

# MENTOR'S GUIDE

**Welcome to Anti-Virus!** Anti-Virus is a nine week unit which has been developed by the youth for the youth to use around the world! We also have music to match each principle. If you have the CD, we encourage you to find time to play the songs for your students during the week.

This Mentor's Guide has been developed to give ideas and tips while implementing this program at your school or youth organization. We invite you to invent your own ice breakers and activities, since we want this program to be a success for your students. We trust you know what is best for them and what can communicate to their level of education and experience. Keep in mind to make it fun for your students every time you meet.

Anti-Virus is facilitated in a roundtable format and each lesson is based on 45 - 60 minute increments:

- Have each student who feels comfortable read a paragraph at a time.
- Have each students underline concepts or statements that sticks out to them.
- Have the students share paragraph by paragraph what they underlined and why it stuck out to them. **NOTE:** If you are short on time, cut back on the Mentor and focus on the Principle, Reflect & Respond and Activity. **WATCH YOUR TIME!**
- As you progress week-by-week have a student facilitate the principle reading and reflecting on what the other students underlined. You need to be there for

deeper discussion. By having the students facilitate the reading, this grows leadership and ownership of the program.

## Tips:

- **ICE BREAKER:** Begin with a short ice breaker every lesson. We want your students focusing more on the principle, so make these fast.
- **Item of value:** We want the students to know and understand they have personal value. If your budget allows (or maybe find a donor), give away a small item of value every week. Value item ideas are listed in the lesson.
- **Our motto is:** "Thoughts become actions. Actions become habits. Habits become our destiny!" Try to have the students memorize it! Our motto is at the bottom of each "Reflect and Respond" section in the workbook.

We hope you are excited about bringing Anti-Virus to the youth in your area! One of our main goals of this program is for students to take Anti-Virus and facilitate it to their classmates, athletic groups, community groups, etc. We certainly hope some leaders will answer the call to share this with others! Please keep us informed on your progress. We want to hear from you!

**Anti-Virus Team**

# PRINCIPLES

## Lesson 3: Ambition

### GOAL:

Learn about Ambition and focus on using that principle this week.

*Time: 45 minutes to 1 hour*

### IMPLEMENTATION:

Have the students read in a roundtable format starting with the mentor. If time is short, start with the quotes in the mentor section. Spend most of your time reading the Principle, going over the Reflect & Respond and the Activity.

### DISCUSSION POINTS:

#### ♥ ICE BREAKER

- ♥ Take seven minutes to reflect on the previous topics before you start the new principle.
- ♥ Try to get the student to share testimonies connected to the principle or how they are combating the virus.
- ♥ Remind students to make a way – today is their day!



### ITEMS YOU NEED:

- ♥ Display the class rules
- ♥ Small flashlight as an item of value for the ice breaker - represents Thomas Edison (optional)

### ACTIVITY IDEAS: ICE BREAKER

#### *“Treasure Hunt”*

- ♥ Hide flashlight (item of value and represents Thomas Edison) in a challenging location
- ♥ First one to find it demonstrates ambition
- ♥ Give them one minute to find it

