

# I N F L U E N C E

## INFLUENCE – Reflection Workshop

Start with group introductions

*Name, age, job/school etc. feel free to mix up questions and make more interesting*

### General Reflection

Give a chance for general reflection about the workshop, using these questions as a guide. You don't have to use all (or any) questions, nor do you have to ask in this particular order.

- Any general thoughts about the workshop
- What is something that you learnt the workshop that you didn't know before today?
- What resources/teachings were helpful to you and your context – either as a youth leader or personally?
- Was there anything that you heard that you were unsure about?
- Was there anything that you heard that was unsettling?

### Church Reflection

Once the general reflection has concluded, move into church reflection. This discussion is more aimed specifically at the church/cultural context – and a call for response from the MCNZ in relation to youth suicide. Get group members to write these answers down and share with the wider group. Allocate a presenter to present back to the wider group with a summary of your groups sharing.

- In your own view, does our church do enough in the area of suicide prevention and education? Explain your view.
- How can we challenge the stigma that talking about suicide is 'taboo' – in church and cultural contexts?
- What needs to be done to allow for safe conversations around youth suicide to take place in churches?
- How can churches be proactive in providing support for young people who are at risk?
- What can we do to ensure that the voices of young people are heard in relation to youth suicide awareness and prevention?
- What is one thing from today's workshop that our churches need to hear in relation to youth suicide prevention?