



NUTS PROGRAM

yes
SEE. JUDGE. ACT.

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The background is a complex abstract composition of overlapping geometric shapes in muted colors: light beige, dusty rose, and pale blue. Scattered throughout are various black shapes, including dots, teardrops, and triangles. A light beige shape in the upper left contains a grid of small white squares. A vertical light blue strip on the right side features a series of white vertical bars. In the lower left and right corners, there are stylized black wavy lines resembling water or hair. The overall aesthetic is modern and minimalist.

SECTION 1

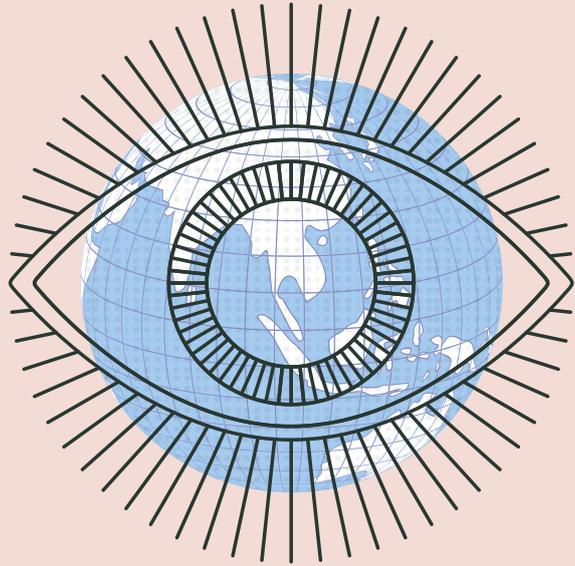
National Exec Letter

A major part of the mission of the YCS is to work for a fairer and more just society consistent with the teachings and values of Jesus Christ and the principles and objectives of Catholic Social Teaching. But the YCS is more than that. There is something closer to home. The YCS also challenges students to focus on the reality of their own lives and the lives of those around them; for example, the needs of other students within their schools and local communities.

But the YCS is even more than that. Engaging with the world, from the local to the global, and working to improve the lives of our nearest neighbours through to those we will never meet will transform the YCS member. Leadership skills, self-confidence and social friendships will grow, not because they are pursued for personal improvement, but because they are the result of a commitment to something above and beyond self-interest. So the YCS is a "formation through action" movement. Formation means different things to different people. When we talk of formation in the YCS we talk about Christian formation: where engagement in the world and serving the needs of others is seen as inextricably linked to a commitment to Jesus Christ. At the heart of the YCS is what is called the Review of Life or the "See, Judge, Act" methodology. It is used by YCS groups as a method or process for discovering, evaluating and acting on a wide range of topics.

But the Review of Life is more than a methodology for dealing with social issues. It is also personal. It is a way of thinking and working our way through a wide range of issues that come into our personal lives, where the judging or evaluating part of the process helps us to better understand ourselves and our relationships with others. And there is another dimension to the Review of Life that moves us beyond the purely human. The Review of Life is also a process in which our personal and silent reflections on the realities of a commitment to Jesus Christ can become our prayers of life. The NUTS program will introduce you to the YCS's way of thinking and how it operates. We hope it will take you on a journey of social engagement and spiritual discovery.

National Student Chairperson Tyana Orlando
National Adult Chairperson Brian Lawrence



Our Purpose and Vision

The Young Christian Students Movement (YCS) is an international movement run for, by and amongst secondary students. The movement aims to empower students to act personally and collectively in accordance with their faith and values. The movement was inspired by Joseph Cardijn, a priest who developed the “Review of Life” methodology to empower young workers. The “Review of Life” encourages students to “SEE” what is happening in their life, “JUDGE” the situation according to their faith and values and “ACT” to change the situation. This three step method is followed by reflection where students assess their review so that they can improve their next one. The “Review of Life” aims to help students create change within themselves and in the world around them.

Quote

“The YCS movement allows students to understand the importance of the young person’s voice when faced with social issues affecting them. It’s a liberating experience participating in this movement; being in a group of likeminded people as they begin to understand their role in creating social change.” - YCS Student



The Three Truths

THE TRUTH OF FAITH 01

YCS believes that every single human being has dignity and worth beyond measure. As Cardijn said, we believe that everyone is worth “more than all the gold in the world.” The reason that we believe this is because every person was created by God and created in God’s image. And because everyone is created by God, we all have a part to play in creating the Kingdom of God here on earth.,.

02 THE TRUTH OF EXPERIENCE

The truth of faith is what we believe; but when we look around us we experience so many situations where people aren’t treated with that dignity and worth. In the student world we can see discrimination, bullying and body image issues for example. In each of these situations we see or feel a contradiction between our faith and our experience. And every time we see a contradiction, our faith calls us to do something about it, to play our part in building the Kingdom of God.

THE TRUTH OF METHOD 03

In order to really change the contradictions we, as students, need a Method and a Movement. The ‘method’ used by YCS to bridge the gap between faith and experience is the Review of Life. It was developed by Cardijn, based on the Three Truths, as a way to overcome these contradictions in our everyday lives. The best YCS actions come from the Review of Life.

YCS PRINCIPLES

WHAT ARE THEY?

The YCS Principles summarise the entirety of our Movement; our key beliefs, our purpose and our methodology.

- The Young Christian Students' Movement of Australia is led for, by and among secondary school students. It is inspired by and wants to live the mission of Jesus Christ among secondary school students.
- It has a specific task of formation and education of secondary school students.
- It believes in the Review of Life as its method of education.
- Its faith in Jesus Christ challenges students to an active response among, with, and on behalf of all secondary school students.
- It commits itself to working for justice and peace, especially among secondary school students.
- It is a Local, Diocesan, National and International Movement, and accepts that it has responsibility at all these levels.



Holistic Formation

ACTION AND REFLECTION

One of the key elements of the YCS Movement is that it provides students with holistic formation. This can be broken into two main parts:

1. A balance between action and reflection.
2. Lifelong formation.

Through using the Review of Life, YCS aims for students to reflect on their lives in the light of their faith and beliefs, and then challenges them to act in the way that their faith calls them. It is often easier to just focus on action or just focus on reflection, however if the two aren't joined together then we miss key aspects of who Jesus calls us to be.

One of the great things that this means is that YCS can cater for students starting at a broad range of points of understanding or identification with their faith. For example, if students already identify as Christians or have a relationship with Jesus, then being involved with YCS can help them develop that further by encouraging and empowering them to act in the courageous, loving and challenging way that Jesus did.

Alternatively, YCS can also be attractive to students who see something wrong in the world and want to make a difference. Often this might be because of more 'humanist' beliefs, but through the Review of Life and participating in Gospel Reflections they can see that the way Jesus spoke and acted actually is an inspiring example of the things they believe in, and this can show them that Jesus and the Gospel are relevant to their lives and the world today.

STUDENT RUN

YCS is a student run movement. We believe that students are capable of reflecting on their faith and living it out in a way that actively builds the kingdom of God on earth. Students take ownership and responsibility of the movement, which allows them to develop the skills needed to play an active role in their community. Any organisation or movement that aims to develop the faith and leadership skills of young people needs to make sure that they don't discount or disempower them. Allowing self-determination for our young people empowers them to become committed and capable leaders in ways that running a program on behalf of them cannot. Thus, our meetings are run by students and guided by adult support.



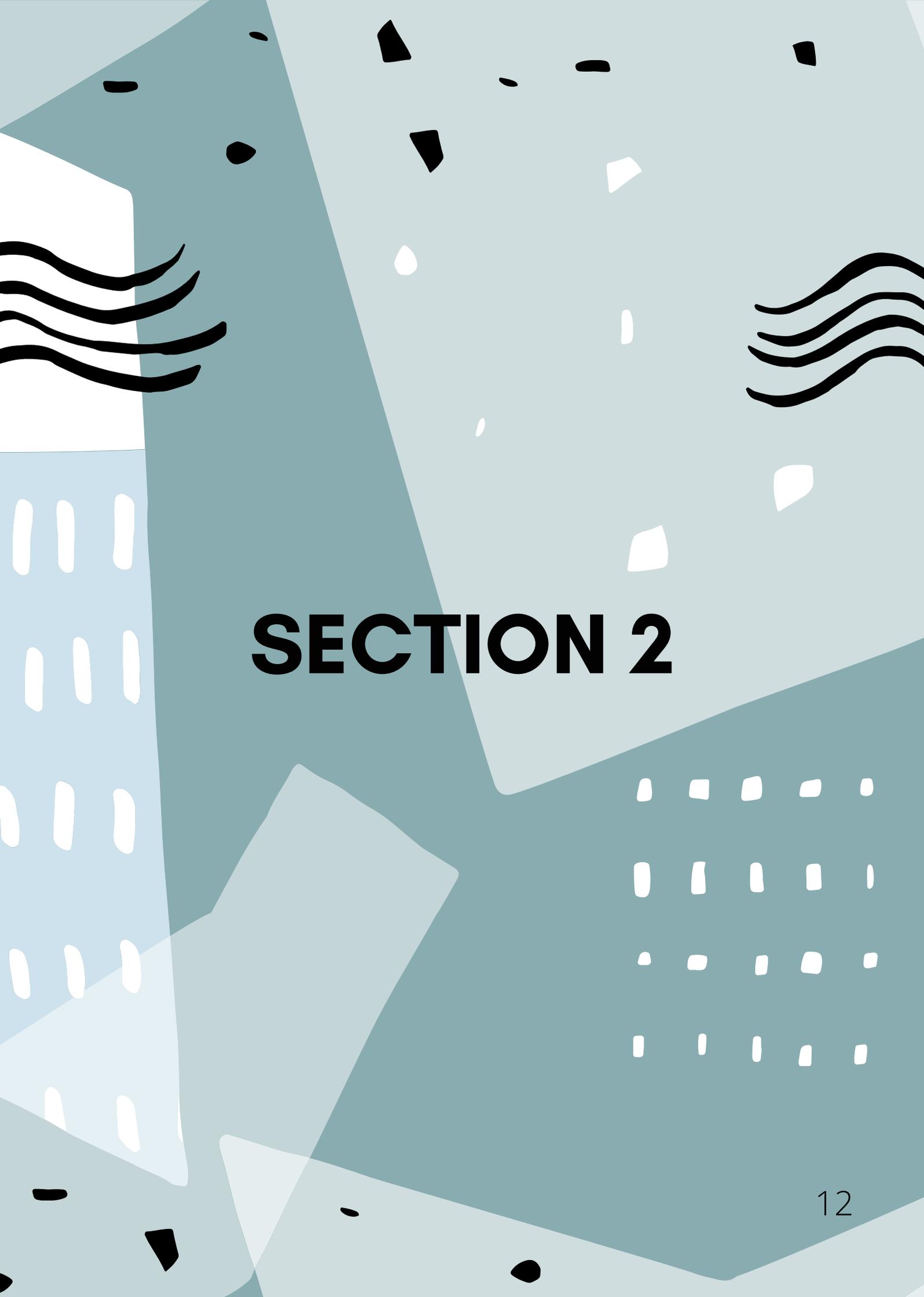
Structure

The YCS functions at the local, diocesan, national and international levels. The most important level is local; amongst the groups that exist in Schools, Parishes and Communities. This is the most important level because this is where the actions are taking place, directly based on the student reality. This is where we learn the leadership skills to take action in our community and where we begin to see God in our everyday lives. Without this level of reviewing and taking action, the rest of the movement cannot exist.

On average two members of each local group then represent the group at the diocesan level, and these members make up the Diocesan Review Team. The Diocesan YCS Review Team use the SEE JUDGE ACT to understand the issues of students across the area based on what they have been reviewing in their local groups. It then coordinates action to respond to the common issues on a deeper level.

Every 6 months there is a meeting of the National Executive. This team is made up of one or two representatives from each diocese. The National Executive coordinates action on a national level, as well as ensuring that other areas of the movement such as leadership skills, and finance are developing as well. Nationally, action takes place through the national campaign.

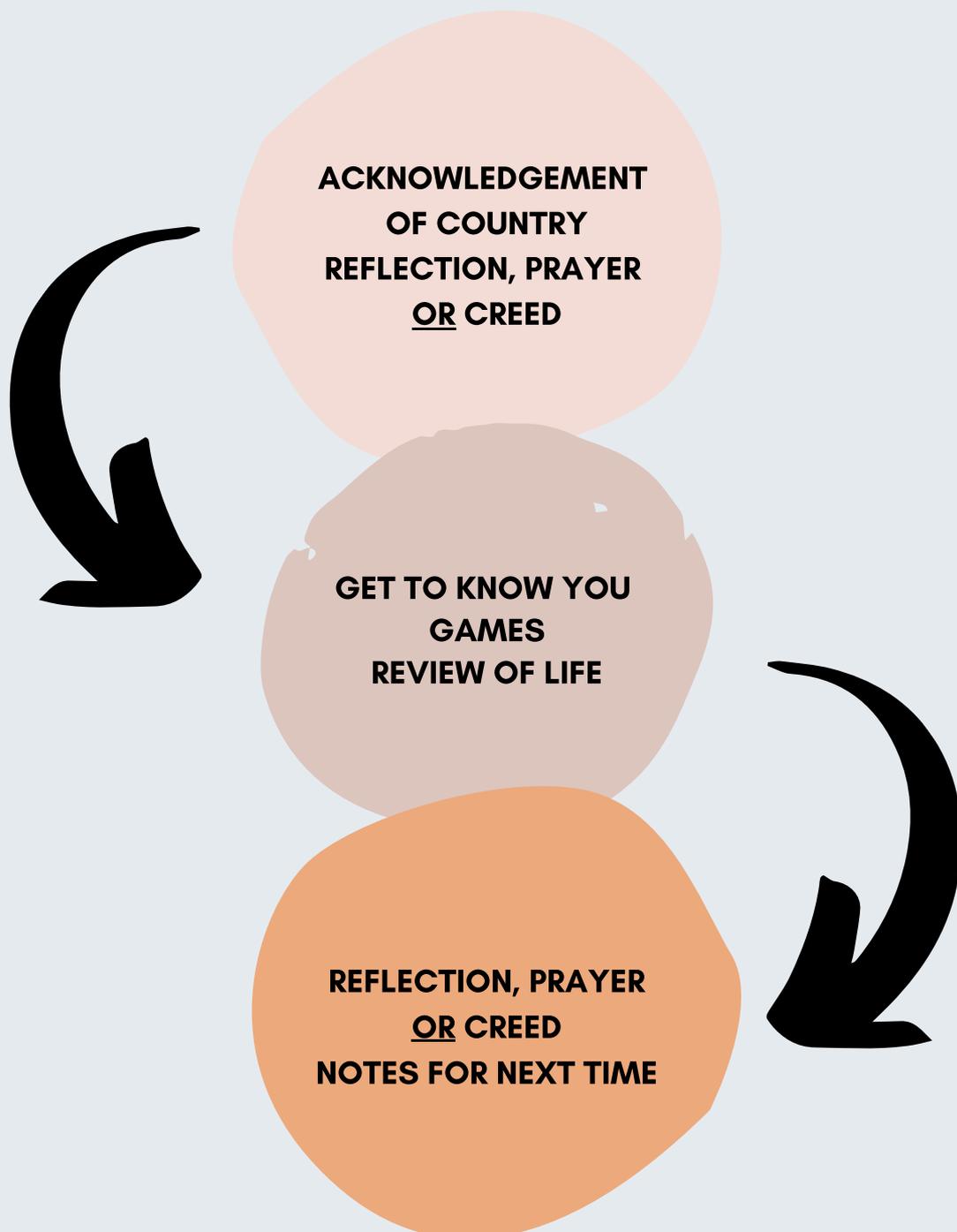
YCS is International! Actions are carried out on this level through an international Campaign as well. The IYCS holds co-ordination meetings once a year and a World Council every 4 years. This structure ensures that all members are represented at each level of the Movement, and that we can carry out action on a large scale in solidarity with each other



SECTION 2

Preparation for Local Group Meeting

For every Local Group Meeting, the following things are needed:
An agenda or plan for the meeting (prepared in the Review Leaders meeting), an Acknowledgment of Country, a Prayer, Creed and/or Reflection, an Adult Assistant, a Chairperson and a Minute Taker.



How to Create an Agenda

An agenda should be provided on the front page of every meeting. The leadership team will need to meet prior, to create a plan for how they wish the meeting to run and ensure that there is a clear structure for everyone to follow.

- We brainstorm ideas on what to do, condense / prioritise based on time we have (allocate time) and figure out specifics of what needs to be done from the ideas brainstormed.
- Review leaders discuss how to put their own “twist” on it.
- 10-15 minutes for experienced people but can take longer.



How to Acknowledge Country

Every YCS meeting begins with an Acknowledgment of Country. This is because the AYCS..."respects the indigenous cultures of the world, and the contribution they have made to our shared history and will continue to make to our development.

We are aware of the suffering caused by displacement, and will work to ensure equality and justice for all people." AYCS Vision for Our World. As part of the meeting preparation, the Review Leaders will need to find out who are the traditional owners of the land you meet on.

To find out who the traditional owners are for your area, contact the local Aboriginal Land Council. For example, if you are in South Perth then Google "South Perth Aboriginal land council".

Once you know who the traditional owners are you can use the acknowledgement below by inserting their name.

"I'd like to begin by acknowledging the _____ people, the traditional custodians of the land we're meeting on, acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope that we can move to a place of justice and partnership together."

YCS Prayer

It is important that you incorporate spirituality in each meeting to reflect the Christian principles of social justice and an active faith that underpins the movement. The YCS prayer articulates the essence of the mission; and should be used during each group meeting.

*Dear Jesus,
Please fill us with your spirit of love.
Help us to see the world as you do,
to judge with your heart,
and to act with the strength
and courage you have shown us as we
work to transform our world
Amen."*



YCS Creed



The YCS Creed outlines the core values of the movement, and what students believe in as their mission. It allows them to collectively articulate their faith in a way that it can be used as the basis of a prayer. This could be used to anchor the meeting at the beginning or as a reflection at the end.

“As Young Christian Students we believe in God. We believe that God created the universe and that we, as part of God’s creation, are invited to help complete God’s plan.

We believe that the earth has been entrusted to us, to care for, to nurture and to respect. People, as God’s creation, have dignity and worth beyond measure, and deserve to be treated with respect and understanding. We believe the Holy Spirit empowers us to live active lives following the example of Jesus Christ. We do this through communicating our thoughts, opinions and emotions and accepting and loving each other unconditionally.

We believe that our schools should promote these values through encouraging students to form and question their own opinions and beliefs, and treating each student as a worthwhile individual who has unique needs and talents. Our schools should educate for life. And we believe that Jesus calls us to live through actions, not just words. Amen.”



Reflection

There are multiple ways in which you can do a reflection in your group. This could be through scripture, an inspirational quote, video or anything that initiates reflection. Below we describe how you could use the Gospel as a point of reflection and in our Program Exemplar we show you different ways using quotes and videos.

YCS views the Gospel as inspiration for reflection in the Review of Life. Through the Gospel you see how God is calling you to act in all situations. Take time in your YCS meetings to reflect on a Gospel passage so that you can better understand the message of Jesus to help you relate your faith to your everyday situations. The method YCS uses for this reflection is of course, SEE – JUDGE – and ACT. You see what is happening in the Gospel, judge how it relates to your life, and then look at how as students you are called to act in response. Tips on creating a Gospel Reflection:

1. Create a reflective space.
2. Read the passage through more than once, the first time ask the group to listen to the story, the second time ask someone else to read the passage and this time get them to think about what stands out to them.
3. Ask the questions that you prepared.
4. Never say your reflections first, allow others to share their reflections.
5. Make sure that everyone has the opportunity to share and contribute.
6. You may like to close with a prayer focusing on how you can live out this message in the next week.

Review of Life

The Review of Life Method was created by Cardijn and is fundamental to the movement. It is important that each local group go through each aspect of the "Review of Life" in depth. The following questions help the group ensure that they explore the situation in its entirety. The review is not about "answering questions". It is a reflective tool for exploring their chosen issue, what their faith says about the issue and how they are to act in response. These questions are not restrictive so further exploration and questioning within the group are encouraged.

SEE

The SEE Section is about finding out exactly what is happening in a situation that students are exploring.

What exactly happened? How did you respond?

What caused this to happen and why?

How were people affected?

JUDGE

The JUDGE Section is about applying our faith to the situation and working out what needs to change. Another word for Judge could be reflect or discern. This part is in no way used to be critical of other people.

4. What do you think about this?

5. What does your faith say about this situation?

6. What should be happening?

ACT

The ACT Section is about setting out concrete plans for action. This is about applying our faith to actions that have the potential to change the situation we want to address. Remember, it is not a Review of Life unless the actions are carried out!

7. What exactly do you want to change or see happen in this situation?

8. What action could you take this week that would be a worthwhile step towards achieving this change? (Short term action)

9. Who else could you involve in your action, and how?

Key Individuals and their Roles

ADULT ASSISTANT

The role of Adult Assistant (AA) is a very important one. The AA is primarily a part of the group to assist the Review leaders wherever necessary and help coordinate the meetings but by no means control the meeting.

Outside the meeting:

- Meeting with the Review Leader/s before the group meeting in order to plan how they will run the meeting.
- Following up with the Review leader/s afterwards to review how the group meeting went and how they could improve things.
- Building rapport with the Review leader/s and members through activities outside the meeting.

Inside the meeting:

- Attending YCS Meetings.
- Asking questions that positively challenge students.
- You are inviting them to look deeper and take the next step. You support the students in developing an analytical and critical mind-set and to move beyond surface observations and understanding of faith.
- Avoid comments. Questions are better but comments often sway and influence the conversation. The aim is to strongly encourage students to communicate their own thoughts and opinions on matters discussed.
- Supervise. You are there to assist the Review leader/s, not control the meeting.

REVIEW LEADER/S

Review Leaders are committed students who lead their representative school or parish. They lead and coordinate YCS within their groups, leading the Review of Life and formation of group members.

Outside the meeting:

- Meeting with the Adult Assistant before the group meeting in order to plan how the meeting will be run.
These meetings will include:
- Reviewing the previous meeting and discussing strengths and weaknesses.
- Preparing for the next meeting, assigning and delegating roles (e.g. Chairperson, Timekeeper, person leading the Gospel Reflection).
- Build friendships with group members outside meetings.
- Follow up with group members any 'Actions' that may have been determined during the Review of Life.
- Advertise the YCS local group throughout their school or parish.

Inside the meeting:

- Attending YCS Meetings.
- Two leaders take on the running of the meetings for two weeks at a time. It is suggested that each week should include one of the original 4 leaders, plus one other student.
- When running the meeting there are two roles. One student runs the Review of Life and the other runs the reflection and the administrative parts of the meeting. The idea is that they do this as a pair, and the second week they swap over so that both get a chance at both roles and they can learn from the mistakes made previously.
- You can also allocate roles to other people so that they are participating in owning the group.
- Can allocate session "parts" to specific leaders with one overall chairperson for timings.
- Have two people run all the sessions collaboratively. Have multiple mini groups for the session - each run by a leader.
- Play around with different models to see what works best for your group.

CHAIRPERSON

This is an important role during your local group meetings, as the Chairperson outlines the agenda, and coordinates the discussion.

Why the Chairperson is important:

- The chairperson will facilitate conversation to ensure that everybody contributes and is included.
- Each meeting needs a leading figure to guide and coordinate the agenda.
- The Chairperson suggests to the Review Leaders and Adult Assistant when the next Review Leaders meeting should be.

Some tips for chairing meetings:

- Remind people about the meeting in the days leading up to it. It is important to follow people up.
- Make sure you know the agenda and some questions that you can ask people to facilitate conversation.
- Reflect on your own answers to the Review questions prior to the local group meeting.
- Make sure that everybody is contributing to the discussion and that it is not just one or two people in control.
- Keep the meeting on time, and ensure each part of the agenda is given enough time.

MINUTE TAKER

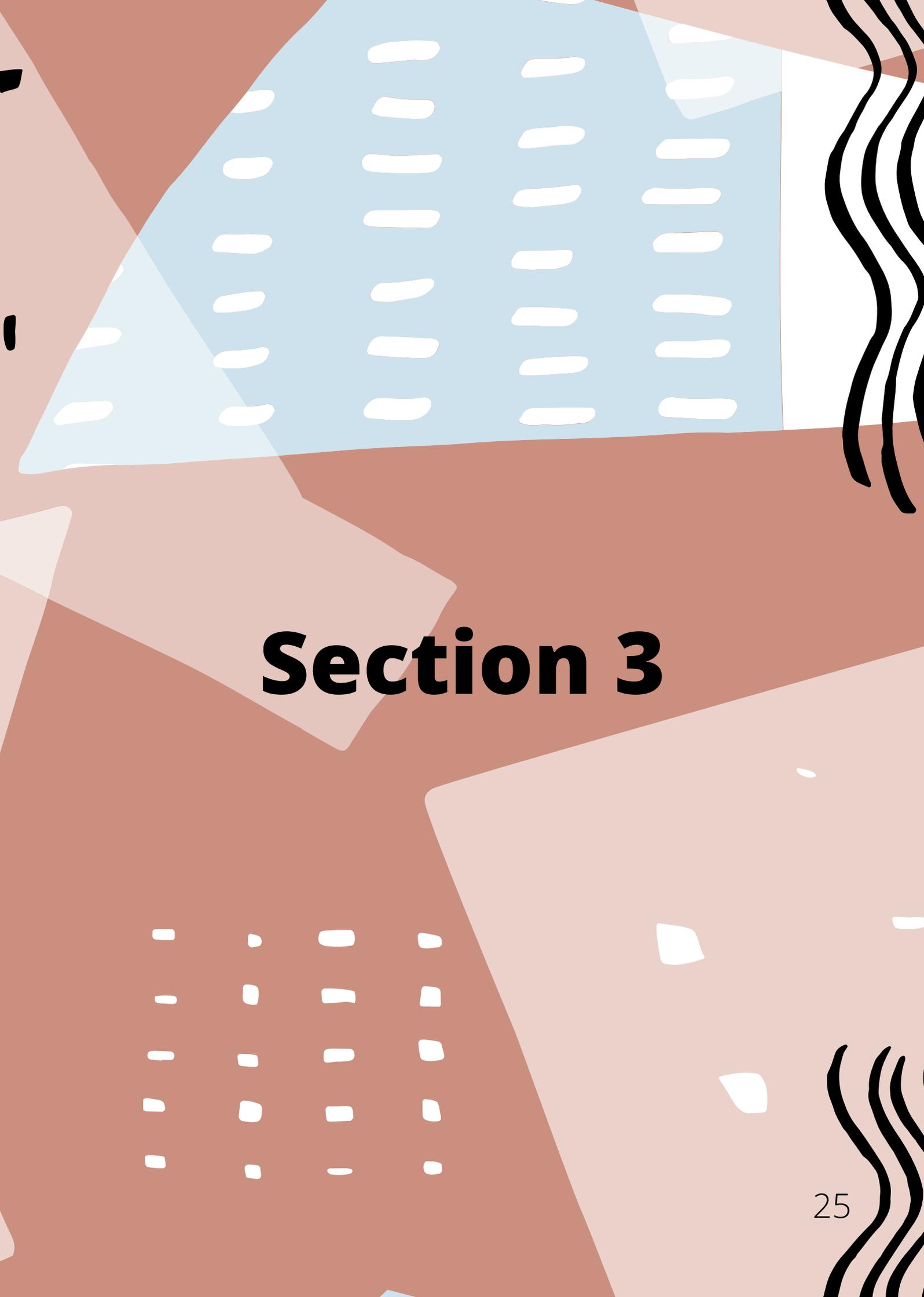
The Minute-taker is an extremely important role. It's important as a social justice Movement which encourages informed actions, to have a record of what actions are being undertaken, or have been completed. Sometimes a Review of Life will go over more than one meeting. There needs to be notes that the group can check back on so that they can remind everyone what was discussed. If the group has one set of official notes it limits arguments/conflict over what has, or hasn't been discussed.

Some tips for taking minutes:

- At the start of the meeting, write down who is present, and the date.
- Don't try to be really neat and tidy on the page, just make sure your notes are clear and legible.
- It isn't necessary to write down every word said! Just take down a summary of the conversation and the main points of discussion.
- Make sure any actions, plans or decisions are clearly written, along with the names of those people responsible for them.
- It's best to take notes down in point form. You don't need to write in perfect paragraphs.

Template for Taking Minutes

DATE AND AGENDA	
CHAired BY	
MINUTES BY	
START TIME	
KEY POINTS OF DISCUSSION (circle stage of the Review of Life) 1. See 2. Judge 3. Act	
SUMMARY OF ACTION (IF APPLICABLE)	
FINISH TIME	
NEXT SCHEDULED MEETING	

The background features a collage of geometric shapes and patterns. A large light blue trapezoidal shape at the top contains a grid of white horizontal dashes. Below it, a dark brown trapezoidal shape contains a grid of white squares. To the right, there are wavy black lines on a white background. The overall color palette includes light blue, dark brown, light brown, and white.

Section 3

Program Overview

This program is designed to engage high school students to be leaders of justice and action by using the SEE JUDGE ACT method. We hope that once you have completed the program you will be interested in starting an independent YCS group where you review your own experiences and continue to take action.

In the SEE Section YCS students identify issues they care about in their communities. There are many issues that you as students can choose from for your local meetings. Some of these may include racism, bullying, the environment and mental health. By no means is this list extensive, your local group will know what the most pressing issues are in your community. Follow your intuition and reflect on what Jesus may be calling your group to change.



Program Exemplar

This section will provide an example of an eight week program, focusing on a range of issues. This exemplar is only a template for how you could run the meetings, choose which order you would like to address the topics in. Further topics can be found on our website under **NUTS Supplementary resource; these include Mental Health, Body Image, Work, Social Media and the Environment.** This is the part where your group gets creative!

MEETING ONE: INTRODUCTION

Agenda

1. Acknowledgement of Country - 2min
2. Getting to know you game - 10min
 - Ballon Game
3. What is YCS? - 10 min
 - Brief Explanation
 - Contradictions Exercise
 - Purpose of YCS
4. What is NUTS? - 10 min
 - Explanation of Purpose
 - Overview of Program
 - Commitment
5. Closing Prayer - 2 min
 - YCS Prayer

NOTES FOR REVIEW LEADERS

Acknowledgement of Country

I'd like to begin by acknowledging the _____ people, the traditional custodians of the land we're meeting on, acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope that we can move to a place of justice and partnership together.

Game - Ballon Game

Purpose: To get students to think about how they approach situations and their attitude to improving themselves.

Each person is given a balloon and a piece of string. They are told to blow up the balloon and tie it to their ankle.

You need to set an area for the game to be played and tell students the boundaries. Then everyone is told that the purpose of the game is to keep his or her balloon safe and that is all.

After 2 minutes stop the game. The players will probably have tried to burst each others' balloons.

Do the following reflection on people's attitudes in the game:

Ask the players what they tried to do when the game started. They'll probably say something about popping other people's balloon so theirs stays up the longest.

Then remind them of what you actually said. They needed to keep their balloon safe! So the way our society functions has trained us to think that we need to destroy other people and what they have in order to build ourselves up.

There are lots of ways that all the balloons could have been kept from being popped but, we don't think often think of them because our society is about competition and racing to get ahead of other people.

Get them to give examples of when they have seen this type of attitude in the real world.

Recommendations

- Make sure that you give the correct instructions and don't say anything that implies that they need to burst other people's balloons or that they need to keep their balloon up the longest.
- At the end you also need to make sure you don't say that one person wins because this rewards the destruction of others and defeats the point of the exercise.
- Make sure that it doesn't sound like you are preaching or putting people down for their attitude. Rather, the leader should be pointing out what was observed during the game, and this should encourage students to think about their own attitude and treatment of others.

What is YCS?

YCS is an international Movement that is run for high school students, by the students themselves. It is about students taking action in their own lives and the world around them in a way that lives out their values and beliefs. There are 2.5 million members of YCS in 65 countries around the world, including in 8 diocese of Australia.

Contradictions Exercise

It is important that the Leader and Assistant read and understand the 3 Truths so that they can run this effectively.

Your Exercise

The leader gets everyone into groups of two and asks each pair to come up with two things that concern them about the world.

One should be something that affects them directly and the other should be something that is happening in the wider world. If they are struggling to think of things, ask them what problems they see or what they would like to change.

Quickly list these, writing them on a whiteboard or butchers paper.

Your Beliefs

Then ask each pair to say in one sentence what they think the world should be like. You can ask: "If you could create an ideal world what would it be like? How would people treat themselves? How would they treat each other? How would governments and countries relate to each other?"

List these next to the previous list so that people can see the comparison.

Purpose of YCS

- The first list describes the world that we currently live in. The second list describes the world we would like to live in.
- “YCS is about making it possible to transform the world we are in now, into the world we would like to live in.”
- Give a brief explanation of the Truth of Faith and Truth of Experience and how they relate to what you have just talked about.
- Explain that as members of a movement we can actually make that change in the world but we need a Movement and a method for it to happen:

Draw a line/connection between what the members believe and experience, highlighting that the bridge is the movement and method needed to overcome the gap between what we see and believe.

Why a movement? There needs to be a movement of people working together to overcome these differences. Individually we can make a difference but when you have 2.5million people in YCS around the world then you can truly change things.

Why a method? There needs to be a method, a way of going about things that teaches people how to change the world. The Review of Life is this method.

YCS allows the bridge between faith and experience to become smaller and smaller. The purpose of YCS is to be that movement, be the bridge, where high school students can come together and take actions that change their schools, their families, and their communities.

What is NUTS?

YCS empowers students to make a difference in the world. All around us we see examples of stereotypes and perceptions that belittle student potential and aptitude, with no expectation to truly change things, or achieve anything without adult direction. YCS believes that students can truly change the world through taking actions in their everyday lives, and thus provide a methodology to be active agents of social change.

“NUTS” sums up one of the aims of the Australian YCS and it is also what this program is about. By following this 8-week program, students are given an opportunity to not only see what YCS is all about, but to use the YCS method of See-Judge-Act and be empowered to take action.

The three areas which students will be taking action in are:

- Bullying
- Consumerism
- Animal Cruelty

Through the next 8 weeks you can begin to change the world by taking small and achievable actions. Each week you will examine one of these three areas: we will look at what is happening (SEE), talk about what we believe should be happening (JUDGE) and then plan an action that you can take to change the situation (ACT).

Commitment

Following this week, the NUTS program runs for 7 meetings. To be involved you need to commit to:

- Being involved for the whole 7 meetings.
- Taking the actions that you say you will do, or else there is no point!
- Because YCS is a movement that is run by students, you will need to actively participate and be willing to lead meetings and take notes.
- Actively participate in, be open to lead meetings, and take notes because YCS is a student run Movement.

What you get out of it:

- Making a real difference in the world by learning how to take effective action.
- Developing your leadership skills.
- Becoming an informed and active student of social justice.
- The opportunity to get more involved with YCS if you'd like to continue after the Program.
- Meeting and greeting new people, and an opportunity to be a part of Movement.

Closing Prayer

Dear Jesus,

Please fill us with your spirit of love.

Help us to SEE the world as you do,

to JUDGE with your heart,

and to ACT with the strength and courage you have shown us,

as we work to transform our world

Amen.

MEETING TWO: BULLYING

Agenda

1.Acknowledgement of Country - 2mins

2.Opening Prayer - 2mins

- YCS Creed

3.Game - 10mins

- Fungas Mungas

4.Review Of Life - 15mins

SEE

- What is bullying? Are there different types of bullying?
- When have you seen or experienced bullying in your life, your school or in the community?
- How is this experience of bullying affecting everyone involved?

JUDGE

- How do you feel about bullying and this particular situation?
- What do your beliefs or faith say about it?
- Think about the YCS Creed: do you think anything in the Creed applies to bullying and the situation you are reviewing?
- What do you think should be happening?

5.Closing Prayer - 2mins YCS

- YCS Prayer

NOTES FOR REVIEW LEADERS

Acknowledgement of Country

I'd like to begin by acknowledging the _____ people, the traditional custodians of the land we're meeting on, acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope that we can move to a place of justice and partnership together.

Opening Prayer

As Young Christian Students we believe in God. We believe that God created the universe and that we, as part of God's creation, are invited to help complete God's plan.

We believe that the earth has been entrusted to us, to care for, to nurture and to respect. People, as God's creation, have a dignity and worth beyond measure, and deserve to be treated with respect and understanding.

We believe the Holy Spirit empowers us to live active lives following the example of Jesus Christ. We do this through communicating our thoughts, opinions and emotions and accepting and loving each other unconditionally.

We believe that our schools should promote these values through encouraging students to form and question their own opinions and beliefs, and treating each student as a worthwhile individual who has unique needs and talents. Our schools should educate for life. And we believe that Jesus calls us to live through actions, not just words.

Amen.

Game Fungas Mungas

Purpose: Don't be too put off by the name! This is an icebreaker game so the purpose is for the students to get to know each other better in a way that is active and fun.

Instructions/Rules:

Get the group to sit in a circle.

Start a rhythm by tapping your hands on your knees twice, and clapping with your hands twice.

The leader will then say their own name twice, and a name of somebody else in the room twice.

If your name is 'Tessa' you would say "Tessa, Tessa" at the same time that you tap your hands twice on your lap, and 'Harry, Harry' at the same time that he claps.

- The rhythm does not stop, and in the next beat Harry says his name twice, and the name of another person in the room. No beat is without a name being said.
- This other person then says their name twice, and the name of another person in the room twice in line with the beats.
- The person who misses a beat, or says a name at a different time which isn't in line with the rhythm, is out.
- This is good to play a few times and, when you are getting good, name two people in the group 'fungus' and 'mungus.' Now instead of saying their name, you call them 'fungus' or 'mungus'. If they, or anyone else calls them by their own name, they are out!
- The game ends when there is only one person left, who did not make a mistake with the names and beats!

Tips: If you have a big group, it may help to play in two little groups.

Review of Life

Bullying Review

“Bullying is the intentional (often repeated) intimidating behaviour by an individual or group against another person or group. Bullying is not simply ‘part of growing up’; it is a destructive issue that can have serious effects on a young person’s physical and mental health. Bullying takes many forms and can occur in a real (face to face) or virtual (online) environment.”

– Headspace, National Youth Mental Health Foundation

A contemporary issue facing one in four students in Australian schools – bullying is the ideal topic to begin the NUTS program, and one that has been constantly arising in many dioceses with existing YCS groups.

SEE

What is bullying? Are there different types of bullying?

When have you seen or experienced bullying in your life, your school or in the community? (Choose one of these experiences to focus on for the rest of this Review of Life) What happened in this experience?

How is this experience of bullying affecting everyone involved?

Why do you think bullying occurs?

JUDGE

Read and reflect on the following Gospel Passage, MATTHEW 5:43-46 – “You have heard that it was said, ‘You shall love your neighbour and hate your enemy.’ But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven ... For if you love those who love you, what reward do you have...”

- How do you feel about bullying and this particular situation? What do your beliefs or faith say about it?
- What does your faith say about this?
- Think about the YCS Creed: do you think anything in the Creed applies to bullying and the situation you are reviewing?
- What do you think should be happening?

ACT

Next meeting you will be planning a specific action to combat the issues you've raised surrounding Bullying.

But before you can go much further you need to get a better idea of what is causing the situation and how it is affecting people. So that you can do this effectively, and make real change, each group member can take 'mini-actions' to learn more about the issue itself.

Here are some ideas about what you could do between now and the next meeting. Remember it's important that every person takes a mini-action at this stage:

Researching the situation. Check out the Internet, find other organisations that know about this stuff and see what info they have.

Use YCS. Take advantage of being in a movement! You could check out the website, or contact the National Co-ordinator or Diocesan workers around the area – Check the contact details at the back and never hesitate to contact us!

Closing Prayer

Dear Jesus,

Please fill us with your spirit of love.

Help us to SEE the world as you do,

to JUDGE with your heart,

and to ACT with the strength and courage you have shown us,

as we work to transform our world

Amen.

MEETING THREE: BULLYING

Agenda

1. Acknowledgement of Country - 2mins

2. Prayer/Reflection - 10mins

- What stood out for you from this video?
- How does this video affect your own preconceptions of bullying?
- What is the main message behind this video?

3. Review of Life Continued - 15mins

- What happened last time?
ACT
- What action are you going to take in the next week to start working towards your medium or long term goal?
- What would you like to change or see happen in the situation you are reviewing? (This should be a medium or long term goal)

4. Closing Prayer - 2mins

- YCS Prayer

NOTES FOR REVIEW LEADERS

Acknowledgement of Country

I'd like to begin by acknowledging the _____ people, the traditional custodians of the land we're meeting on, acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope that we can move to a place of justice and partnership together.

Prayer and Reflection

Watch the YouTube Video, 'The Bullying Experiment' – fouseyTUBE
<http://www.youtube.com/watch?v=EisZTB4ZQxY>

- What stood out for you from this video?
- How does this video affect your own preconceptions of bullying?
- What is the main message behind this video?

Review of Life Continued

Last meeting we did the 'See' and 'Judge' part of the Review of Life. Each member committed to carrying out 'mini-actions' to learn more about Bullying so that they would be able to effectively plan an action at this meeting. Today we will quickly look at what we discussed last week and then we will plan an action that comes from that discussion.

What happened Last Time?

- Get the note-taker to read out what was discussed in the SEE and JUDGE sections last meeting.
- From the 'mini-actions' since the last meeting what have you learnt which can add to either the SEE or the JUDGE section?

ACT

In order to develop effective actions we always look at what we want to change in the situation in the medium to long term. From there, we work out an action which will be the first step to making that change. It is important that both the long-term goal and action are always specific.

- What action are you going to take in the next week to start working towards your medium or long term goal?
- What would you like to change or see happen in the situation you are reviewing? (This should be a medium or long term goal).

Every group member needs to be taking some kind of action. It can be as big or small as you want as long as it's a first step. Smaller or simpler is actually better because you can build it up from these small things. Here are some ideas for actions for your review on bullying. Use these as a guide or inspiration, but try to come up with your own ideas that apply to your own situation:

Create a power-point presentation to raise awareness of bullying in your school, and to promote a social justice action.

Organise a day against cyber bullying.

Create posters to be placed around your school or parish advocating against bullying.

Closing Prayer

Dear Jesus,

Please fill us with your spirit of love.

Help us to SEE the world as you do,

to JUDGE with your heart,

and to ACT with the strength and courage you have shown us,

as we work to transform our world

Amen.

MEETING FOUR: CONSUMERISM

Agenda

1.Acknowledgement of Country - 2mins

2.Opening Prayer - 2mins

3.Review Of Life - 20mins

- Action from previous meetings
- Consumerism Review
SEE
- What is consumerism? And how does it affect the world around us?
- Think about the last piece of clothing you bought – When was it?
- What brand of clothing was it?
- Do you know where it was made? Who made it?
- Why did you buy it? Did you 'need' it?
- Does consumerism affect our relationships with other people?

JUDGE

- Read Gospel Passage, MATTHEW 6: 19- 21 – What stands out for you? Why?
- What does your values say about this?
- Are your own actions saying the same thing as what you believe or
- do they send a different message?
- What should be happening?

4.Closing Prayer - 2mins

- YCS Prayer.

NOTES FOR REVIEW LEADERS

Acknowledgement of Country

I'd like to begin by acknowledging the _____ people, the traditional custodians of the land we're meeting on, acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope that we can move to a place of justice and partnership together.

Opening Prayer

As Young Christian Students we believe in God. We believe that God created the universe and that we, as part of God's creation, are invited to help complete God's plan. We believe that the earth has been entrusted to us, to care for, to nurture and to respect. People, as God's creation, have a dignity and worth beyond measure, and deserve to be treated with respect and understanding.

We believe the Holy Spirit empowers us to live active lives following the example of Jesus Christ. We do this through communicating our thoughts, opinions and emotions and accepting and loving each other unconditionally. We believe that our schools should promote these values through encouraging students to form and question their own opinions and beliefs, and treating each student as a worthwhile individual who has unique needs and talents. Our schools should educate for life. And we believe that Jesus calls us to live through actions, not just words.

Amen.

Review of Life

It is important that we follow up the actions that we took in the previous meeting. At this point it is good to ask the group how their individual actions went. What did they learn? How did it go? Are there any other actions they can take to work towards their long-term aim?

Consumerism Review

"Human beings are themselves considered consumer goods to be used and then discarded. We have created a 'disposable' culture, which is now spreading. It is no longer simply about exploitation and oppression, but something new ... The culture of prosperity deadens us; we are thrilled if the market offers us something new to purchase; and in the meantime all those lives stunted for lack of opportunity seem a mere spectacle; they fail to move us ... Money must serve, not rule!"

– Pope Francis, *Evangelii Gaudium*

Consumerism is a consequence of an abundance of spending that goes well beyond our needs; coinciding with our lack of education as consumers in regards to the products we purchase, and how they are produced and the impact of our consumption on the environment and society – but more importantly, its impact on US, as individuals.

SEE

- What is consumerism? And how does it affect the world around us?
- Think about the last piece of clothing you bought:
- When was it?
- What brand of clothing was it?
- Do you know where it was made? Who made it?
- Why did you buy it? Did you 'need' it?
- How does consumerism affect our relationships with other people?
- Why is this happening?

JUDGE

- Read and reflect on the Gospel Passage, MATTHEW 6: 19- 21 – *"Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will also be"*
- What stands out for you?
- What do you think about the situation?
- What does your values say about this?

ACT

- Next week you will be looking at what action you could take about Consumerism to change the situation you have talked about into how you believe it should be. Right now each group member needs to take a mini-action to find out more about Consumerism and the situation you have been reviewing between now and then. Remember to make sure each person has an action and that it is specific and proactive. Here are some ideas:
- Researching the situation. Check out the Internet, find other organisations that know about this stuff and see what info they have.
- Use YCS. Take advantage of being in a movement! You could check out the website, or contact the National Coordinator or Diocesan workers around the area – Check the contact details at the back and never hesitate To contact us!
- Ask other people how they are affected. This could be other students, other young people, or maybe you need to spread the net wider and contact people outside your immediate situation like a local community centre.

Closing Prayer

Dear Jesus,

Please fill us with your spirit of love.

Help us to SEE the world as you do,

to JUDGE with your heart,

and to ACT with the strength and courage you have shown us,

as we work to transform our world

Amen.

MEETING FIVE: CONSUMERISM

AGENDA

1.Acknowledgement of Country - 2mins

2.Gospel Reflection - 2mins

3.Review Of Life (continued) - 20mins

- What happened last time?

ACT

- What would you like to change or see happen in the situation you are reviewing? (This should be a medium or long-term goal?)
- What action are you going to take in the next week to start working towards your medium or long term goal?

4.Closing Prayer - 2mins

- Education of Justice – Prayer of Advent (adjusted)

NOTES FOR REVIEW LEADERS

Acknowledgement of Country

I'd like to begin by acknowledging the _____ people, the traditional custodians of the land we're meeting on, acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope that we can move to a place of justice and partnership together.

Gospel Reflection

Luke 4:14-20 'Jesus Begins His Work'

Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. He taught in their synagogues, and everyone praised him. He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. And he stood up to read. The scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written:

"The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favour." Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him, and he began by saying to them, "Today this scripture is fulfilled in your hearing."

- What is the Gospel passage saying to us as young Christians?
- Does this Gospel passage reflect the values and ideas surrounding consumerism? If so, how?
- What parts of this passage challenge you in how you live out your faith?

Review of Life

In YCS we believe that our faith calls us to live through actions, not just words. Last meeting we did the 'See' and 'Judge' parts of the Review of Life. Each member committed to carrying out 'mini-actions' to learn more about the issue that is being reviewed so that they would be able to effectively plan an action at this meeting. Today we will quickly look at what we discussed last week and then we will plan an action that comes from that discussion. We need to always be reflecting and acting in order to truly make change happen!

WHAT HAPPENED LAST TIME?

Get the note-taker to read out what was discussed in the SEE and JUDGE section last meeting. From the 'mini actions' since the last meeting what have you learnt which can add to either the SEE or the JUDGE section?

ACT

- Remember that in order to develop effective actions we always look at what we want to change in the situation in the medium to long term, and then we look at what we can do within the next few weeks.
- What would you like to change or see happen in the situation you are reviewing? (This should be a medium or long-term goal?)
- What action are you going to take in the next week to start working towards your medium or long term goal? (Each member should take an action; you may take a personal and a group action). Here are some Ideas to get you started:
 1. Create a PowerPoint presentation on the dangers/injustices of consumerism and present it to the rest of your school.
 2. Promote awareness through creating flyers and having them available around the school, or posters with facts and statistics.

Closing Prayer

Dear Jesus,

Please fill us with your spirit of love.

Help us to SEE the world as you do,

to JUDGE with your heart,

and to ACT with the strength and courage you have shown us,

as we work to transform our world

Amen.

MEETING SIX: ANIMAL CRUELTY

Agenda

1. Acknowledgement of Country - 2 mins

2. Reflection - 10 mins

- What stands out for you in this reflection?
- What do the following reflections say about our relationship with animals?

3. Review of Life – Animal Cruelty - 20 mins

- Actions from Previous Meetings
SEE
- What are the different ways that humans use animals and how does this reflect on us?
- What is animal cruelty?
- How does animal cruelty affect the world/community around us?
JUDGE
- What does this issue mean to you?
- What does your faith say about the situation? Does the Scripture reflection we covered earlier say anything on this issue?
- Do you think we have a responsibility to extend our values beyond humanity and towards our dealings with the animal kingdom?
- What is the ideal situation?

4. Closing Prayer - 2mins

- YCS Prayer

NOTES FOR REVIEW LEADERS

Acknowledgement of Country

I'd like to begin by acknowledging the _____ people, the traditional custodians of the land we're meeting on, acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope that we can move to a place of justice and partnership together.

Reflection

"Not to hurt our humble brethren (the animals) is our first duty to them, but to stop there is not enough. We have a higher mission--to be of service to them whenever they require it... If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you will have men who will deal likewise with their fellow men."

– Saint Francis of Assisi

- What stands out for you in this reflection?
- What do the following reflections say about our relationship with animals?

Review of Life

It is important that we follow up the actions that we took in the previous meeting. At this point it is good to ask the group how their individual actions went. What did they learn? How did it go? Are there any other actions they can take to work towards their long-term aim?

Animal Cruelty Review

"Animal cruelty can take many different forms. It includes overt and intentional acts of violence towards animals, but it also includes animal neglect or the failure to provide for the welfare of an animal under one's control. In addition to this, it is important to remember animal cruelty is not restricted to cases involving physical harm. Causing animals psychological harm in the form of distress, torment or terror may also constitute animal cruelty" – RSPCA, Australia

- Do we have a responsibility to extend our Christian nature beyond humanity?

SEE

- What are the different ways that humans use animals?
- What is animal cruelty?
- What are your experiences of 'animal cruelty'?
- How does animal cruelty affect the world/community around us?

JUDGE

- What does this issue mean to you?
- What does your faith say about the situation? Does the Scripture reflection we covered earlier say anything on this issue?
- Do you think we have a responsibility to extend our values beyond humanity and towards our dealings with the animal kingdom?
- What is the ideal situation?

ACT

Next week you will be looking at what action you could take about Animal Cruelty to change the situation you have talked about into how you believe it should be. Right now each group member needs to take a mini-action to find out more about Consumerism and the situation you have been reviewing between now and then. Remember to make sure each person has an action and that it is specific and proactive. Here are some ideas:

- Researching the situation. Check out the Internet, find other organisations that know about this stuff and see what info they have – the RSPCA Australia, website is an awesome place to start! – www.rspca.org.au
- Ask other people how they are affected. This could be other students, other young people, or maybe you need to spread the net wider and contact people outside your immediate situation like a local community centre – research locally and see if there is any animal shelter and get in contact with the workers!

Closing Prayer

Dear Jesus,

Please fill us with your spirit of love.

Help us to SEE the world as you do,

to JUDGE with your heart,

and to ACT with the strength and courage you have shown us,

as we work to transform our world

Amen.

MEETING SEVEN: ANIMAL CRUELTY

Agenda

1.Acknowledgement of Country - 2mins

2.Reflection - 10mins

- YouTube Video – ‘A chilled approach: a better option than live export’, World Society for the Protection of Animals Australia.

3.Review of Life (continued) - 20mins

- What happened last time?
ACT
- What would you like to change or see happen in the situation you are reviewing? (This should be a medium or long-term goal).
- What action are you going to take in the next week to start working towards your medium or long term goal?

4.Closing Prayer - 2mins

- St Basil’s Prayer for animals.

NOTES FOR REVIEW LEADERS

Acknowledgement of Country

I'd like to begin by acknowledging the _____ people, the traditional custodians of the land we're meeting on, acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope that we can move to a place of justice and partnership together.

Reflection

Watch the YouTube Video, 'A chilled approach: a better option than live export' – World Society for the Protection of Animals Australia.

<https://www.youtube.com/watch?v=fDQ8ddLHB9Y>

- What stood out for you from this video?
- Were you aware of the issue in regards to live exports of Australian farm animals?
- Does anything add to your research and previous discussion on the issue of animal cruelty?

Review of Life

In YCS we believe that our faith calls us to live through actions, not just words. Last meeting we did the 'See' and 'Judge' part of the Review of Life. Each member committed to carrying out 'mini-actions' to learn more about the issue that is being reviewed so that they would be able to effectively plan an action at this meeting.

Today we will quickly look at what we discussed last week and then we will plan an action that comes from that discussion. We need to always be reflecting and acting in order to truly make change happen! Remember to be creative! You are not restricted to these suggestions – they are simply a starting point:

- Who can you involve?
- It is good to involve people in your action so that you are not only raising awareness about the issue you are reviewing, but you are also giving other students the chance to make a difference.

WHAT HAPPENED LAST TIME?

Get the note-taker to read out what was discussed in the SEE and JUDGE section last meeting.

From the 'mini actions' since the last meeting what have you learnt which can add to either the SEE or the JUDGE section?

ACT

Remember that in order to develop effective actions we always look at what we want to change in the situation in the medium to long term, and then we look at what we can do within the next few weeks.

- What would you like to change or see happen in the situation you are reviewing? (This should be a medium or long-term goal).
- What action are you going to take in the next week to start working towards your medium or long term goal? Here are some ideas to get you started:

Create a PowerPoint presentation on the injustice of Animal Cruelty and present it to the rest of your school.

Promote awareness through creating flyers and having them available around the school or poster with facts and statistics.

Run fundraisers at your school or parish for donations to the RSPCA or local animal shelter! E.g. BBQ's, Mufti Days, Cake Sales, Trivia Nights.

Closing Prayer

O God, enlarge within us the sense of fellowship with all living things,
For our brothers and sisters, the inarticulate beasts,

To whom you gave the earth as their home in common with us.

We remember with shame that in the past we have exercised the high dominion of humanity with ruthless cruelty so that the voice of the earth, which should have gone up to You in song has become a groan of anguish and a cry of torment.

May we realise that they live not for us alone, but for themselves and for Thee, and that they too love the sweetness of life.

Amen.

MEETING EIGHT: MAKING A DIFFERENCE

Agenda

1.Acknowledgement of Country - 2mins

2.Evaluation of NUTS Program - 5mins

3.Review of Life – NUTS Program -25mins

SEE

- What did you like best about being a part of NUTS?
- What did you find challenging?
- What is one thing that you have achieved by being part of this group?

JUDGE

- What did you want to get out of NUTS?
- Why did you decide to come in the first place?
- Do you think that it is possible to achieve those things that you wanted in only 8 weeks? Were there any other actions you wanted to take from the Reviews of Life?

ACT

- What can you do now to keep working towards changing the world and making a difference?
- Is being part of a YCS group one of those things?
- Do you want this group to continue?

4.What now? - 2mins

- St Basil's Prayer for animals

5.Closing Prayer - 2mins

- YCS prayer

NOTES FOR REVIEW LEADERS

Acknowledgement of Country

I'd like to begin by acknowledging the _____ people, the traditional custodians of the land we're meeting on, acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope that we can move to a place of justice and partnership together.

Review of Life

It is important that we follow up the actions that we took in the previous meeting. At this point it is good to ask the group how their individual actions went. What did they learn? How did it go? Are there any other actions they can take to work towards their long-term aim?

NUTS Program Review

This week we will be reviewing and reflecting on the NUTS program and the past 7 weeks!

SEE

- What did you like best about being a part of NUTS?
- What did you find challenging?
- What is one thing that you have achieved by being part of this group?
- Where do you think you could have improved?

JUDGE

- What did you want to get out of NUTS?
- Why did you decide to come in the first place?
- Do you think that it is possible to achieve those things that you wanted in only 8 weeks? Were there any other actions you wanted to take from the Reviews of Life?

ACT

- What can you do now to keep working towards changing the world and making a difference? Is being part of
- a YCS group one of those things?
- Do you want this group to continue?

WHAT NOW?

If you have decided to continue with YCS (Congratulations!) – AYCS has a 'Taking the Next Step' resource which will help you to become a self-sustainable YCS group that is able to respond to the challenges happening in the lives of your own group members, rather than just using the set topics from a book like NUTS.

In addition to this, the next step is to consolidate your Leadership Team for the year and contact National YCS or YCS workers in your diocese to inform them on the completion of the NUTS program and to assist you in becoming an independent YCS group, reviewing your own issues!

Closing Prayer

Dear Jesus,

Please fill us with your spirit of love.

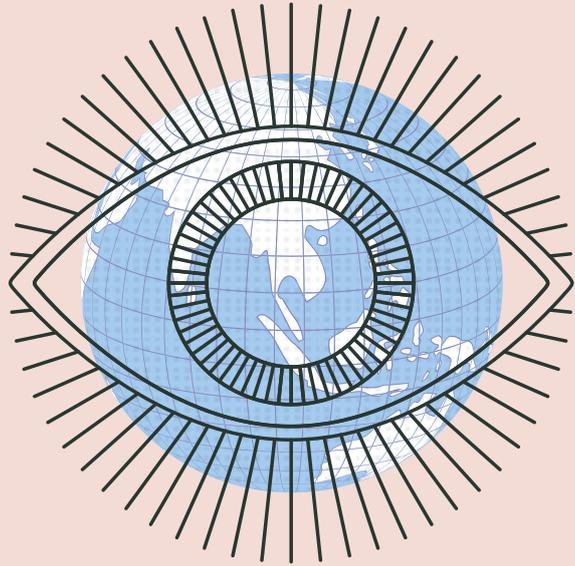
Help us to SEE the world as you do,

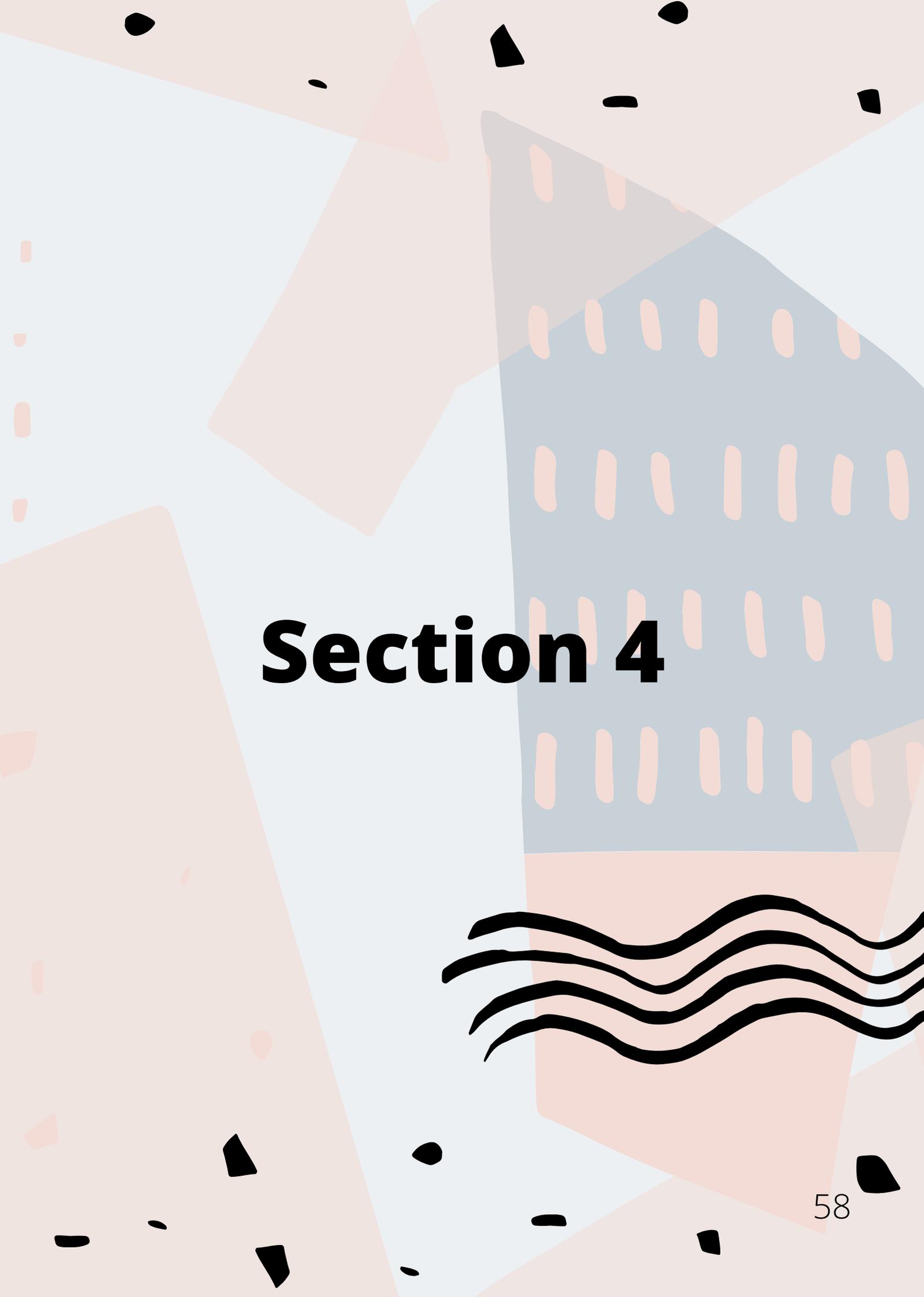
to JUDGE with your heart,

and to ACT with the strength and courage you have shown us,

as we work to transform our world

Amen.



The background is a light blue color with several large, overlapping geometric shapes in a light peach or pink hue. A prominent shape on the right side is a large, irregular polygon filled with a light blue color and featuring a pattern of vertical, rounded rectangular cutouts in a light peach color. At the bottom right, there are three thick, black, wavy lines that resemble stylized waves. Scattered throughout the background are various small, solid black shapes, including circles, triangles, and irregular polygons.

Section 4

WHERE TO NOW?

Congratulations! Now that you have completed the NUTS Program, hopefully you have decided to continue on as a YCS Group and join the 2.5 million YCS Members around the world! If you have decided to continue as a YCS Group please contact your Local Office so that we can add you on as a 'YCS Member Group' and let you know about the other exciting events and actions that are happening with YCS in your region or state.

So what now? You should now be familiar with the structure and process of the YCS method, and are now ready to begin reviewing issues that YOU decide are important to your local group. This is a STUDENT run movement, run FOR, BY and WITH students – you are now ready to start taking control. We're excited to have you on board!

RESOURCES

If you are struggling to find where to begin with this new found freedom, AYCS have plenty of resources to help you out. Never hesitate to contact us! All of our resources are available online at www.aycs.org.au

These resources include:

- NUTS supplementary resource
- Taking the Next Step!
- Collective Action Kit
- Scripture Reference Guide
- Leadership Handover Resource
- AYCS' Gospel Reflection Booklet
- AYCS Prayer Booklet
- 'Gone Fishing' Recruitment Kit
- Post-School Retreat Kit
- Public Speaking Kit
- Adult Assistants and Chaplains Info Kit
- Guide for Recruiting and Training Adult Assistants
- Everything and Nothing- 8 modules for AAs.

ONLINE COMMUNICATION



After each 'Review of Life', and the completion of your ACTIONS – we're asking all local groups to send through pictures, reflections and summaries of each Action to the Australian YCS website so we can upload them on the site and post them up through our:

It is important to have an active presence online in the digital age of media, but it also creates a link between dioceses, local groups, and leadership teams across Australia. Take photos, write reports, reflections and don't be shy! Send them through to: <http://www.aycs.org.au>



www.facebook.com/australianyycs



[@AusYCS](https://twitter.com/AusYCS)



[#ausycs](https://www.instagram.com/ausycs)

Testimonies

"YCS has allowed me to be a better person and role models that you shouldn't judge a book by its cover. YCS has taught me about a lot of social justice issues and how I can help those people in need. It also has allowed me to open up about the issues that I believe in and how I can help the community." - Vanessa

"YCS has given me new friends and something to do once in a while that's meaningful. I enjoy the new people I meet and the memories I make when doing social justice. It's a double transformation when I help others it also helps me to be better." - Alexis

