



Youth Alive

Building resilience among teens and young adults

Presenter: Katia Reinert

Thank you for watching the **Youth Alive: *Building resilience among teens and young adults*** video. Let us now take time to discuss and reflect on the video.

Please complete this exercise as a Group. Start with a prayer.

VIDEO DISCUSSION QUESTIONS

1. What is *Youth Alive*? Who is behind it?

2. Why is *Youth Alive* needed?

3. What is the Youth Alive model and the key elements of a *Youth Alive* program?

4. What are some of the *Youth Alive* resources? What is in it for the youth and for leaders?

5. What is the impact of *Youth Alive* in the lives of youth who have participated?

6. How can a youth leader become involved in *Youth Alive*?
