

FAITH GROUPS FACILITATOR GUIDE

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INFLUENCED TEEN ACADEMY

FAITH GROUPS FACILITATOR GUIDE

FIVE-MODULE VIDEO SERIES

Ending exploitation in your digital world — a guide for leading honest, hope-filled conversations with your youth group.

WATCH TOGETHER

PAUSE TO DISCUSS

NO PREP REQUIRED

30-45 MIN / MODULE

INFLUENCED

GETTING STARTED

How to use this guide

This guide is built to be used without formal training — though we recommend reviewing it before your first session. Every module follows the same simple rhythm: watch, pause, talk.

- 01 As facilitator, watch the video content before sharing it with the group.
- 02 Make sure every student has a copy of their Influenced Teen Academy Resource Guide before you begin.
- 03 Before pressing play on each module, remind your group about the resource guides.
- 04 Press **PLAY** on the video and watch it together with your group.
- 05 When the video breaks for discussion, pause the film and use the questions in this guide to lead the conversation.
- 06 You don't need to have all the answers — your job is simply to create space for honest conversation.

FACILITATOR TIP

You know your group best. Feel free to skip a question, linger on one, or add your own follow-up based on what comes up. This is a guide, not a script.

FACILITATOR TIP

Discussion time: we recommend 1–4 minutes per question, but adjust to your group's energy and the time you have. Some questions spark more than others — follow the room.

ABOUT THE RESOURCE GUIDES

Each student should have a printed Influenced Teen Academy Resource Guide to follow along. Before pressing play, say: "Keep your resource guide handy! Whenever you see an icon in the top-right corner of the screen, that's your cue to write something." The pencil icon signals an activity — give students a moment to write, and optionally share.

THE FIVE MODULES

Series overview

Each module pairs a short film with guided discussion. Plan for roughly **30–45 minutes per module**, including video and conversation time.



Your Digital World

Our digital lives, screen time, mental health, and healthy habits.



The Risks You Didn't Sign Up For

Cyberbullying, sexualized content, and sexting.



The Risks That Find You

Sextortion, online grooming, predators, and human trafficking.



Protecting Ourselves and Others

Empowerment, practical safety habits, and parent conversations.



Creating a Better Digital World

Social Better, values in action, and the series send-off.

ADDITIONAL RESOURCE

Parent Letter — share with families before the series begins to set expectations and invite their engagement.

ADDITIONAL RESOURCE

Responding to Exploitation — a practical reference for what to do if a student discloses something. Available at influenced.org.

BEFORE MODULE 1 · INTRO VIDEO

Your group first watches a short intro video (about 2 minutes). At **2:55**, pause and ask students to scan the QR code or visit xdsrd.com/teen-pre-survey to complete a short, completely anonymous pre-survey — no right or wrong answers, just honest ones. Then finish the intro and move into Module 1.



MODULE ONE

YOUR DIGITAL WORLD

Our digital lives, screen time, mental health, and healthy habits

FORMAT

Watch · Pause · Discuss

LENGTH

30–45 minutes

RESOURCE GUIDE

One per student



MODULE ONE

Your Digital World

In this first module, students explore what it means to grow up as digital natives — and what the research says about how screen time and online habits affect mental health, relationships, and sense of self.

BIG IDEAS

- Gen Z and Gen Alpha are a values-driven, purposeful generation.
- Technology is deeply woven into daily life, but healthy limits matter.
- Excessive screen time is linked to loneliness, anxiety, and depression.
- Dopamine addiction is real — and our brains can be reset with healthier habits.
- Living out our values on and offline is what Influenced calls ‘Social Better.’

SCRIPTURE FOCUS

2 PETER 2:19

“We are slaves of anything that controls us.”

GALATIANS 6:9

“Let us not grow weary in doing good, for in due season we will reap if we do not give up.”

PHILIPPIANS 4:13

“I can do all things through Christ who strengthens me.”

BETWEEN SESSIONS

- Encourage the group to try one item from the natural dopamine list this week.
- Invite them to notice when they reach for a screen out of boredom or stress — just awareness, no judgment.
- Consider posting Galatians 6:9 or Philippians 4:13 somewhere they’ll see it.



SESSION RUN-SHEET

Leading the conversation

BEFORE YOU PRESS PLAY

Remind your group: “Keep your resource guide handy! When you see the icon in the top-right corner of the video, that’s your cue to write something in your guide.”



1:29

Pause at 1:29 – What’s so amazing about people your age?**DISCUSSION QUESTIONS**

- 1 What’s so amazing about people your age?



3:40

Pause at 3:40 – Technology – what you love and what concerns you**DISCUSSION QUESTIONS**

- 1 What is one thing you love about social media or other ways of connecting online?
- 2 What are some potential downsides you notice to spending a lot of time online?
- 3 How does spending more time online impact your life and relationships?

FACILITATOR TIP

Three questions here – consider breaking into small groups and assigning each group one question, then having them share back with the whole group.



5:18

Pause at 5:18 – The loneliest generation – do they agree or disagree?**DISCUSSION QUESTIONS**

- 1 Some researchers call your generation the loneliest generation. Do you agree or disagree – and why?



7:30

Pause at 7:30 – My Core Values activity**RESOURCE GUIDE**

RESOURCE GUIDE ACTIVITY

Have the group turn to the My Core Values activity in their resource guide. If needed, read the instructions aloud. Give them time to complete it, then optionally invite them to share what values they selected with the group.



9:54

Pause at 9:54 — Signs of too much technology

OPTIONAL · IF TIME ALLOWS

OPTIONAL DISCUSSION

- 1 What are some signs you might be spending too much time on technology?



11:23

Pause at 11:23 — Dopamine Reset activity RESOURCE GUIDE

RESOURCE GUIDE ACTIVITY

Have the group turn to the Dopamine Reset activity in their resource guide and complete it. Optionally, invite them to share what they selected with a small group or the person next to them.



13:08

Pause at 13:08 — Closing scripture discussion

DISCUSSION QUESTIONS

- 1 What area of your digital life feels most challenging to change right now?
- 2 How can these verses give you strength for that journey?

FACILITATOR TIP

Consider closing with a short prayer — asking for strength to make one small change this week. Even something simple goes a long way in anchoring this spiritually.

END OF VIDEO

Group debrief

- 1 What was most impactful for you from this video?
- 2 What is one thing you will remember most?
- 3 How can God strengthen you in the areas this video touched on?



MODULE TWO

THE RISKS YOU DIDN'T SIGN UP FOR

Cyberbullying, sexualized content, and sexting

FORMAT

Watch · Pause · Discuss

LENGTH

30–45 minutes

RESOURCE GUIDE

One per student



MODULE TWO

The Risks You Didn't Sign Up For

This module covers some of the most common — and serious — online dangers young people face every day. The video addresses cyberbullying, sexualized content, and sexting with honesty and care.

A NOTE BEFORE YOU BEGIN

Before pressing play, let your group know this module covers some harder topics — and that it's completely okay to step out, take a break, or talk to you afterward if anything feels overwhelming.

BIG IDEAS

- Cyberbullying is more damaging than many people realize — and it's underreported.
- There are real, actionable steps students can take if they or someone they know is being bullied.
- Sexualized content is far more widespread than most adults assume, and it has real consequences.
- Sexting can carry serious legal consequences — even between peers.
- Sextortion is a real and growing threat, and speaking up is always the right move.

SCRIPTURE FOCUS

ISAIAH 1:17

"Learn to do right; seek justice. Defend the oppressed."

ROMANS 12:1-2

"Do not copy the behavior and customs of the world, but let God transform you into a new person by changing the way you think."

BETWEEN SESSIONS

- Follow up individually with anyone who seemed affected by today's content.
- Consider sharing Fight the New Drug (fightthenewdrug.org) with anyone who might benefit.
- Encourage the group: if they're dealing with any of these situations, they don't have to navigate it alone.

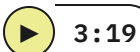


SESSION RUN-SHEET

Leading the conversation

BEFORE YOU PRESS PLAY

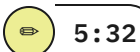
Remind your group: “Keep your resource guide handy! When you see the icon in the top-right corner of the video, that’s your cue to write something in your guide.”

**Pause at 3:19 – Why is cyberbullying so damaging to its victims?****CARE & SAFETY**

The video mentions that if someone is being bullied and is in danger of self-harm or suicidal thoughts, they should tell a trusted adult immediately. Be prepared for that conversation to come up — and know that the crisis line **988** is available 24/7.

DISCUSSION QUESTIONS

- 1 Why do you think cyberbullying is so damaging to its victims?

**Pause at 5:32 – Cyberbullying Checklist activity****RESOURCE GUIDE****RESOURCE GUIDE ACTIVITY**

Have the group turn to the Cyberbullying Checklist in their resource guide. Ask them to discuss in their groups three recommendations that could actually help someone being cyberbullied, then share back with the larger group.

DISCUSSION QUESTIONS

- 1 Of the steps on the checklist, which three do you think would actually make the biggest difference for someone being cyberbullied — and why?

Sexualized Content**NO FORMAL PAUSE**

The video covers sexualized content and its harms. No formal video pause is listed for this section — use the discussion questions below if your group needs space to process.

FACILITATOR TIP

The video directs students to Fight the New Drug as a helpful resource. Their website (fightthenewdrug.org) has accessible, research-based content — great to recommend if anyone wants to go deeper.

OPTIONAL DISCUSSION

- 1 What do you think is the difference between healthy curiosity and harmful content?
- 2 Romans 12:2 talks about not copying the patterns of the world and being transformed in our thinking. What does that look like in this area of life?

CARE & SAFETY

This section may bring up personal experiences for some students. If the conversation gets quiet or someone seems uncomfortable, it's okay to simply say: "This is heavy stuff. If anything from today's video brought something up for you personally, I'm available to talk privately after."

Sexting and Sextortion**NO FORMAL PAUSE**

No formal video pause is listed for the sexting and sextortion sections. Use the discussion questions below after the video ends or if your group needs a moment to process.

DISCUSSION QUESTIONS

- 1 A lot of people assume sexting is just a private thing between two people — do you think most teens actually believe that? What are the ways that assumption can become harmful?
- 2 If a friend came to you and said they were thinking about sending something like that to someone they trusted — what would that conversation look like?
- 3 The video says the perpetrator relies on shame and silence to maintain control. How does knowing that change how you would respond if this happened to you or a friend?

CARE & SAFETY

Remind the group: if they or someone they know is currently a victim of sextortion or is in a dangerous situation, they should tell an adult immediately. The National Center for Missing & Exploited Children (NCMEC) also has a reporting tool at cybertipline.org.

FACILITATOR TIP

Consider closing with a short prayer — asking for strength to make one small change this week. Even something simple goes a long way in anchoring this spiritually.

END OF VIDEO

Group debrief

- 1 What was most impactful for you from this video?
- 2 What is one thing you will remember most?
- 3 How can God strengthen you in the areas this video touched on?



MODULE THREE

THE RISKS THAT FIND YOU

Sextortion, online grooming, predators, and human trafficking

FORMAT

Watch · Pause · Discuss

LENGTH

30–45 minutes

RESOURCE GUIDE

One per student



MODULE THREE

The Risks That Find You

This module goes deeper into the most urgent hidden dangers targeting young people online — sextortion, how predators groom victims, and the direct link between online exploitation and human trafficking.

A NOTE BEFORE YOU BEGIN

This is the heaviest module in the series. Before pressing play, remind your group that if anything brings up a personal experience, they can step out or talk to you privately after.

BIG IDEAS

- Sextortion is the fastest-growing crime against young people in the US — and it targets boys more than most people realize.
- Online predators are strategic, patient, and use specific grooming tactics to build trust.
- Human trafficking is directly connected to online exploitation — this isn't a distant issue.
- Students can learn to recognize red flags and protect themselves and others.
- If something has already happened, speaking up is always the right move — help is available.

SCRIPTURE FOCUS

PROVERBS 4:23

"Above all else, guard your heart, for everything you do flows from it."

MATTHEW 10:16

"Be as shrewd as serpents and as innocent as doves."

ISAIAH 1:17

"Learn to do right; seek justice. Defend the oppressed."

BETWEEN SESSIONS

- Make yourself available after this session — some students may need a private conversation.
- Encourage the group to share what they've learned with a younger sibling or friend who needs it.
- Remind them: cybertipline.org and TakeItDown.org are real resources for real situations.



SESSION RUN-SHEET

Leading the conversation

BEFORE YOU PRESS PLAY

Remind your group: “Keep your resource guide handy! When you see the icon in the top-right corner of the video, that’s your cue to write something in your guide.”



7:50

Pause at 7:50 — What surprised you? What felt most realistic?**DISCUSSION QUESTIONS**

- 1 What surprised you most from the video?
- 2 What moments felt most realistic to you — something you could see actually happening?



15:21

Pause at 15:21 — If a friend wanted to meet up with someone they only knew online**DISCUSSION QUESTIONS**

- 1 If you had a friend who was determined to meet up with someone they had only talked to online, what would you say to try to convince them not to?

FACILITATOR TIP

The video suggests letting students role-play this conversation in pairs before sharing with the group. If your group is comfortable, give them 2 minutes to try it — it makes the lesson much stickier.

CLOSING WITH CARE

Close this session with hope. Remind the group: if anything from today brought up a personal experience, you are available to talk privately. The **988 Suicide & Crisis Lifeline** is also available 24/7 by call or text for anyone feeling overwhelmed.

FACILITATOR TIP

Consider closing with a short prayer — asking for strength to make one small change this week. Even something simple goes a long way in anchoring this spiritually.

END OF VIDEO

Group debrief

- 1 What was most impactful for you from this video?
- 2 What is one thing you will remember most?
- 3 How can God strengthen you in the areas this video touched on?



MODULE FOUR

PROTECTING OURSELVES AND OTHERS

Empowerment, practical tools, and hard conversations

FORMAT

Watch · Pause · Discuss

LENGTH

30–45 minutes

RESOURCE GUIDE

One per student



MODULE FOUR

Protecting Ourselves and Others

A significant gear shift — away from identifying dangers and toward practical empowerment. Students learn how to recognize when a friend is struggling, twelve concrete online safety habits, and how to have honest conversations with parents about technology.

A NOTE BEFORE YOU BEGIN

This is one of the most conversational modules. Create plenty of space for your group to talk — this one is less lecture, more dialogue.

BIG IDEAS

- Recognizing when a friend is struggling is the first step to helping them.
- We support friends by asking questions, listening well, and getting adults involved when needed.
- God's love is unconditional — shame and fear don't have to be the last word.
- There are twelve practical habits that make a real difference in online safety.
- Healthy conversations with parents about technology are possible — and worth having.

SCRIPTURE FOCUS

DEUTERONOMY 31:8

"The Lord himself goes before you and will be with you. He will never leave you or forsake you."

ROMANS 8:38–39

"Nothing in all creation will ever be able to separate us from the love of God."

MATTHEW 22:37–39

"Love the Lord your God with all your heart, soul, and mind. And love your neighbor as yourself."

BETWEEN SESSIONS

- Encourage the group to pick one of the twelve habits and actually implement it this week.
- Invite them to have one honest conversation with a parent or caregiver about technology.
- If anyone seemed affected by the friend-support conversation, check in with them privately.



SESSION RUN-SHEET

Leading the conversation

BEFORE YOU PRESS PLAY

Remind your group: “Keep your resource guide handy! When you see the icon in the top-right corner of the video, that’s your cue to write something in your guide.”

**1:55**

Pause at 1:55 — How would you tell if a friend was going through something hard because of an online experience?

DISCUSSION QUESTIONS

- 1 How would you tell if a friend was going through a hard experience because of something online?
- 2 What would you literally say or do?

**7:43**

Pause at 7:43 — What does it look like to love God and love your neighbor in online spaces?

DISCUSSION QUESTIONS

- 1 What does it look like to love God and love your neighbor in our online spaces?

FACILITATOR TIP

The video is intentionally pastoral here — don’t rush past the Romans 8 passage. Consider reading it aloud slowly before the discussion. It hits differently when it’s spoken over the room rather than just referenced.

**10:29**

Pause at 10:29 — What parents do to keep students safe online — and what students wish they wouldn’t

DISCUSSION QUESTIONS

- 1 What do your parents or guardians do to try to keep you safe online?
- 2 What, if anything, would you really not like your parents or guardians to do when it comes to regulating your online life?

FACILITATOR TIP

Consider closing with a short prayer — asking for strength to make one small change this week. Even something simple goes a long way in anchoring this spiritually.

END OF VIDEO**Group debrief**

- 1 What was most impactful for you from this video?
- 2 What is one thing you will remember most?
- 3 How can God strengthen you in the areas this video touched on?



MODULE FIVE

CREATING A BETTER DIGITAL WORLD

Social Better, values in action, and the send-off

FORMAT

Watch · Pause · Discuss

LENGTH

30–45 minutes

RESOURCE GUIDE

One per student



MODULE FIVE

Creating a Better Digital World

The final module — and it's a celebration! Module 5 shifts fully into hope and empowerment. Students revisit their core values from Module 1, cast a vision for the digital world they want to help create, and leave with a practical framework for living it out.

A NOTE BEFORE YOU BEGIN

The tone here is warm, inspiring, and forward-looking. If your group has been through all five sessions together, take a moment at the start to acknowledge how far they've come — that matters.

BIG IDEAS

- Our values don't just stay inside — they show up in what we post, share, and how we engage online.
- Young people have real power to inspire change, even with a small following.
- The Social Better mindset is a daily choice: kindness, authenticity, and protection over exploitation.
- Four simple questions before posting can change everything.
- Self-control online isn't just willpower — it grows from staying rooted in God.

SCRIPTURE FOCUS

EPHESIANS 4:29

"Let no unwholesome talk come out of your mouths, but only what is helpful for building up the one in need and bringing grace to those who listen."

TITUS 2:11-12

"It is God's grace itself that teaches us self-control, not just our own determination."

BETWEEN SESSIONS

- Send a follow-up message to your group — just checking in and affirming them.
- If anyone shared something vulnerable, follow up with them privately.
- Share influenced.org/resources with parents for helpful tools like the micro conversations sheet and family tech agreement.



SESSION RUN-SHEET

Leading the conversation

BEFORE YOU PRESS PLAY

Remind your group: “Keep your resource guide handy! When you see the icon in the top-right corner of the video, that’s your cue to write something in your guide.”



1:37

Pause at 1:37 — Which values do they consistently live online and offline?**DISCUSSION QUESTIONS**

- 1 Which of your values do you consistently live out both online and offline?
- 2 What is one value you want to practice more fully in your online spaces?



3:28

Pause at 3:28 — Creating a Better Digital World activity**RESOURCE GUIDE****RESOURCE GUIDE ACTIVITY**

Have the group turn to the page entitled ‘Creating a Better Digital World’ in their resource guide and answer the two questions listed. Optionally, invite the class to share and discuss their responses together.



4:30

Pause at 4:30 — A time when words truly encouraged them**OPTIONAL · IF TIME ALLOWS****OPTIONAL DISCUSSION**

- 1 Can you think of a time when someone’s words — online or in person — truly encouraged you or made a real difference?



11:03

Pause at 11:03 — Post-survey**RESOURCE GUIDE****RESOURCE GUIDE ACTIVITY**

Instruct the group to pull out their phones, tablets, or laptops and complete the post-survey. Let them know it’s completely anonymous — there are no right or wrong answers, just honest ones.

FACILITATOR TIP

Close this final session with something memorable — a prayer, a moment of shared commitment, or going around the room and having each person finish the sentence: “One way I’m going to Social Better starting this week is...” Send them out with something to hold onto.

END OF VIDEO

Group debrief

- 1 What was most impactful for you from this video?
- 2 What is one thing you will remember most?
- 3 How can God strengthen you in the areas this video touched on?

YOU DID IT

Wrapping up the series

Congratulations on completing all five modules with your group. This is significant content to sit with — and the fact that you created space for these conversations matters more than you know.

A FEW FINAL IDEAS

- ☐ Send a follow-up message to your group this week — just checking in and affirming them.
- ☐ If anyone shared something vulnerable during the series, follow up privately and get them the support they need.
- ☐ Consider a follow-up conversation in a few weeks — just the group, no video — to see how things are going.
- ☐ Share influenced.org/resources with parents for tools like the micro conversations sheet and family tech agreement.

KEY RESOURCES TO SHARE

- ☐ **988 Suicide & Crisis Lifeline** — Call or text 988 anytime for free, 24/7 support.
- ☐ **Crisis Text Line** — Text 'KIND' to 741741 for free, confidential 24/7 support.
- ☐ **cybertipline.org** — Report online predators, exploitation, or any situation endangering a minor.
- ☐ **takeitdown.ncmec.org** — A private way to help remove explicit or AI-deepfake images posted online.
- ☐ **fightthenewdrug.org** — Science-based facts on how sexualized content affects the brain and relationships.
- ☐ **fakeimagedetector.com** — Help detect AI-generated fake images online.
- ☐ **influenced.org** — The full Influenced program and resource library.

INFLUENCED

Together for a safer online world

Influenced™ exists for those who believe all people — especially children and teens — should have the freedom to enjoy our online world without fear of exploitation.

Email us at **influenced@theexodusroad.com**

influenced.org · [@influencedorg](https://twitter.com/influencedorg)