

High School Transition Training

Timeframe: 1.5 hour

For: Youth Ministers & Confirmation Catechists

Focus: Provide information for ministers to understand the transitional challenges from middle school into high school

5 **Welcome**

Opening Prayer

5 **Introductions**

Training focus

10 **Memory Lane Activity**

- What are your memories of this time?
High School

5 **Transitional Issues**

- Good communication and listening skills
- Chemistry and emotions
- Boundaries
- Healthy Habits

20 **Helpful Hints and Tips during transitions**

- Handouts
- Open Discussion/Sharing

20 **Parish/Church Support**

- How can our church support building strong families?
- Did you know that earlier this year Pope Francis asked each of us to “Reach out to the lonely...?” (Palm Sunday, April 2020) Are there any ministry opportunities in your parish community that youth can get involved in to help the lonely?

15 **Wrap Up & Challenge**

Question & Answer
Closing Prayer

5 **Thank you**