

CPR for youth workers

:an introductory guide by Lorimer & Richard Passmore

CPR is a fresh resource concept for youth workers working in a range of settings. It aims to be particularly relevant to those working with young people who would not normally attend church. CPR stands for CONTACT, PROGRESS and RISK; these terms are used to describe the level of relationship between the youth worker and the young people.

CPR takes a holistic approach and provides a variety of ideas and concepts based around a theme. We recognise that it's important to enable young people to explore the theme on a level relevant to them. Elements of this resource are proactive, enabling the young people to engage with the theme from a different perspective. Spirituality shouldn't be disconnected from the process either and we hope to provide a variety of ways to help them see how God may connect with the theme, at whatever level of relationship you have with the young people.

CPR isn't designed to be a 'ready-to-use', linear guide, but it can be used to create an evening or session based around a theme. Equally, ideas can be used on their own and we would encourage you to run with whichever elements you think may work, and go with your young people to a new place.

Levels

We have put together a range of ideas which work on three levels: CONTACT includes activities for when you are getting to know the young people, it is the most basic level and the activities aim to help build on your initial contact with the young people. PROGRESS is the intermediate level, for when you have a more established relationship but aren't sure how far you can challenge them without blowing it! RISK is the highest level and it assumes that you have a good enough relationship built on mutual trust and respect to try something new and more 'out of the box'. Even if the activity doesn't work the young people will respect you enough to still talk to you the next day.

Sometimes Risk may work if you don't know the group all that well, as it may link into the felt needs young people have to push the boundaries. This will need to be considered carefully on a case by case basis.

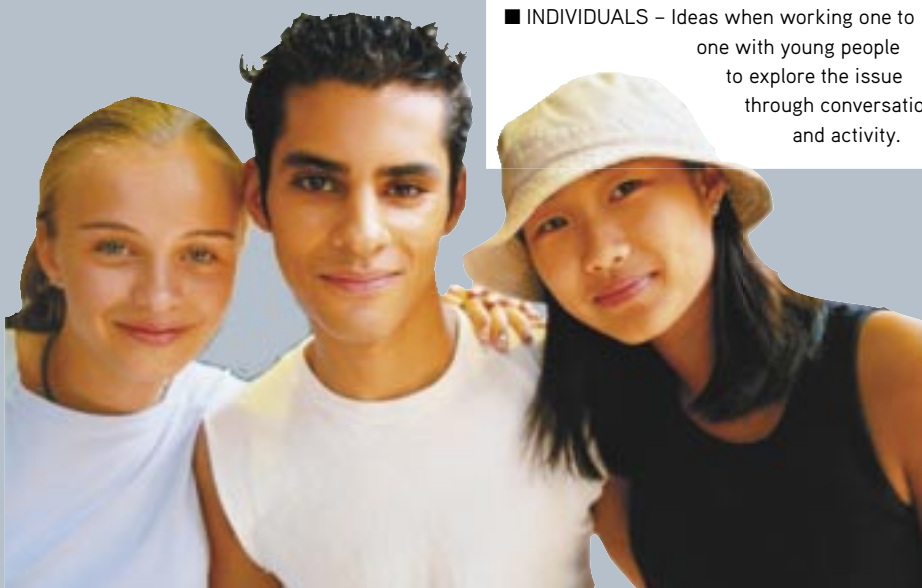
- CONTACT – Will offer key questions to engage the young people, a basic provocation to promote dialogue; e.g. a picture or statement.
- PROGRESS – Uses creative mediums such as drama, improvisation, and advanced provocation, this level will enable the young people to explore the issue in greater detail.
- RISK – This level is not about putting the young people at risk, but about taking a chance and pushing the issue with the young people through a range of creative experiences.

Activities

Each month CPR will explore a theme and take the format of a mind map, at the top of the page on the right will be activities to use with Groups; at the bottom, ideas for Individuals. On the left hand side will be Actions, and contrasting with this, below will be Reflections.

- INDIVIDUALS – Ideas when working one to one with young people to explore the issue through conversation and activity.

- GROUPS – Activities for groups of young people enabling them to explore the theme.
- ACTIONS – This is about practical action to get the young people to address the issue (either as a group or individually).
- REFLECTIONS – Drawing on Alternative Worship concepts and provocations, this section will offer suggestions to help young people connect with God around the theme. The holistic approach means there will be some crossover between activities; e.g. an individuals idea might also fit in the actions category.



Extras

In line with the holistic concept each CPR will include Extras in the form of a relevant story (fictional and/or factual); a scenario to explore; weblinks and resources for background reading.

Key

We will include a key to explain any techniques we may use, for example role play, as we may suggest a specific way of undertaking these.