



B-AIT TIME Life
:V. TURNING CONCERN INTO ACTION

INSTRUCTION MANUAL

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turning concern into action

For use in both parishes and schools

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1. Terms

'B-Attitude Life' = the webapp & formation package for the apostolate
'B-Attitude' = the SVP apostolate
'User' = any person who logs into B-Attitude Life with a unique username
'Guest' = any person who is using any part of the webapp without logging in
'You' = Yourself, a Vincentian Coordinator of a B-Attitude Group
'We', 'us', 'our' = SVP
'Members' = Members of the B-Attitude group (the 14-18 year olds)
'Institution' = Your School or Parish
'YV team' = Young Vincentians team based at the National Office of SVP

2. About B-Attitude Life

A. What is it?

B-Attitude Life is our online training & formation programme, designed to help B-Attitude members mature and affirm their faith, bridging transferrable life skills with works of charity, as was demonstrated by St. Vincent de Paul and Bl. Frédéric Ozanam. SVP B-Attitude serves to challenge, through formation and action, our young Vincentians to greater acts of faith, hope and charity from a deeper place of faith within themselves. It...

- ... is delivered as an interactive, media-driven, and visually attractive webapp (online and/or mobile)
- ... combines the teachings of the Catholic Faith (made accessible through the window of Vincentian Spirituality), with transferrable Life Skills training, and practical charitable works
- ... is a neat and easy-to-use package for our 14-18 year olds, and their Vincentian Coordinators in schools and parishes across England and Wales.

B. Why was it created?

B-Attitude Life's objective is to equip young people with the transferrable Life Skills necessary, within a Catholic pedagogy, to serve the marginalised, vulnerable and disadvantaged of society more confidently. The programme is designed to help young people grow in faith, actively transform lives and reduce material and spiritual poverty in our society. It encompasses all that Catholic Social Teaching inspires us to do.

Members (especially those who have progressed through from Mini Vinnies and/or Youth SVP apostolates) are encouraged in B-Attitude to enter deeper into the Mystery that sources our Christian life, because a mature Christian will have been equipped with the necessary tools to draw from that Source of Eternal Life and pour out fruits in charitable works. Jesus Christ Himself, is the goal of our Eternal Life; it is for this reason that B-Attitude Life exists to bridge any gaps in understanding and practice, between charitable volunteering and being a Vincentian striving to encounter Christ.

C. Who is it for?

B-Attitude Life is the spiritual resource that we offer our 14-18 year old Young Vincentians, as part of the B-Attitude apostolate.

Named after the Beatitudes found in Mt 5:30, our B-Attitude apostolate encourages a focus on embracing internally what our 14-18 year olds already practice externally in their Vincentian voluntary works of charity. It gives our older teenagers a fuller sense of what it means to live as a disciple despite the pressure that surrounds them. 'Learn', 'live' and 'love' are the 3 key principles that our B-Attitude-ers live by. The play on words of 'B-Attitude' emphasises that a maturation of our spiritual lives as Christians results in an attitude rooted in our 'BEing' more than just our 'DOing'.



D. Where & When should it be used?

Every SVP Conference, from Mini Vinnies through to adult SVP Conferences (which will include B-Attitude) must make time during their meetings for spiritual reflection. Please refer to our Starter Kit Manual for more guidance concerning the structure of meetings, and how that works in conjunction with the charitable activity your group are engaging with.

B-Attitude Life is really flexible in terms of how the group wants to use it! A lot of the content will be great 'food' as the spiritual reflection part of the meetings. You may even choose to dedicate one session a month just for engaging more deeply with a topic in the programme, and use the remaining sessions for practical planning/activity together with a brief spiritual reflection. Either way, you as the Vincentian Coordinator can decide whether they engage the content as:

- individuals
- pairs
- small groups
- a whole group together.

The young people are very free to use the webapp as and whenever they want to during their own time! No limits!



3. Hardware & Software

A. Equipment/Tools list

In order to use B-Attitude Life, you'll need a range of equipment, but this will vary according to which kind of setting you are engaging the webapp with.

Access to the content:

- In individual, pair and small groups setting – Computer (desktop, laptop, iPad or smartphone), Wifi/4G, headphones if accessing the content in a public place.
- In a group setting – Laptop, projector, Wifi/4G, speakers (or connection to an audio system in the room).

Internet Connection:

B-Attitude Life is an online programme, so the internet is necessary, even if it's just to load content from the start. If the room you are based in does not have wifi, then there are two common options available to get the internet up and running:

- A 4G (mobile broadband) USB dongle could be purchased. A dongle is a very little modem with the ability to connect to wireless or mobile broadband. The gadget looks just like a USB stick/flashdrive and plugs directly into your computer so that you can connect to the internet. Purchase plans vary according to provider, so speak to staff at a phone shop or Argos, where you can purchase one.
- Tethering the 4G connection from your smartphone to your laptop is the next best solution. This requires going into your network settings on your smartphone and enabling it to be detected by your laptop, or vice versa. Follow the instructions as per your smartphone to pair your devices.

Either one of these options will only work if the room you are in allows a 4G signal. Before purchasing anything, use your smartphone, or ask someone

with a smartphone, to test that a 4G signal can be found in the room.

Audio Visuals:

B-Attitude Life is audio-visual. The young people need to be able to see or hear the content of the webapp. If the Institution does not have a projector and/or speakers at the ready, ask the group to consider fundraising for one. Both these items could even be bought from holding one cake sale!

Printer:

The .pdf downloads available on the webapp are print-friendly. Although it is entirely optional to print, the young people may find the sheets a useful tool or guide with which to complete their tasks.

B. Moodle App or Browser?

The B-Attitude Life webapp was built using Moodle, with a combination of customised javascript. Moodle is an e-learning platform that allows a user his/her own unique learning environment (making it secure and private) to content that is available for anyone with access.

B-Attitude Life is accessible in two ways:

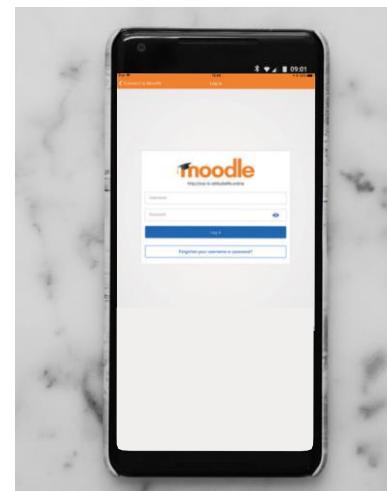
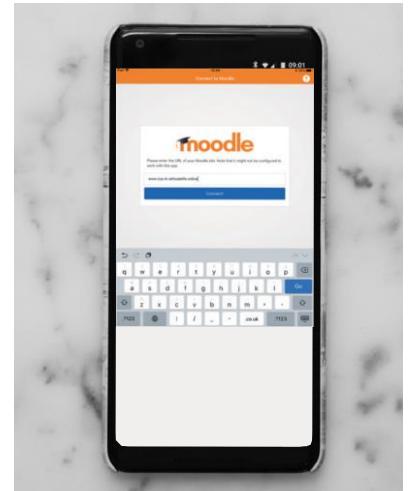
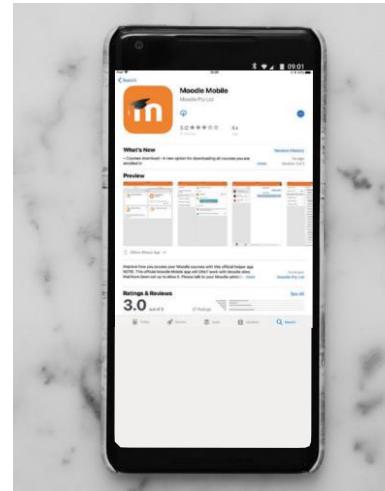
1. through a regular web-browser on a computer, tablet or phone. It requires the user to be online. The URL you will need is www.svp-b-attitudelife.online; and
2. through the Moodle App. Follow the step-by-step instructions on the next page to get B-Attitude Life as an app on iOS and Android devices.

C. B-Attitude Life through a browser

Simply type into your browser's address bar, the URL above, and you will be brought directly to the login page. Log in with the credentials you have been issued.

How to get B-Attitude Life through the Moodle App

- a. Download the Moodle App, called 'Moodle Mobile' from AppStore or Google Play.
- b. Start the app. It will ask for the URL of the Moodle site. Enter: www.svp-b-attitudelife.online



- c. The user will then be asked for his/her username and password.
- d. The user is then logged in.

4. Login System

A. Users' Identity

The SVP does not hold any child's name or identity on our online system. Since the webapp allows your young people to feedback and share their thoughts directly with us, this means that we can only identify a user by the username that we issue. Please see the next section for a detailed breakdown of the implications of this for Safeguarding and Child Protection, and what procedures we will follow should there be any disclosure of concern that we pick up on from any one of the users.

Upon registration of a B-Attitude group, your welcome letter will include unique logins for 20 members, and a unique login for a Vincentian Coordinator. This information will also be sent to you in the 'logins spreadsheet' via the welcome email. Each username to a unique login will look something similar to this: EWAASC01DV001. This username tells us information about which institution the login can be traced back to, but not exactly who it can be traced back to. It also tells us what kind of admin privileges the user has. A B-Attitude member has student-level privilege, and a Vincentian Coordinator has 'teacher privilege'. A Vincentian Coordinator then, would be able to: "grade students", which for the purposes of this Moodle set-up, means that they would be able to see all the input from their students. It is therefore, essential that you use the logins spreadsheet to record the identity of each B-Attitude member to each username, for your own records, and for the purposes of assisting in any safeguarding issues that may arise.

In the case that you do not have 20 members in your group when you are issued with your initial 20 logins, those logins will remain 'transferrable', and can be re-activated in the following years if they are dormant. In the case that you have over 20 members in your group when you are issued with your initial 20 logins, please email youngvincentians@svp.org.uk requesting the number of additional logins that need to be created for your institution. There is no extra charge for this.

B. Using B-Attitude Life outside the B-Attitude group

Members' logins should not be used by anybody except a B-Attitude member. Should a Vincentian Coordinator like to use the resources as part of education or formation outside B-Attitude (during a PSHE lesson or a youth group activity, for example), please login as normal as a Vincentian Coordinator, and use the resource as a group. The exception to this would be Module 1 – Personal Development, which the whole world can access as a guest freely. Modules 2-5 are only available as a resource to SVP B-Attitude groups, as they require a login.

Vincentian Coordinators able to see what he/she and each user in their B-Attitude group has input into the system, but does not have access to other users nor their input into the system. B-Attitude members are not able to see other users' activities.

C. The Logins Spreadsheet

Your logins spreadsheet is the most effective and efficient way to keep a record of the usernames, logins and passwords in the group.

In your logins spreadsheet you will have the list of each username, including your own, and the password that will get the user into the system. Please input each user's full name by the username they have been allocated, on the spreadsheet, and save the spreadsheet somewhere on your cloud/computer. This information will need to be passed onto the next Vincentian Coordinator of the group if you decide to step down from the role. It will also be critical information in case of any safeguarding issues that arise (see 5.c).



D. Changing passwords

Each user is issued with a default password to be able to enter into the platform. This password is unchangeable because of the anonymity of the user. If a user really wants their password changed to something different from the default, they need to ask their Vincentian Coordinator to update their logins spreadsheet and inform us of the new password change, which we can do manually, as long as we have the username to which the password belongs. It's not necessary for users to change their passwords, because they can be reminded of their password by the Vincentian Coordinator, who has it on their logins spreadsheet.

E. Validation & Expiration of logins

Logins are valid for the entire duration that a user is a B-Attitude member. After this, accounts are suspended. At the start of every academic year, we send you an invoice accompanied by a letter inviting your Institution to renew its membership with the SVP. We will include the latest status of all the users in the group. If a member has left the group, you can simply inform us that the account with username 'xyz' can be suspended/deactivated.



5. Safeguarding & Moderation

In every topic of every module, all users are invited to input feedback via a text field. However, there is a difference in safeguarding and moderation levels between a 'guest' and a 'user' (see 1 for terms).

A. Guests' feedback

If a person has logged in as a 'Guest', the SVP does not receive any input that is inserted into the text fields in the feedback sections. As mentioned in 4a, Guests only have access to Module 1, and whilst all content is viewable to the user, the system has been disabled to feed back to us. Despite feedback being disabled, the user will still view the page as if it was active, and will still be asked to input something into the box to progress to the next page, even though we do not receive this input. This does not hinder in any way, however, the person's ability to use a hashtag (see points 5d and 5e) and share their own feedback on their own social media channels.

The webapp does not allow Guests nor Users to share items on social media directly from itself, so sharing of photos or news concerning the groups' activities and B-Attitude Life progress is achievable only by using the social media apps themselves, or some other social media client.

B. Feedback we receive from Users through the webapp

Any person who has logged into the platform with a unique username is called a "User" because this user can be traceable. We assure Vincentian Coordinators of our safeguarding and moderation procedures, in conjunction with SVP's Safeguarding Policy (see www.svp.org.uk/safeguarding-matters). Anyone who brings concerns or allegations to the notice of the Society will be responded to sensitively, respectfully and seriously in a timely manner. In line with the Public Disclosures Act of 1998, anyone with a safeguarding concern may report such concern made in good faith without fear of repercussion.

C. In the event that a disclosure of concern is identified from the feedback

Feedback given by a User in the webapp is sent electronically and directly to the YV team. The moderator who will be safeguarding and child protection trained and will report any disclosure of concern directly to the SVP's National Safeguarding Officer when moderating the input submitted. At first instance, no communication regarding the disclosure a group member makes will be made to the Vincentian Coordinator. The SVP's National Safeguarding Officer will make contact with the Safeguarding Officer at your Institution if necessary.

If it is found that the User/Users in the group has/have purposely disclosed false information, deliberately made a false allegation, or has intentionally and maliciously abused our Safeguarding system, we reserve the right to take further action to remedy losses and recover wasted expenditure.

Likewise, if we recognise any cause for concern about bullying from social media channels with an SVP-connected banner/identity, we will draw this to the Institution's attention.

D. Moderation frequency

All content submitted as feedback by Users on the webapp itself is moderated at least once a fortnight. No content is shared on social media unless the young people themselves apply the hashtag referred to in 5b, and is appropriate to be shared, as mentioned above. We will not moderate or monitor content shared publicly by the group or any user of the group on personal social media channels, except where the hashtag #svplife has been included in the text content. Neither do we monitor or moderate the content of a B-Attitude group's social media pages.

Where it is found that inappropriate content has been put up under the banner of SVP, B-Attitude or indeed any Young Vincentians apostolates, we reserve the right to request the content to be taken down, and if that is not actioned, we reserve the right to report it to the social media's administration.

E. Sharing feedback on our social media portals

Some youth groups operate their own social media accounts, which are often managed or controlled by the young people themselves. These social media accounts, even if it is a group's SVP-related account, are outside the jurisdiction and administration of the SVP, and therefore fall outside the responsibility of the SVP. Groups may wish to adopt the hashtag #svplife to alert us, and fellow B-Attitude groups of their 'share'. Should we identify the hashtag #svplife either in the feedback, or in any of the social media platforms they have shared publicly, we will automatically assume that its public status allows us the right to share that news on our social media avenues. We will of course, refrain from doing this should there be any risk of identification in the post/tweet/instagram.

If we identify that the hashtag has been used in association with inappropriate material, messages, language or graphics, or if we feel that the content is not in line with the spirit or ethos of the Society, we reserve the right to contact the Vincentian Coordinator to report the User if he/she is traceable. In the event that the User himself/herself is not traceable, we will endeavour to identify the B-Attitude group in which the User belongs.



6. How to use B-Attitude Life

At time of print, there are 5 Modules in the webapp, each with 7 topics, that are each broken down into 3 sections.

A. Modules

Module	Theme	Title
1	Personal Development	Be Happy
2	Leadership Development	A Servant Heart
3	Creative Development	Heart to Heart
4	Catholic Social Action	Passion for Compassion
5	Faith Development	Live like a Vincentian

We strongly advise for module 1 to be completed before any of the other modules. We also strongly advise that each of the topics in Module 1 be completed in its correct order. Not only do the contents and the life skills prepare the young person for the remainder of the specialist modules, it also facilitates the young person to open their hearts to the workings of the Holy Spirit as they begin to enter the faith in a deeper way and develop more specialised life skills through these other modules.



Completion of modules 2-5 is much more flexible, and could be accessed as and when the need or interest arises.

To enter into a module, ensure that you are logged in, and once in, scroll down until you see a variety of title images as shown just above. Click toward the top of the image to select and enter into the module the image correlates to.

Each module contains a huge amount of content within itself. The SVP does not expect groups to complete all 5 modules within the potential 4 year period of being a B-Attitude group. Its flexibility allows for one to do what they can with the webapp, when they can with it. This is a resource that each B-Attitude member can take into their university and/or working lives well into the future to be completed.

Equally, if a member joins part way through the module, they can be encouraged to catch up in their own time, or just start where the group is at and continue along with them.

B. Topics

Once you have entered the module, you'll see a training guide, which informs how each topic focuses on a different objective to learn or train in, as well as a life skill to develop or at least learn about. The training guide looks similar to the following:



Overview of Objectives

We offer our young people a way of developing their faith at a deeper level than they would currently be at. This table gives you an overview of the themes we explore with them, using video and text content, as well as interactive quizzes, following by helps and aids to accompany a young person's volunteering (see part c).

	Module 1 Personal Development	Module 2 Leadership Development	Module 3 Creative Development	Module 4 Catholic Social Action	Module 5 Vincentian Living
Topic 1	Wisdom	Christian Leadership	Written Word	CST	Creed
Topic 2	Understanding	Network of Charity	Visual Arts	Voice to the Voiceless	S.T.M.
Topic 3	Counsel	The President	Music	Political action	Virtue, Faith, Hope, Charity
Topic 4	Fortitude	The Secretary	Sport	Local Issues	Beatitudes
Topic 5	Knowledge	The Treasurer	Technological Creativity	Material poverty	Church
Topic 6	Piety	The Communicator	New Media	Social Poverty	Prayer
Topic 7	Fear of the Lord	Teamwork	Cooking	Spiritual Poverty	Vincentian living

Overview of Life Skills

These are the specific skills we encourage our young people to develop.

	Module 1 Personal Development	Module 2 Leadership Development	Module 3 Creative Development	Module 4 Catholic Social Action	Module 5 Vincentian Living
Topic 1	Respect	Self-Improvement	Communication	Critical Thinking	Open-Mindedness
Topic 2	Perception	Time Management	Observation & Attention	Positive Attitude	Acceptance & Obedience
Topic 3	Listening	Delegation	Rhythm	Problem Solving	Discernment
Topic 4	Empathy	Organisation	Motivation	Research	Self-Discipline
Topic 5	Cooperation	Practical Money	Adaptability	Compassion	Interpersonal Relationships
Topic 6	Commitment	Public Speaking	Innovation & Discernment	Social Conscience	Trust & Perseverance
Topic 7	Self-Awareness	Emotional Intelligence	Appreciation	Resilience	Decision-Making

To enter into a topic, scroll past the skills guide, and click on one of the images, that serves as the button to enter the topic.

Upon entry into the topic, the User will be greeted with a thought-provoking image with Scripture, and a wise quote. These topic landing pages can feed into spiritual reflections, or be a source of discussion. Click the start button below the graphic to enter into the topic. The topic landing page would look similar to the following:

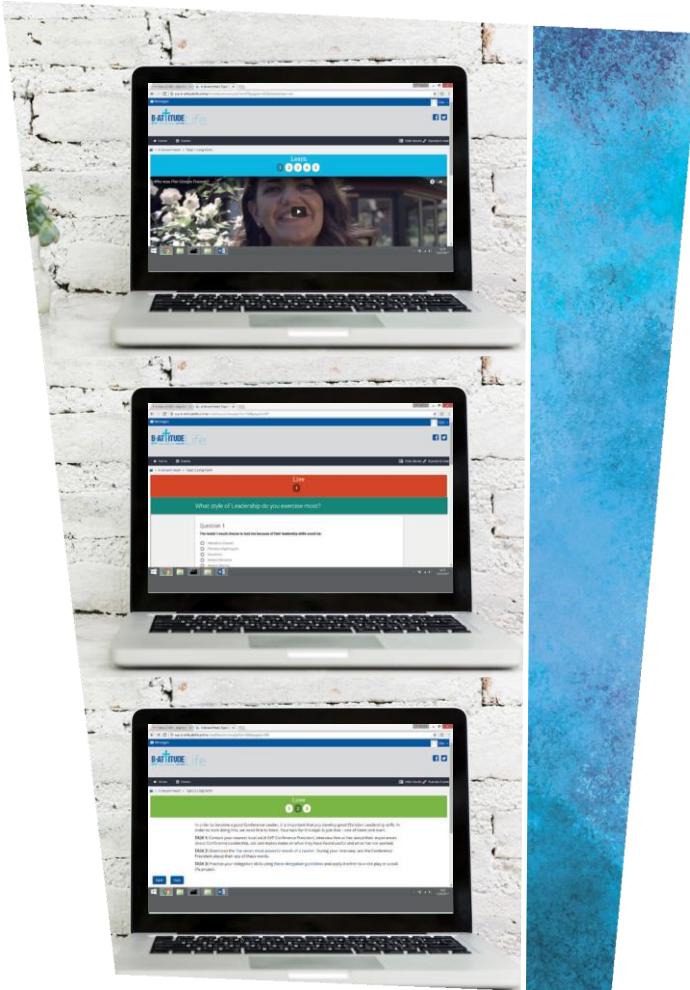


C. Sections

Each topic is broken down into 3 sections:

Learn	Live	Love
<ul style="list-style-type: none"> Energetic Training videos (3-7 minutes) 300 word limit text input on the topic Still images Faith related input – especially examples of the Saints 	<ul style="list-style-type: none"> 1-2 online activities that help a young person assess where they are at in a topic with 5 different options: <ul style="list-style-type: none"> Multiple choice game Quiz Drag-and-drop activity Profile Investigation Branching Story 	<ul style="list-style-type: none"> Send in 180 words feedback via the webapp itself. Includes a prompt to share this on their social media. Real Life Activity – suggestions on how the participant can implement this in their daily life, and in their B-Attitude group.

The sections will look similar to the following:



The contents tables on the next pages contain the details of each section for each topic of each module.

7. Contents

A. Module 1

Module 1 Topic 1: Who? What? How? Why?	
Objective / Life Skill Summary	<ul style="list-style-type: none"> • Objective: Wisdom as gift of the Holy Spirit • Life Skill: Respect
Learn Section	<ul style="list-style-type: none"> • Video from YouTube entitled 'I will fight' by Elevation Church • Includes a story of transformation of a girl who bullied • Being guided by the Holy Spirit in Wisdom to challenge injustice
Live Section	<ul style="list-style-type: none"> • 'Hobson's Choice' Branching Scenario. A user finds themselves in a scenario where they have to make choices to avoid becoming homeless.
Love Section	<ul style="list-style-type: none"> • Group prayer starting with reflection and then moving into short meditation based on the video entitled 'Taizé - Jesus Christ bread of life'. • Choose one of two options: <ul style="list-style-type: none"> - Make a soup and sandwich lunch for a group of older people. - Invite an organiser from your local food bank to come and give a presentation about their work and the impact it makes on the town. Make pizzas for the attendees.

Module 1 Topic 2: Look Deeper	
Objective / Life Skill Summary	<ul style="list-style-type: none"> • Objective: Understanding as gift of the Holy Spirit • Life Skill: Perception
Learn Section	<ul style="list-style-type: none"> • Video from YouTube entitled 'Give Homeless \$100 - Homeless Broke Down and Cried (Social Experiment)' by Riceman • Understanding circumstances that lead to someone being on the streets • Addressing preconceived views • Story of Blessed Ghebre-Michael coming into contact with a Vincentian missionary, St. Justin De Jacobis.
Live Section	<ul style="list-style-type: none"> • Personality Quiz: 'Temperaments Test'. A user is encouraged to select options that describe their habitual tendencies, and

Module 1 Topic 2: Look Deeper	
Live Section (continued)	patterns of reaction evident from childhood. The quiz feeds back one of 4 temperaments to the user.
Love Section	<ul style="list-style-type: none"> Group prayer for greater understanding 4 downloadable pdfs that guide a user to approach someone new in one of these settings: <ul style="list-style-type: none"> - your local residential home for the elderly - the homeless project you may be involved in - the event you have organised in your parish or school for any local vulnerable group of people - In your local Church

Module 1 Topic 3: Tell me about it	
Objective / Life Skill Summary	<ul style="list-style-type: none"> Objective: Counsel as gift of the Holy Spirit Life Skill: Listening
Learn Section	<ul style="list-style-type: none"> Video from YouTube entitled 'Imagine' by Vinnies ACT' Seeking advice when in a crisis St. Vincent de Paul advises St. Louise de Marillac to be guided by the Holy Spirit Listening to the Holy Spirit and using reason to guide our Vincentians works of Mercy.
Live Section	<ul style="list-style-type: none"> A true/false quiz that helps a user identify how they use their listening skills in the context of giving advice
Love Section	<ul style="list-style-type: none"> Group prayer for growth in counsel Downloadable .pdf checklists to organise one of the following: <ul style="list-style-type: none"> - a talk or presentation with younger years on the topic of internet bullying - a display at your parish or school on topics which teens or children struggle with which points out good and bad choices, highlighting which is which and why (in the context of the Learning in this topic)

Module 1 Topic 4: Be kind Be brave Be strong	
Objective / Life Skill Summary	<ul style="list-style-type: none"> Objective: Fortitude as gift of the Holy Spirit Life Skill: Empathy
Learn Section	<ul style="list-style-type: none"> Video from YouTube entitled Vinnies CEO Sleepout 2011 - Rise to the Challenge by Vinnies CEO Sleepout (NSW) The righteous anger of Jesus and the gift of fortitude as a way of channelling energy to fight injustice
Live Section	<ul style="list-style-type: none"> A true/false quiz that helps a user to discover what he/she needs to do to develop their gift of courage. A single choice quiz about Blessed Pier Giorgio Frassati and his application of the gift of fortitude/courage.
Love Section	<ul style="list-style-type: none"> Group prayer for growth in fortitude 3 downloadable .pdfs that guide a user to: <ul style="list-style-type: none"> - Visit your local residential home for the elderly and ask them about God, sharing with them something positive about the effect of Christ in your life. - Ask someone you know who is a practising Christian about their faith. - Contact your local synagogue and ask to help them with a Mitzvah Day.

Module 1 Topic 5: The Big Picture	
Objective / Life Skill Summary	<ul style="list-style-type: none"> Objective: Knowledge as gift of the Holy Spirit Life Skill: Cooperation
Learn Section	<ul style="list-style-type: none"> Video from YouTube entitled 'The Guardian's 1986 'Points of view' advert' by The Guardian Knowledge gives us capacity to consider circumstances Praying to understand a situation in order to come to knowledge of responding to it Blessed Pier Giorgio Frassati as an example of using knowledge to serve others
Live Section	<ul style="list-style-type: none"> A single choice quiz that introduces a user to different categories of knowledge: <ul style="list-style-type: none"> - Of Self - Of other in God's eyes

Module 1 Topic 5: The Big Picture	
Live Section (cont'd)	<ul style="list-style-type: none"> - Of spiritual practice - Based on life experience
Love Section	<ul style="list-style-type: none"> • Group prayer to be guided in our choices • Enhance Cooperation and Coordination skills by: <ul style="list-style-type: none"> - Organising a sponsored walk and clear up - Organising a charity car wash for SVP

Module 1 Topic 6: Face Time	
Objective / Life Skill Summary	<ul style="list-style-type: none"> • Objective: Piety as gift of the Holy Spirit • Life Skill: Commitment
Learn Section	<ul style="list-style-type: none"> • Video from YouTube entitled 'Pope explains true piety' by Catholic News Service • Undertaking our SVP works out of the passion for the love that God has for our beneficiaries • Prayer as a vital part of living a Vincentian lifestyle • Piety as a gift that increases our love for God and neighbour
Live Section	<ul style="list-style-type: none"> • A single choice quiz that asks a user if they have the gift of Piety. Mentions: <ul style="list-style-type: none"> - The Wizard of Oz - Experiencing peace and happiness - Angels - C.S. Lewis
Love Section	<ul style="list-style-type: none"> • Group prayer to help us grow deeper in the Trinity • Three activities that require commitment to achieve the objective: <ul style="list-style-type: none"> - Learn the Our Father in sign language, and video-record it! This option features YouTube tutorials. - Learn some non-verbal communication skills, and teach them in a presentation! - Study the meaning behind some or all of the gestures we make at Mass and present it to younger people!

Module 1 Topic 7: God's got your back!	
Objective / Life Skill Summary	<ul style="list-style-type: none"> • Objective: Fear of the Lord as gift of the Holy Spirit • Life Skill: Self-Awareness
Learn Section	<ul style="list-style-type: none"> • Video from YouTube entitled 'What Constitutes a Practicing Catholic?' by Ascension Press • 'Fear of the Lord' is a gift that entices us into the process of falling in love with God • Comparison made between being an authentic fan of a particular music group or celebrity, and being a fan only in thought. • Identifying as a Christian and as a Vincentian • Introduces the Vincentian mission • Seeing Christ in the other
Live Section	<ul style="list-style-type: none"> • A single choice questionnaire in the form of a personality quiz that checks in on a user's: <ul style="list-style-type: none"> - Self-Confidence Level - Moral Level - Reasoning Level - Decision-Making Level - Humility Level - Selflessness Level - Self-Esteem Level - Self-Awareness Level • Features a music video about the authentic understanding of love.
Love Section	<ul style="list-style-type: none"> • Group prayer for the grace to love as Christ loved. • Working in pairs, complete 1 of 2 options: <ul style="list-style-type: none"> - Write letters of appreciation to street cleaners or the homeless. Links to an external website for the 'how to'. - Listen to the Elderly, record their stories, "This is me" smashbook / scrapbook / 'Broodboard'.

B. Module 2

Module 2 Topic 1:	Follow the Leader
Objective / Life Skill Summary	<ul style="list-style-type: none"> Objective: Christian Leadership Life Skill: Self-Improvement
Learn Section	<ul style="list-style-type: none"> Video from YouTube entitled 'Who was Pier Giorgio Frassati?' by Archdiocesan Office for Youth Bl. Pier Giorgio Frassati as a role model for Christian Leadership Christ as our leader 3 key aspects of Christian leadership: <ul style="list-style-type: none"> - Humility - Christ-centredness - Servitude
Live Section	<ul style="list-style-type: none"> Drag and drop exercise that explores the main skills of a leader: Feedback includes Christian skills with quotes from Scripture <ul style="list-style-type: none"> The last part of the quiz helps the young person explore what type of leader they are through a number of scenarios, with a score at the end.
Love Section	<ul style="list-style-type: none"> Group prayer for guidance in leadership. Choose and run one of the following planning meetings: <ul style="list-style-type: none"> - For a SVP activity of your choice. - For an afternoon tea party for elderly people. - For a SVP fundraising car boot sale (or ebay sale). - Printable Leadership Guidelines are available.

Module 2 Topic 2:	Show me
Objective / Life Skill Summary	<ul style="list-style-type: none"> Objective: 'Network of Charity' Life Skill: Time Management
Learn Section	<ul style="list-style-type: none"> Video from YouTube entitled 'Time Management Tips' by Ana Cristina Pratas Managing our time well in order that we don't feel overwhelmed Generosity and making a gift of oneself Providing material and spiritual relief Using time wisely Helping people to meet Jesus

Module 2 Topic 2:	Show me
Live Section	<ul style="list-style-type: none"> Multiple choice quiz about Time Management. The purpose of the quiz is for the young person to understand the main principles of what time management is about, and more importantly how they manage their time. Feedback is about charity and Time management and how they are inter-related.
Love Section	<ul style="list-style-type: none"> Group prayer of Bl. John Henry Newman Time management action stations

Module 2 Topic 3:	After You
Objective / Life Skill Summary	<ul style="list-style-type: none"> Objective: The President Life Skill: Delegation
Learn Section	<ul style="list-style-type: none"> Video from YouTube entitled 'Leadership and effective collaboration' by JOSE DIEZ Servant Leadership Loving like Jesus Vincentian leadership through service requires: <ul style="list-style-type: none"> - Sacrifice - Commitment - Single-mindedness Developing a relationship with God for our leadership
Live Section	<ul style="list-style-type: none"> A personality type quiz which helps a user to discover which style of leadership they exercise the most. Results include: <ul style="list-style-type: none"> - General = Authoritarian approach to leadership - Bureaucrat = Procedural approach to leadership - Charismatic = Transformation approach to leadership - Democrat = Participative approach to leadership - Populist = Laid back (laissez-faire) approach to leadership
Love Section	<ul style="list-style-type: none"> Group prayer to offer struggles to the Lord Develop good Conference Leadership skills by: <ul style="list-style-type: none"> - Contacting the nearest local adult SVP Conference President, and interviewing him or her about their experiences about Conference Leadership - Download the 'seven most powerful words of a Leader' pdf and ask the Conference President about their use of these words.

Module 2 Topic 3:	After You
Love Section (cont'd)	<ul style="list-style-type: none"> - Practice delegation skills using the delegation guidelines .pdf and apply it either to a role play or a real-life project.
Learn Section	<ul style="list-style-type: none"> • Video from YouTube entitled 'First Follower: Leadership Lessons from Ravi Zacharias'
Module 2 Topic 4:	Don't stress
Objective / Life Skill Summary	<ul style="list-style-type: none"> • Objective: The Secretary • Life Skill: Organisation
Learn Section	<ul style="list-style-type: none"> • Video from YouTube entitled '5 steps how to write effective minutes' by Motor Guy • Taking effective minutes • The gift of administration and organisation • Keeping order in our tasks • A brief look into St. Vincent de Paul and St Louise de Marillac's organisational giftedness • Mentions prioritising
Live Section	<ul style="list-style-type: none"> • This section starts with a multiple choice quiz to see how the young person reacts to certain stressful situations. • There is a help sheet at the end that gives tips on how to organise oneself better.
Love Section	<ul style="list-style-type: none"> • Group prayer for inner peace • A twofold activity: <ul style="list-style-type: none"> - Interview your parish SVP Conference Secretary. - In small groups devise a series of short sketches (improvisations) that include one person acting as secretary.

Module 2 Topic 5:	Sow and Grow
Learn Section (cont'd)	<ul style="list-style-type: none"> • Trusting in God's Providence • Being generous • The value of money and budgeting • Using talents productively
Live Section	<ul style="list-style-type: none"> • This section starts with a drag and drop exercise on some financial words. • It follows with a quiz to see whether the young person is a spender or super scrimper • Feedback at the end suggests ways to save and be more financially savvy.
Love Section	<ul style="list-style-type: none"> • Group prayer of St. Louise de Marillac • A twofold activity: <ul style="list-style-type: none"> - Complete an expense budget by... - Prepare a budget for an imaginary afternoon tea for the homeless (target guests: 50)

Module 2 Topic 5:	Sow and Grow
Objective / Life Skill Summary	<ul style="list-style-type: none"> • Objective: The Treasurer • Life Skill: Practical Money
Learn Section	<ul style="list-style-type: none"> • Video from YouTube entitled 'Introduction to Financial Literacy 101' by cadeptdre • Financial literacy helps us to do God's will • St. Vincent was a good financial manager!

Module 2 Topic 6:	Tell me about it
Objective / Life Skill Summary	<ul style="list-style-type: none"> • Objective: The Communicator • Life Skill: Professional Communication
Learn Section	<ul style="list-style-type: none"> • Video from YouTube entitled '5 public speaking tips from TEDxPortland speaker coach' by The Oregonian • Addressing a crowd • The Holy Spirit fills us with courage and words • Video example of public speaking for good: Martin Luther King Jr. • Video example of public speaking for bad: Adolf Hitler
Live Section	<ul style="list-style-type: none"> • A single choice quiz that helps a user determine their confidence level in public speaking. Comes with hints and tips.
Love Section	<ul style="list-style-type: none"> • Group prayer of St. Teresa de Avila • As individuals or small groups: <ul style="list-style-type: none"> - Create a short (no more than 3 minutes) presentation on what it means to be a Vincentian. Guidance sheet available.