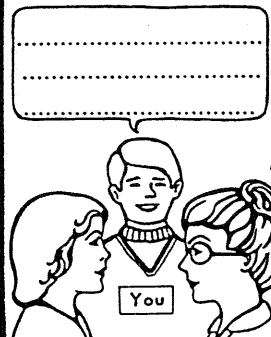

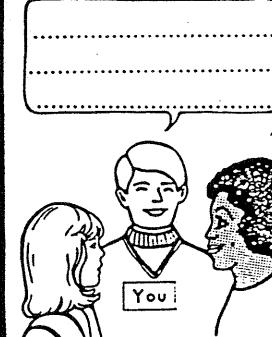

6. If someone stops by my table in a restaurant, should I introduce him to the others eating with me?

Yes, if the person lingers. Otherwise, don't detain him. Let him go on his way with only a brief greeting.

7. Does a boy have to stand when being introduced at a table in a restaurant?

Yes, if it is convenient. Otherwise he simply makes a gesture of rising.

Following the above instructions, fill in the blanks below with appropriate introductions.

				
Mary Green	Your father	Your mother	Mary Green's mother	Bob Brown
Mary Green	Mary Green	Mrs. Moore	Your father	Dr. Holcomb, your school principal

PERSONAL DEVELOPMENT

Personal Development Handout 13

WHO GOES FIRST?

<i>Check Answer</i>	BOY	GIRL
1.Boarding a bus, train or subway		
2.Getting off a bus, train or subway		
3.Going through an open doorway		
4.Coming up to a closed door		
5.Finding a table in a restaurant with no hostess or headwaiter		
6. Following a hostess or headwaiter to your table in a restaurant		
7.Walking down a darkened auditorium aisle, no usher leading		
8.Following an usher down an auditorium aisle		
9Entering a row of seats		
10.Entering an car		
11.Getting out of a car		
12.Going down a narrow, steep stairway		

ACTIVITY X10

Discuss Sexual Morality.

+

This activity is to be covered in two camps

OUTLINE

In the stormy, developing years of a teenager, the distinction between 'true love' and 'sexual infatuation' is difficult for a growing mind to distinguish. The turbulent surging effect of the sex hormones creates a tremendous desire for the admiration and association of the opposite sex. Nature has designed it this way. Through Scripture, God has given to us guidelines in helping to make important decisions that will effect our lives today and in the future.

- a) Scriptural Guidelines
- b) God's Word says
- c) Comments and advice from a doctor.

RESOURCE MATERIAL

Understanding sex morality

Thinking about sex is normal

If you're like most boys and girls, you've spent some time thinking about sex. You've been curious about the opposite sex. You've speculated about the meaning of love and marriage. You've been exposed to many different ideas concerning sex, love and marriage. You've wondered which are trustworthy and which are not. Above all, you've wanted to know the truth.

Attitudes towards sex vary greatly

In some circles you may have noticed a 'hush, hush' attitude towards sex, as though the subject were too shameful or too embarrassing to talk about! In other groups you've noticed people directing every conversation towards sex as though it were the most important thing in life!

You must make your own decisions

As you have observed and pondered the different attitudes, you've come to realise that you, as a young person, must make your own personal decision about sex. You must decide how you should view this force within your body, what attitudes you should hold concerning it, and what guidelines you should follow.

For example ...

- * Are you going to view your sex drive as simply another biological phenomenon like hunger or thirst, or as something far more meaningful than that?
- * Will you consider your sex urges as something to be satisfied now, or something to be diverted until later?
- * Whose advice will you seek and follow in regard to your sexual conduct? Your parents' or the kids' down the street?

Scriptural Guidelines for Christians.

Ten questions regarding basic sex principles are listed in hand out 17, together with the answers based on God's Word. Read each question aloud. Have your Pathfinders look up the Scripture verse given.

B) God's Word Says

Social conventions once imposed helpful restraints.

In former days, society attempted to keep unmarried young people sexually pure by subjecting them to strict codes of social conventions. For example, a young man was not allowed to be with a young lady without a chaperone present, or at least a watchful adult nearby. Much less would he have been given the keys to the family car!

Many protective safety rails have been removed.

These strict conventions protected young people from exposure to sexual temptations in the same way that safety-rails protect a pedestrian from slipping off a footbridge. Society today, however, has removed many of these protective 'safety-rails' and it is up to you - more than ever- to keep yourself pure, as the Bible says.

How can you do it? By providing your own protective 'safety-rails'! Here are some precautionary measures which will keep you from falling off the precarious bridge that you must pass over on your way from childhood to adulthood.

The greatest protection is being ever conscious of the presence of Jesus. Take Him with you everywhere. Remembering you are His child, resolve to keep all His commandments and that includes the one about purity.

Your virginity is precious. Guard it for it can be given to only one person and that should be to your husband/wife after the wedding.

How to build your own protection against slipping

When you are on a date stay active, and stay with others!

Don't allow too much time alone with someone of the opposite sex with nothing to do! Plan your time together so that it is filled with absorbing, wholesome activities. Invite other young people to share these activities with you. This provides an excellent protective 'side-rail'. Take advantage of it!

Don't allow your mind to get 'all tied up' with sex!

Instead, 'sublimate' or 'divert' your sex drive by channelling your thoughts into other interests. Pursue some absorbing hobby or endeavour. Set up some challenging worthwhile goals!

Diverting your interest away from sex may at first require definite effort, but don't give up! As you continue to take determined steps to direct your thoughts elsewhere, other interests will move in, take root and grow. Sublimation has been the answer for many people. It's one of the strongest protective 'bridge-rails' a person can build. Try it ... you'll see it works!

God's physical laws bring consequences.

God has ordained that his creation is governed by a vast number of natural and physical laws. Fighting or flouting these laws is futile, for they continue to operate whether you like them or not! Intelligent people plan their lives to cooperate with God's physical laws. Before taking any action, they consider the natural consequences of that action. If they don't like the consequences, they avoid the action!

God's moral laws bring consequences, also.

Our universe is more than a physical universe. We live in a moral universe as well - one which is controlled by unchanging moral laws. Just as intelligent people plan their lives to cooperate with God's physical law, so they also plan their lives to cooperate with God's moral laws. Before taking any moral action, they consider the consequence of that action. If they don't like the consequences, they avoid the action!

What are the consequences of sexual immorality?

Sexual immorality produces guilt, shame, loss of self-esteem, psychological and emotional problems. Sexual immorality can never produce happiness, it is in direct conflict with God's unchanging moral law.

MARRIAGE

Immediately after originating sex and thereby creating a state of 'incompleteness' in both man and woman, God instituted marriage as the answer to this condition of 'incompleteness.'

God is love and implanted in men and women a desire to love and be loved. The love He gave is a wonderful and pure love.

In arithmetic $1+1=2$. But in God's 'marriage arithmetic,' $one + one = one$! The Bible says, 'For this cause shall a man leave his father and mother, and shall be joined unto his wife, and they two shall be one flesh' (Eph. 5:31).

How can two possibly become one?

Two can become one when each is an incomplete part or 'fraction' of the whole. This is true for both man and woman. Each needs the other in order to become entire and whole. Each lacks what the other supplies.

Man and woman, though similar to each other, are also at the same time opposite from each other - just as a concave and convex surface are at once both similar and opposite. Yet it is this same 'similar and opposite' design that peculiarly enables them to fit together as one forming a perfect whole!

What one lacks the other supplies.

What man lacks he finds in woman! What woman lacks, she finds in man! When God made man and woman similar yet opposite (and thus complementary to each other), he knew exactly what He was doing. It was all part of His plan to provide the most complete, harmonious and satisfying relationship possible for both man and woman as they are joined in marriage as lifelong companions, helpers and co-partners in the nurturing of children in the home.

Marriage benefits both man and society

'Whereas they are no more twain, but one flesh. What therefore God hath joined together, let no man put asunder' (Matt 19:5,6).

Today some make light of the marriage relationship. But when God instituted marriage, He knew what was best not only for man but also for society. What would be the result if unlimited sex freedom became the rule?

At the time of the Russian Revolution, an attempt was made to destroy the Biblical concept of marriage and family. Legal restraints against free love were removed. Premarital sex, rather than being condemned, was given outright approval and even encouraged by the state.

The result of these decrees were so ruinous that the government soon discovered that the strength of the nation was being destroyed. Therefore it issued a new policy statement declaring that the state could not exist without the family, and that chastity before marriage as well as lifelong commitment in marriage was to be practised, as it was highly beneficial to the state.

Atheistic Russia - even while refusing to acknowledge God - was forced to return to the sex and marriage standards set forth in God's Word, proving once again that God is not mocked! His moral laws cannot be broken without dire consequences to both man and society.

DATING

1. Dating is tremendously important in the life of every growing young person. The age it should start varies with everyone. It depends on the physical and mental maturity of the persons involved.

2. Do not forget that you are not odd if you don't suddenly start dating. Often there is lots more fun in 'going with the group' than pairing off as couples. When the chemical production of the body is running high, it is definitely safer to 'go with the crowd' in the

early years. It is so easy to 'get involved' when stowed away as a lonesome twosome. Hidden dangers can easily get out of hand.

3. Those with mixed family backgrounds (ie. boys and girls in the family unit) are likely to have less adjustment problems when boy-girl relationships are becoming established. But this does not mean that failure is the fate of all others.

4. Growing youth frequently accept sexual attraction (or 'infatuation') with the opposite sex as being 'in love.' It is not, and the situation should be carefully considered, especially if there is any question of marriage involved.

5. The older the person, the more mature and sensible the judgment is likely to be. Marriages entered into under the age of twenty-one can often create problems. Marriages embarked upon after this age generally are more likely to succeed, merely because the couple are more mature in thought and judgement. They also know what they want in life, and can seek a partner who will help them to this end.

6. If you have any query on your feelings, it's not a bad idea to discuss it with your parents. Don't forget that your problems of today were their problems of yesteryear. They went through identical situations. When the crunch is on, most parents are happy to help solve your problems too, irrespective of what they are.

7. The best idea is to enlist the power of prayer to God, especially when important decisions must be made. The best time is at night before you go to bed. It is surprising how loudly and clearly the answer comes through. Often by next morning you have the answer well in hand.

Going Steady

The people involved have been growing, maturing mentally and physically and have been through the dating system. They have been around with groups for some years, developed lots of friends on a general plane, and discovered the intrinsic pleasures of knowing many people. There are few pleasures akin to knowing people, and developing friends in the wide definition of the word. Friends acquired in early life frequently last you for the rest of your life. It is well known that the older we become the fewer friends we tend to make. Maybe we haven't so much time. Maybe we are not so outreaching with ourselves and our personalities. But friendships made during the younger years are often kept for decades.

It is important for teenagers to come to know as many people (particularly their contemporaries) as they can. It's essential they become friends with members of both sexes. There are few things as pleasing as to dig up old friends in later life. The ones you made early are often the ones that count most later on.

After some years of having lots of friends, they have ultimately discovered that one special person is more attractive than the others. Therefore, he and she have decided to go along together. In other words they are 'going steady'

Do you think most 'steadies' actually wind up marrying?

It depends on many factors. The best thing about 'going steady' is the fact that no legal attachment has taken place. It is a sort of trial to see if they really like one another as much as they first believed they did. Both are still quite free to go their own way if and when they so elect.

Of course, once marriage is entered into, the situation differs enormously. That is for ever! If it is not for ever, it involves a tremendous amount of trouble, cost, headache and invariably heartache.

We, as Christians, believe 'once married, always married.' There is only one reason wherein marriage can be legitimately terminated in the eyes of God. If more couples realised this fact, a lot more thought would be given to marriage than is the case at present.

A jester once said: 'Marriage is not a word. It's a sentence.' How right this can be! Advice for young people madly in love (and literally straining to get to the marriage altar) should be "Look before you leap." Sensible ones do. Those who just cannot control themselves rush off - frequently to their eternal regret.

Couples can have lots of fun together. They can go places, visit here and there, engage in sport, picnics, outings. But sooner or later, problem situations are bound to arise. The sexual attractions must come to the surface ultimately.

These go by all sorts of names: Necking, petting, 'mucking around', and other words eminently describe what commences as innocent boy-girl relations.

Holding hands may say, "I like you." Many times it may imply the further words, "I trust you". For the Pathfinder age groups it is not wise to go beyond this with physical demonstrations of affection in boy-girl relationships.

These are the years for 'window shopping'; comparing, contrasting and evaluating the manners, habits and characters of your companions. Rarely will you marry the first person you date so it is wiser not to indulge in petting. There is danger in too much personal contact which may induce a false impression of 'love' and lead to unhappiness later.

Remember at all times that you are God's child and God has given guidance for social and sexual behaviour. His standard is that moral and sexual purity should be maintained at all times, prior to as well as during marriage.

You can do this by:-

1. Deciding to be a faithful follower of Jesus at all times.
2. Remembering that you are a member of God's family and of His ten commandment keeping Seventh-day Adventist Church.
3. Remembering God made sex for inside marriage, not before and not outside of the marriage union.
4. Prayerfully holding fast to your decision.
5. Not tempting the devil to tempt you.

Avoid situations which may lead to compromise or provide opportunity for temptation. For example, sitting in a parked car in dark or remote places distant from the passing world - not only can that be morally perilous, but in these times, physically dangerous - it is in such places the temptation comes to drop the barriers.

Chastity may be an old fashioned word, but chastity is safety. Safety from bringing pain to our God who wants the very best for us, safety from the risk of pregnancy and safety from contracting a sexually transmitted disease (STD) and safety from life long regret.

Remember the words of Joseph: "How can I do such a wicked thing? It is a sin against God!"
(REB)

Sometimes young people have become sexually involved in spite of good resolutions they have made. Perhaps they didn't realise how many freedoms they would give up: freedom from anxiety, from embarrassment, and freedom to follow their life plans without concerns for medical eventualities. It is hard for some to realise that God's principle of abstinence before marriage is actually a protection, and not a tough rule God invented so He could watch His children grit their teeth and bear it!

But since God is always on our side, regardless of the choices we make, we know that He is lovingly waiting to give us a new start if we are repentant.

PERSONAL DEVELOPMENT

Personal Development Hand-out 14

Understanding sexual morality

1. When did God create human sexuality?
Gen 2,22,23
2. Was God's creation of sex a good thing?
Gen 1:31
3. What was God's purpose in creating woman?
Gen 2:18, Eph 5:25,31, Gen 1:28
4. How do animals differ from man regarding sex?
5. Why are human beings different in this regard?
Gen 1:26, Gen 37:7-9, Prov 20:11
6. Why are some sex attitudes and actions right and others wrong?
Prov 29:18, Isa 57:20,21

ACTIVITY X11 - MALE

Examine the techniques of personal grooming.

OUTLINE

What is inside your head is important! But if the inside is important, then the outside is important too, for the very reason that the outside normally expresses what's inside! When we show disrespect to our bodies, are we showing disrespect to the one who made them? Let us examine ourselves to see how well-groomed we can be. Discuss areas such as:

- Hair style
- Body cleanliness
- Hands
- Grooming check
- Mirror check
- Wardrobe check

RESOURCE MATERIAL

Managing your hair.

Is your hair 'just hair' .. or is it something more?

Your hair:

1. Is a form of communication. The way you wear your hair 'says' something to others!
2. Indicates how you feel about yourself. A fellow who respects himself will keep his hair respectable!
3. Is an expression of your personality. It reveals whether you are easy going, rigid, casual, disciplined, individualistic, etc.
4. Can act as a badge to identify you with a particular group. If you wear the badge, you will be considered as a member ... whether you are or not!
5. Is a frame for your face. If your face is important then your hair is too. Any artist knows a poor frame can ruin a picture.
6. Grooming is an index of your personal development. Learning to keep your hair clean and tidy and within the bounds of acceptable styles is an important part of growing up.

Grooming your hair

If you answer YES to any of the following question, it's time to wash your hair:

1. Does your hair hang limp and flat against your head?
2. Does it separate into oily strings?
3. Does it look dull and dead like a dust mop?
4. Are dandruff specks appearing on your shoulders?
5. Does your head itch?
6. Does your hair smell unpleasant?
7. Is the surface of your hair shiny and greasy?

Don't ask to borrow your friend's comb as infectious diseases may be transmitted.

Don't comb your hair at the table as stray hairs and dandruff may float through the air.

Try not to comb your hair in public.

Don't let your comb become dirty, it is a repulsive sight and unhygienic.

Does your hair style complement your facial contour?

Distribute Handout 15, help the Pathfinders to decide on their type of facial contour, and discuss the type of hair style best suited to them.

Does your hair style complement your facial profile?

Distribute Handout 16, and help the Pathfinders to decide on their type of facial profile, and discuss the type of hair style best suited to them.

Body cleanliness

When personal cleanliness suffers, so does your self respect!

When self respect suffers, so does your grooming!

When grooming suffers, your personality, your popularity, and your witness for Christ fall flat!

Take a mirror check

You've checked over your clothes. You've found them clean. You've put them on, and you're heading for the door. It's not enough that your clothes appear Ok hanging on their hangers. They must also appear Ok hanging on you.

Distribute Handout 17 and have the Pathfinders complete the puzzle.

ANSWER:

T. shirt on backwards

Buttons missing from shirt

Shirt half in and half out

Zipper unfastened

Belt not through loop

Pants leg rolled up

*Socks sagging around ankle
Shoelaces untried and frazzled
Pants wrinkled - need pressing*

Don't let your hands become a handicap!

Have you considered how often your hands come into the spotlight? Stop and think!

- 1) You gesture and motion with your hands
- 2) You greet others by shaking hands with them
- 3) You pass and receive objects with your hands
- 4) You express your emotions with your hands
- 5) Your hands play a leading role when you eat.

Its unrealistic to think then no one will notice your long, dirty fingernails or your grimy knuckles. Girls will. Girls are often repulsed by such sights. If you want to offer that special girl the hand of friendship, make sure its a well groomed one. Of cause hands are bound to get dirty now and then, but why let them stay that way? If you do, your hands are sure to become a handicap.

PERSONAL DEVELOPMENT

Personal Development Handout 15

Does your hair style complement your facial contour

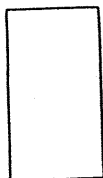
IS YOUR FACE LONG AND NARROW?

AVOID:
Center part.

Hair drawn away from forehead.
Hair high on top of head.
Exposed forehead.



NO



YES



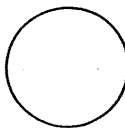
DO WEAR:
Low side part.
Hair flat on top.
Fullness at sides.
Partial bangs.

IS YOUR FACE ROUND AND FULL?

AVOID:
Hair flat on top.
Fullness at sides.
Covered ears.
Fullness below ears.
Center part.



NO



YES



DO WEAR:
Upward lift on top.
Hair close to sides.
Ears exposed.
Hair higher on one side.
Side dip over forehead.
Diagonal side part.

IS YOUR JAW-LINE HEAVY AND YOUR FOREHEAD NARROW?

AVOID:
Flat hair at temple.
Fullness at jaw-line.
Narrow forehead fully exposed.



NO



YES



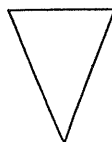
DO WEAR:
Fullness above temples.
Hair over forehead.
Fullness above ears.
Hair away from jaw-line.

IS YOUR FOREHEAD BROAD AND YOUR CHIN-LINE NARROW?

AVOID:
Fullness at temple.
Broad forehead fully exposed.
Center part.



NO



YES



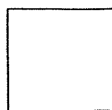
DO WEAR:
Hair over one side of forehead.
Diagonal part.

IS YOUR FACE SQUARE?

AVOID:
Hair flat on top.
Fullness at sides.
Ears covered.
Full, broad bangs.
Straight, sharp lines.
Center part.



NO



YES



DO WEAR:
Upward lift on top.
Hair close to sides.
Ears exposed.
Hair over one side of forehead.
Diagonal part.

DO YOUR EARS PROTRUDE MORE THAN AVERAGE?

AVOID:
Hair close to head above ears.
ears.



NO



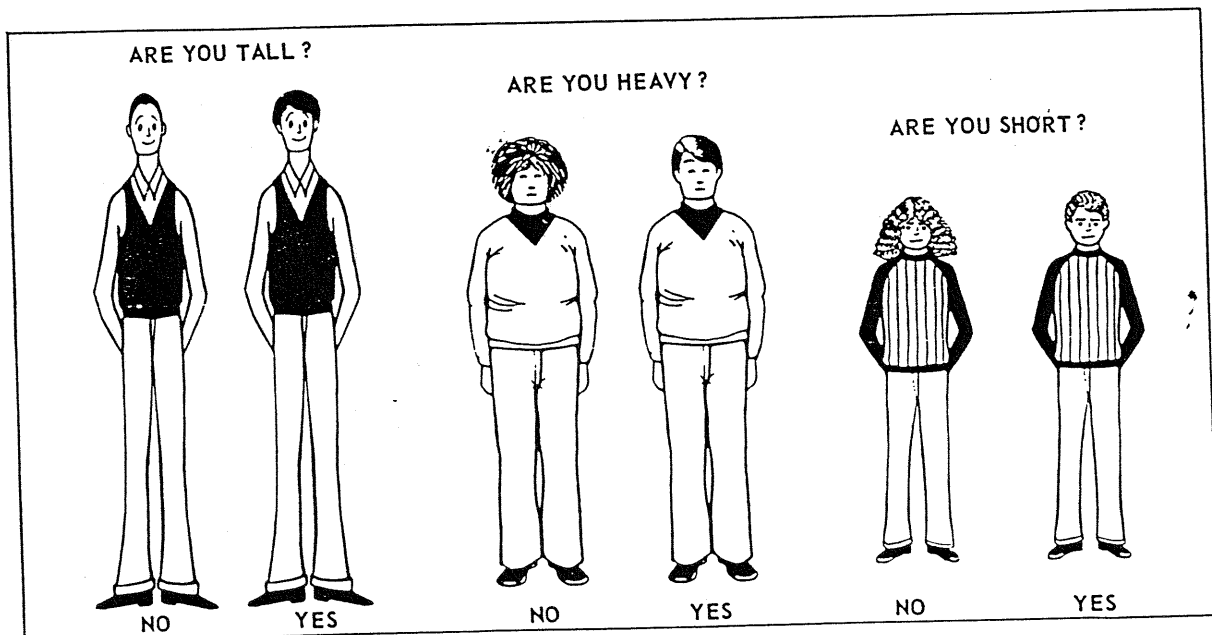
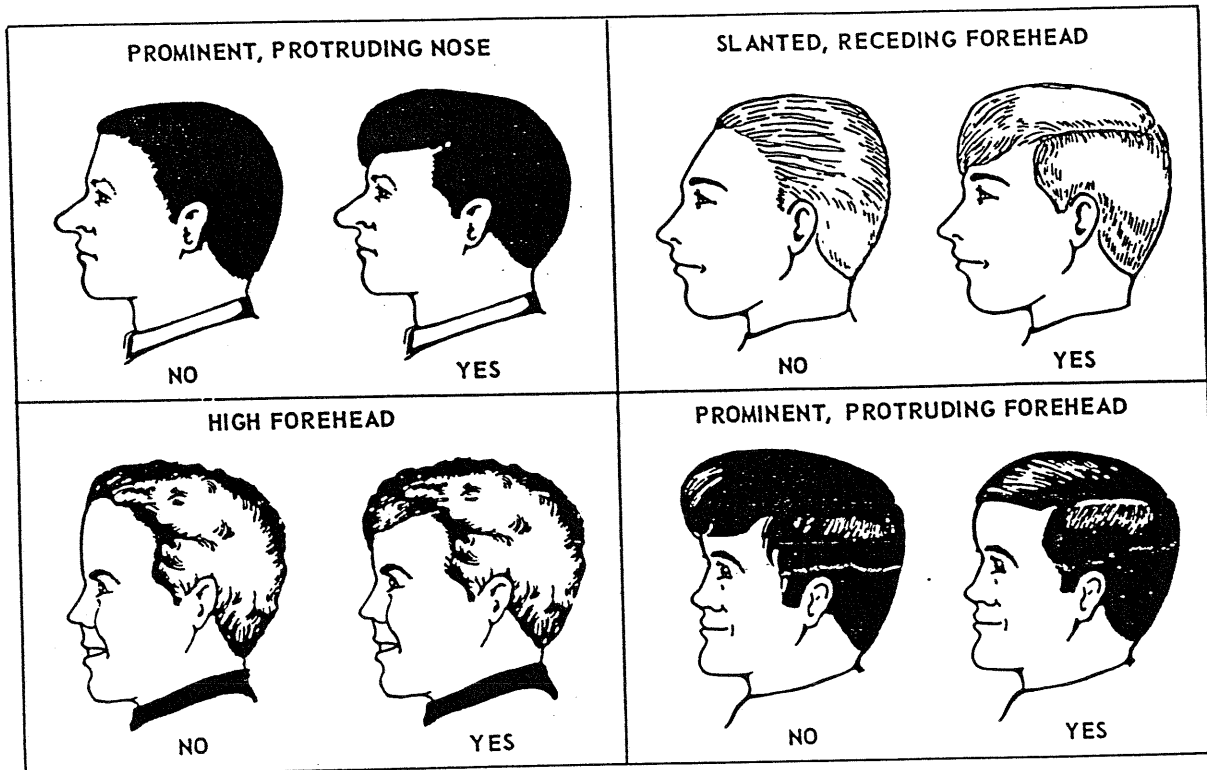
YES

DO WEAR:
Hair full at sides above ears.

PERSONAL DEVELOPMENT

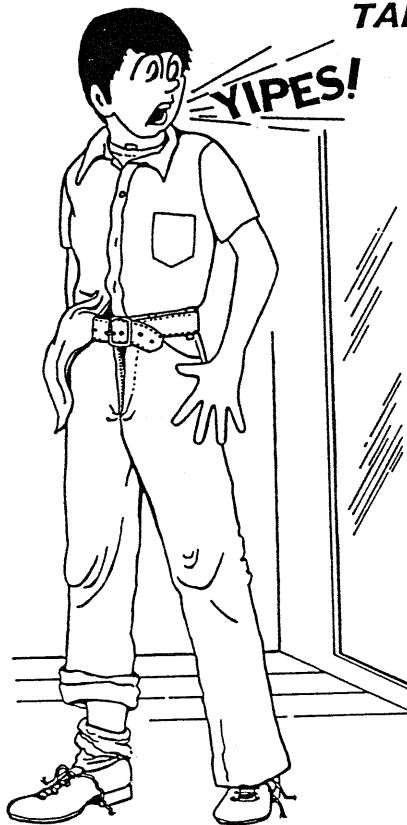
Personal Development Handout 16

**Does your hair style
compliment your profile and stature**



PERSONAL DEVELOPMENT

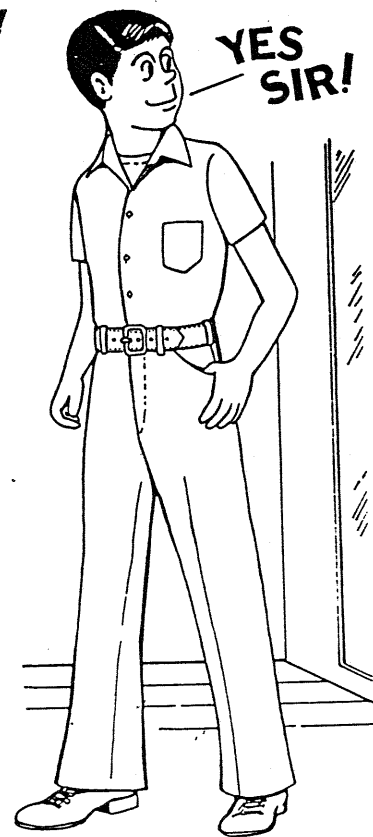
Personal Development Hand-out 17



TAKE A MIRROR CHECK!

Prevent grooming disorders by scrutinizing yourself in a full-length mirror. You may be surprised with what you see. (Messy Mertyn was!) How many grooming disorders (see illustration at left) did "Messy Mertyn" have to correct to become the well-groomed "winner" shown at the right? List as many as you can detect.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



ACTIVITY X11 - FEMALE

Examine the techniques of personal grooming.

OUTLINE

What is inside your head is important! But if the inside is important, then the outside is important too, for the every reason that the outside normally expresses what's inside! When we show disrespect to our bodies, are we showing disrespect to the one who made them? Let us examine ourselves to see how well-groomed we can be and how we can shine for Jesus. Discuss areas such as:

- Hair styling
- Body cleanliness
- Lovely hands
- Grooming tips
- Profile
- Femininity
- Figure flatterers

RESOURCE MATERIAL

Hair styling

Discuss some rules for healthy and shiny hair such as:

1. Brush hair daily: to sweep away dirt and dust, to stimulate the scalp, to add lustre and sheen.
2. Keep Hair Tools Clean: to remove loose hair and lint from brush, wash clips, comb and brush when you wash your hair.
3. Shampoo on schedule: your mirror will tell you when your hair is limp, oily, dull, has dandruff, or shiny and greasy.

My attitude towards my hair

1. Should I be overly concerned with my hair?
2. What should be my motive in striving for lovely hair?
3. Should I choose an extreme or elaborate hairdo?

Styling techniques

Consider the use of rollers, hot rollers, styling brushes, curling wands, blow drying etc.

Facial contour

Distribute Handout 18 and have the Pathfinders determine what type of facial contour they have and then discuss the types of hair styles that best suit.

Profile

Distribute Handout 19 and have the Pathfinders determine what type of profile they have and then discuss the types of hair styles that best suit.

Femininity

Femininity takes in such as qualities as:

figure, vitality, grooming, clothing styles, modesty, makeup, hair, freshness, cleanliness, speech, gracefulness, kindness, self control, thoughtfulness, sincerity, naturalness, self respect etc.

Lovely hands

Lovely hands are clean, smooth and regularly manicured. They are poised, not nervous, tense and ungraceful.

Body Cleanliness

Cleanliness first

If you want to be totally charming, you must be totally fresh - clean all over! The easiest way to achieve this is to take a bath. If you haven't yet established the habit of a daily bath, do it now. No cosmetic or beauty treatment, however costly, can give you the fresh gleam that comes from a good, old-fashioned soap and water scrubbing!

A bath makes an important impact upon your senses, too. Stop and think. Is there anything to compare with that feeling of warm-clean-dewiness that envelops you as you step out of your bath? You are perfectly clean ... perfectly fresh perfectly sweet smelling. You look and feel like a girl who deserves the best of grooming - the finest attention to the smallest detail! You truly feel like someone! And when you feel like someone, of course, you'll ACT like someone!

How and when shall I bathe?

Shall I tub-bathe or shower? Shall I bathe in the morning or evening? It doesn't matter! Some girls enjoy a morning shower to invigorate them for the day. Others prefer a leisurely tub bath at bedtime. If you are the tub variety, give yourself a quick spray under the shower at the end of bath. It will make you feel extra-fresh and extra-clean!

When you step out of your bath, grab a big fluffy towel and start rubbing! Start at the top, and work down. This lively rub-down gives your body a healthful massage and removes flaky, dry skin. Now, pat on talcum powder until you feel smooth and silky all over. Be especially generous on the areas where you perspire easily.

Now reach for a deodorant!

Yes, you'll need one! Sorry to say, not even your daily bath can insure perfect daintiness all the day long. Why not?

Your classroom is warm ... the test is difficult ... you perspire
The cafeteria is jammed ... the air is humid ... you perspire
The last bell has rung ... you rush down the hall ... you perspire

And with perspiration comes offensive body odour. Underarm odours are particularly disagreeable, and underarm moisture-rings damage both your clothes and your charm. But you can avoid this unpleasantness by making regular use of a deodorant or an antiperspirant. A deodorant stops underarm odour. An antiperspirant stops underarm odour, and at the same time, restricts the flow of perspiration. Choose the one most suited to your needs, then use it regularly in cool weather as well as in warm. Use it whether you think you need it or not. Don't wait until your nose tells you that you are offending.

Beware of bad breath

Perhaps you are perfectly pleasant to be around - until you open your mouth! Bad breath! No one wants to be near you ... everyone edges away! What is the antidote for this 'popularity poison'?

1. Brush your teeth after each meal to dislodge food particles. If you can't brush - then rinse.
2. Keep your mouth fresh from tooth decay with regular dental check-ups.
3. Carry a package of breath-purifiers in your handbag.

To be truly well-groomed, you must make certain your breath is as acceptable as your appearance.

Add a touch of fragrance

Perfume adds a delightful finishing touch, but be sure you use it as a finishing touch to your grooming - not as a cover-up for lack of grooming. Wear your fragrance with moderation. Even the most delightful scent can become over-powering if applied too liberally.

Part of a woman's charm is a pleasant voice

Faces and figures can alter, but voices go on forever.

Record your voice and listen to it critically. Use this check list to assess it, and where necessary, improve your speaking voice.

sweet	harsh	soft	loud
low	high pitched	clear	shrill
varied in tone	indistinct	warm	monotonous
animated	cold	too fast	too slow
flat			

Figure flatterers

Distribute hand-out 50 and have the Pathfinders determine the type of figure that they have and the best type of clothing to wear.

PERSONAL DEVELOPMENT

Personal Development Hand-out 18

FACIAL CONTOUR AND HAIR STYLES

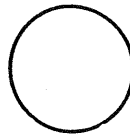
Not This —

Do not wear hair flat on top or full at sides. Do not add to cheek width by covering your ears with bulky hair.



NO

IF MY FACE IS ROUND . . .



YES

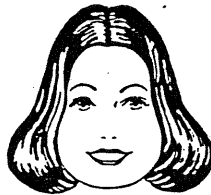


But This!

Add height with upward lift on top. Keep hair close to sides and smooth over ears (or expose ears.) Diagonal part with side dip or bang is good. Short, upswept hair is also becoming.

Not This —

Do not wear hair flat and smooth at temple. Avoid fullness at jaw line. Never fully expose your narrow forehead. Avoid focusing eye interest on lower portion.



NO

IF MY FACE IS PEAR-SHAPED . . .



YES



But This!

Wear full wide bangs. Strive for fullness above ears and above temples. Keep eye interest in the upper portion. Always keep hair away from jaw line. (Long hair may fall flat and smooth over cheek, or gather it together at back of head.)

Not This —

Do not expose your broad forehead fully. Try to avoid fullness at the temple.



NO

IF MY FACE IS HEART-SHAPED . . .



YES



But This!

Always add fullness beneath your ears. Wear a side bang or dip, if possible. A diagonal part is also good.

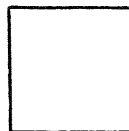
Not This —

Never wear hair flat on top or full at sides. Do not add fullness at jaw line. Full, broad bangs are not good. Avoid straight, sharp lines.



NO

IF MY FACE IS SQUARE . . .



YES



But This!

Strive for upward lift on top. Keep hair close to sides and away from jaw line. Soft curves are good. So is diagonal part with side bang or dip. Either keep ears exposed or wear hair flat and smooth over them.

Not This —

Never pile hair high on top. Do not draw hair away from forehead. Avoid straight, long hair.



NO

IF MY FACE IS LONG AND NARROW . . .



YES



But This!

Wear hair full at sides (covering ears). Keep your hair smooth and flat on top. A low side part with soft parted bangs is becoming. (Long hair should be worn with fluffiness or waves at side.)

PERSONAL DEVELOPMENT

Personal Development Hand-out 19

Check your Profile

► Two different hair styles are shown for each facial profile and body type. Can you select the one that gives the most pleasing proportion and balance? Indicate your choice by placing YES or NO in the boxes below.

(Faces in each pair are identical)

LONG NECK


☐

SHORT NECK


☐

TALL


☐

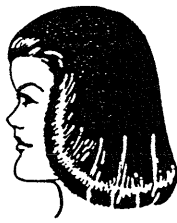

LARGE


☐


PETITE


☐


PROTRUDING CHIN AND FOREHEAD

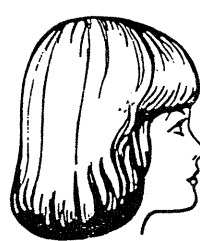

☐

☐

RECEDING CHIN AND FOREHEAD


☐

☐

HIGH FOREHEAD

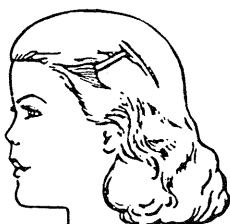
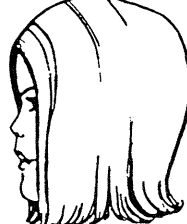

☐

☐

LOW FOREHEAD

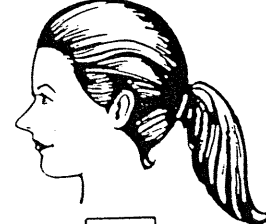

☐

☐

SMALL FLAT NOSE


☐

☐

PROMINENT PROTRUDING NOSE


☐

☐

PERSONAL DEVELOPMENT

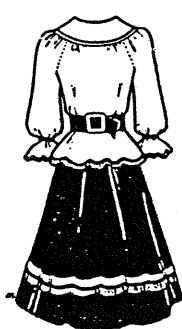
Personal Development Hand-out 20

Figure Flatterers

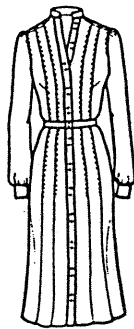
ARE YOU TALL?

DO WEAR...

Horizontal lines.
Full sleeves.
Wide yokes, collars or belts.
Contrasting tops and bottoms.



yes



no

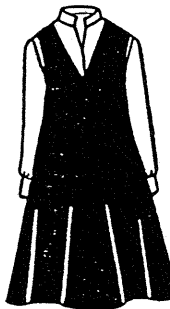
AVOID...

Slim, one-piece dresses with vertical lines.
Very short, or very long sleeves.

ARE YOU PLUMP?

DO WEAR...

Up-and-down lines.
Simple, tailored styles.
Neutral or dark colors.
Flared or A-line skirts.



yes



no

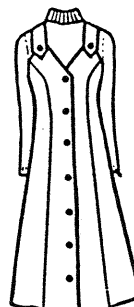
AVOID...

Horizontal contrasts.
Bold patterns.
Bulky styles with ruffles.
Full skirts and wide belts.

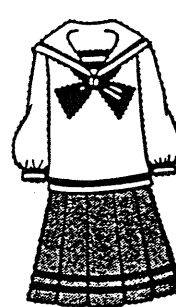
ARE YOU SHORT?

DO WEAR...

Up-and-down lines.
Simple styles, solid colors.
No belts or narrow belts.
Panels and princess lines.
Buttons from top to hem.



yes



no

AVOID...

Bulky tops.
Full skirts.
Large collars.
Horizontal contrasts.

ARE YOU THIN?

DO WEAR...

Full skirts.
Full sleeves.
Horizontal lines.
Plaids and prints.
Light, bright colors.



yes



no

AVOID...

Dark colors.
Vertical lines.
Tight-fitting clothes.

HEAVY AT THE HIP-LINE?

DO WEAR...

Flared or full skirts.
Skirts of darker colors than toppers.
Blouses with horizontal lines.



yes



no

AVOID...

Horizontal lines at hips.
Tight belts and tops.
Snug, clinging skirts.

FULL IN THE BOSOM?

DO WEAR...

Blouses of darker color than skirts.
Blouses with vertical lines.
Flared or A-line skirts.



yes



no

AVOID...

High, round necklines.
Wide belts and narrow skirts.
Horizontal bodice lines.