

Eco-Hope Faith Leader Integration Manual



Prepared by: Green Interventions for Sustainable Towns (GIST) Kenya

This manual is designed to guide faith leaders in integrating Adolescent and Youth Sexual and Reproductive Health (AYSRH), mental health, gender norms, and environmental stewardship into community sessions. Each session now focuses on tree planting activities to instill mutual care, teamwork, and responsibility among adolescents while reinforcing norm-change messages.

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Introduction

Faith leaders play a vital role in shaping community values, influencing social norms, and promoting the holistic well-being of young people. In many communities, places of worship serve as trusted spaces where adolescents and families seek guidance, support, and moral direction. The Eco-Hope Initiative, implemented by Green Interventions for Sustainable Towns(GIST) Kenya with support from Faith to Action Network, recognizes the unique influence of faith leaders in promoting positive change among adolescents and youth.

This manual has been developed to support faith leaders in integrating Adolescent and Youth Sexual and Reproductive Health (AYSRH), mental health awareness, gender equality, and environmental stewardship into their youth and community sessions. A key feature of the Eco-Hope Initiative is the use of tree planting as both a practical activity and a symbolic learning tool. Tree planting helps reinforce important values such as:

- Mutual care and responsibility
- Teamwork and cooperation among adolescents
- Stewardship of the environment and creation
- Long-term thinking about the future of communities

By combining guided discussions with environmental action, faith leaders can help adolescents reflect on their responsibilities to themselves, their peers, their families, and the environment. Through this integrated approach, the Eco-Hope Initiative seeks to nurture healthier, more responsible, and environmentally conscious young people who can contribute positively to their communities.

How to Use This Manual

This manual is designed to provide faith leaders with practical guidance for integrating discussions on adolescent health, gender equality, mental well-being, and environmental stewardship into their existing youth and community sessions. The manual is organized into monthly thematic sessions, each focusing on a key topic relevant to adolescents and youth.

Role of Faith Leaders

Faith leaders are encouraged to:

- Integrate these discussions into existing youth fellowships, catechism classes, madrasa sessions, or youth meetings.
- Encourage open and respectful dialogue with adolescents.
- Promote positive values, mutual respect, and responsibility.
- Guide tree planting activities as a symbol of hope, growth, and environmental care.

Green Interventions for Sustainable Towns – Kenya (GIST Kenya) will provide ongoing technical support, mentorship, and supervision to ensure the successful implementation of the Eco-Hope Initiative.

Month 1: Healthy Relationships, Communication & Teamwork through Tree Planting

Goal: Promote respectful relationships, communication, and teamwork among adolescents.

Key Messages: - Respect, consent, and dialogue are essential. - Teamwork in tree planting reflects mutual care and shared responsibility.

Session Ideas / Activities: - Discussion: “What makes a healthy relationship and good teamwork?” - Reflection: How cooperation in tree planting mirrors respectful relationships.

Tree Planting Activity: Adolescents work together to plant trees, learning coordination and responsibility.

Reminder: Reinforce teamwork and mutual care weekly.

Program Session: Healthy Relationships, Communication & Teamwork

Duration: 60–75 minutes

Target Group: Adolescents (12–18 years)

Facilitator: Church Leader / Youth Pastor

1. Welcome & Opening (5–10 minutes)

- Greet participants and introduce the session theme.
- **Opening prayer:** Ask God for guidance in making healthy choices, communicating effectively, and building strong friendships.
- **Icebreaker activity:** “Two Truths and a Dream” or “Name & Action” game to encourage interaction.

2. Setting Ground Rules (5 minutes)

- Respect everyone’s opinions
- Listen actively
- Encourage participation
- Maintain confidentiality

3. Teaching Segment: Healthy Relationships & Communication (15–20 minutes)

Definition – Healthy Relationships

Relationship means getting along with others, even if you are not necessarily friends, e.g., teachers at the same school are related because all of them are working towards uplifting the standards of the school.

Healthy Relationship

- Good relationships are based on love, mutual respect and willingness to work at the relationship.

- In a good relationship, both people are honest with each other.
- Both people feel safe in the relationship and do not worry that the other will betray their trust
- Both people usually find enjoyment and pleasure in the relationship, and neither person tries to control the other person or to pressure them into doing things.
- Neither person exploits or takes advantage of the other in any way

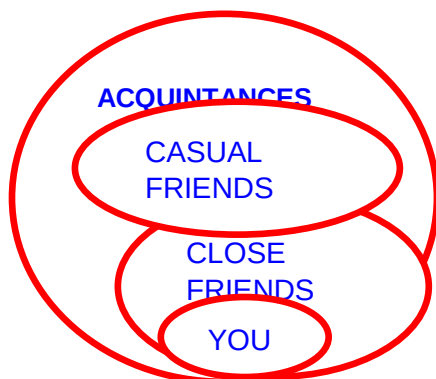
Types of Relationships

- Parent/child
- Sister/brother
- Cousins
- Grandparents/grandchildren
- Auntie/uncle
- Teacher/student

Qualities that make a relationship healthy

- Respect
- Responsibility
- Understanding
- Cooperation
- Caring

Circles of Friendship



Behaviours that can enhance or destroy relationships

The following are some actions and attitudes that could be warning signs that the partner is potentially abusive.

- Verbal or physical threats
- Jealousy
- Criticism
- Controlling
- Anger or violence
- Verbal abuse

Manipulation

Key Points:

- Elements of healthy relationships: respect, trust, honesty, support
- Communication: listening, expressing feelings, resolving conflict
- Peer support: encouraging friends to make wise choices

Bible References:

- **Proverbs 27:17** – “*As iron sharpens iron, so one person sharpens another.*”
- **1 Corinthians 13:4–7** – *Love is patient, kind, and supportive.*

Methods: Short talk, stories, role plays.

4. Discussion Questions (10–15 minutes)

1. How did teamwork help your group plant the tree?

- Teamwork allows shared responsibility, making the task easier and faster.
- Each member contributes their skills and ideas, improving efficiency.
- Encourages support and encouragement, especially if someone struggles.
- Teaches patience, coordination, and problem-solving together.

Facilitator Tip: Highlight that teamwork in tree planting mirrors teamwork in life—supporting each other leads to better outcomes.

2. What makes a relationship healthy?

- Respect: Valuing each other’s opinions and feelings.

- Trust: Being honest and keeping promises.
- Support: Helping each other grow and succeed.
- Communication: Sharing thoughts and feelings openly and kindly.
- Boundaries: Knowing limits and respecting each other's space.

Biblical Reflection: *1 Corinthians 13:4–7 – Love is patient, kind, and does not envy; it encourages and uplifts others.*

3. How can we communicate better with friends and family?

- Listen actively: Pay attention without interrupting.
- Speak respectfully: Use kind words and clear explanations.
- Ask questions: Ensure you understand the other person's perspective.
- Express feelings calmly: Share emotions without blaming.
- Use teamwork strategies: Collaborate to solve problems rather than argue.

Practical Tip: Encourage adolescents to practice one communication skill each week, e.g., active listening or expressing gratitude.

4. How can we support each other like “iron sharpens iron”?

- Encourage positive habits: Support friends in making healthy choices.
- Challenge each other to grow: Provide constructive feedback with love.
- Share experiences and wisdom: Teach lessons learned from personal experiences.
- Pray together and mentor: Offer spiritual and moral guidance in times of challenge.

Biblical Reflection: *Proverbs 27:17 – “As iron sharpens iron, so one person sharpens another.” True support helps each person improve and become stronger in character and faith.*

Method: Small group discussions or reflection circles.

5. Tree Planting Activity (20–25 minutes)

- **Step 1:** Form teams of 3–5 participants.
- **Step 2:** Plant and water the tree/seedling together.
- **Step 3:** Assign roles: planter, waterer, supporter.
- **Step 4:** Reflect on lessons learned about teamwork and communication.

Link to Scripture: *Genesis 2:15 – Caring for God's creation is like caring for relationships.*

6. Reflection & Personal Commitment (5–10 minutes)

- Ask participants to write one action step for improving communication or teamwork in relationships.
- Invite participants to share commitments if comfortable.

7. Closing (5 minutes)

- Summarize key points:
 - Healthy relationships require respect, communication, and support
 - Teamwork strengthens decision-making and friendships
- **Closing prayer:** For wisdom, strong friendships, and faith-guided choices.
- Optional: Give handouts for reference (the visual handout you generated).

Expected Outcomes

- Adolescents understand healthy relationships, communication, and teamwork. Participants demonstrate cooperation during tree planting. Adolescents are aware of peer support and Bible-based guidance.
- A visible outcome: planted trees representing growth in teamwork and relationships.

Month 2: Adolescent Pregnancy Prevention, Contraception & Teamwork through Tree Planting. Mental Health, Life Skills & Eco-Engagement through Tree Planting

Goal: Reduce early pregnancies, empower youth, and strengthen teamwork.

Key Messages: - Delaying early pregnancy supports health, education, and community stability. - Working together in tree planting builds trust and cooperation.

Session Ideas / Activities: - Small group discussions on responsible choices and teamwork. - **Tree Planting Activity:** Pair adolescents in teams to plan and plant trees, emphasizing collaboration.

Reminder: Encourage leaders to integrate teamwork lessons into weekly sessions.

Session Guide: Adolescent Pregnancy Prevention & Teamwork

Duration: 60–75 minutes

Target Group: Adolescents (ages 12–18)

Facilitator: Church Leader / Youth Pastor

1. Welcome & Opening (5–10 minutes)

- Greet participants and introduce the session theme: “Making Wise Choices and Working Together in God’s Way.”
- **Opening Prayer:** Thank God for guidance, wisdom, and protection over the lives of young people.

Icebreaker Activity:

- “Two Truths and a Dream”: Each adolescent shares two true things about themselves and one goal/dream. This encourages openness and teamwork.

2. Session Objectives (2–3 minutes)

By the end of the session, adolescents should be able to:

1. Understand risks and consequences of early pregnancy.
2. Appreciate the value of making informed, responsible choices.
3. Recognize teamwork, peer support, and mentorship as tools for positive growth.
4. Apply Biblical principles in daily decision-making.

3. Bible-Based Reflection & Teaching (15–20 minutes)

Key Scripture References:

1. **Proverbs 22:6** – “Train up a child in the way he should go; even when he is old he will not depart from it.”
 - *Reflection: Early guidance shapes choices and life outcomes. Parents, mentors, and peers can guide adolescents toward wise decisions about relationships and sexuality.*
2. **1 Corinthians 6:18–20** – “Flee from sexual immorality... your body is a temple of the Holy Spirit.”
 - *Reflection: Respecting your body and making wise choices protects your future and honors God.*
3. **Ecclesiastes 4:9–10** – “Two are better than one, because they have a good reward for their toil. If one falls, his friend can help him up.”
 - *Reflection: Teamwork and support from peers, mentors, and faith communities help adolescents make healthy choices and avoid risky behavior.*
4. **Philippians 4:13** – “I can do all things through Christ who strengthens me.”
 - *Reflection: Adolescents can rely on God’s strength to make responsible decisions, even in challenging social pressures.*

4. Discussion Questions (10–15 minutes)

Encourage small group discussions or a reflection circle:

Adolescent Pregnancy Prevention

What are some reasons adolescents may face early pregnancy in our community?

- Peer pressure – Adolescents may feel pressured to experiment with relationships or sexual activity to fit in.
- Lack of accurate information – Limited knowledge about sexual and reproductive health or contraception.
- Limited parental guidance – Absence of open conversations about values, relationships, and life choices.
- Poverty and economic pressures – Some adolescents may engage in risky relationships for material support.
- Cultural and social norms – Early marriage or expectations to become sexually active may contribute.
- Media influence – Exposure to sexual content without proper guidance can mislead adolescents.

Biblical reflection: *Proverbs 22:6 – “Train up a child in the way he should go; even when he is old he will not depart from it.” Guidance and teaching help prevent risky choices.*

2. How can young people protect themselves while maintaining respect for God’s principles?

- Set personal boundaries – Decide ahead of time what behaviors you will or won’t engage in.
- Pray and seek God’s guidance – Trust God to give strength to make wise choices (Philippians 4:13).
- Avoid risky situations – Choose safe environments and supportive friends.
- Focus on goals – Prioritize education, skills, and personal development over peer pressure.
- Use knowledge wisely – Learn about reproductive health in ways consistent with faith values.

Biblical reflection: *1 Corinthians 6:18–20 – “Flee from sexual immorality... your body is a temple of the Holy Spirit.” Protecting your body honors God and safeguards your future.*

3. What role can peers, parents, and mentors play in helping adolescents make wise decisions?

- Peers: Encourage each other to make healthy choices, avoid risky behaviors, and provide support.
- Parents: Offer guidance, monitor wellbeing, and communicate openly about relationships and faith values.
- Mentors/Church leaders: Provide counseling, model responsible behavior, and offer spiritual and moral guidance.

Biblical reflection: *Ecclesiastes 4:9–10 – “Two are better than one... if one falls, the other can help them up.” Support networks help adolescents stay on the right path.*

Teamwork and Peer Support

1. How can teamwork help us resist peer pressure?

- Mutual support: Working in teams or having a strong group of friends creates a support system where peers encourage one another to make positive choices.
- Accountability: Team members can remind each other of personal boundaries and Godly values, making it easier to say “no” to risky behaviors.
- Shared wisdom: Group discussions and teamwork allow adolescents to share experiences and learn from one another, helping them see consequences before making decisions.

Biblical reflection: *Ecclesiastes 4:9–10* – “Two are better than one... if one falls, the other can help them up.” *Teamwork strengthens us to resist negative pressures.*

2. Can you share a time when working with friends helped you make a better choice?

- Encourage adolescents to reflect personally:
 - Example 1: Choosing to study together instead of hanging out in places with bad influences.
 - Example 2: Supporting a friend to avoid risky behavior, and in turn receiving advice to avoid it themselves.
- Emphasize the power of peer influence when used positively.

Biblical reflection: *Proverbs 12:26* – “The righteous choose their friends carefully, but the way of the wicked leads them astray.” *Choosing supportive friends helps make wise decisions.*

3. How does Proverbs 27:17 (“As iron sharpens iron, so one person sharpens another”) relate to supporting one another in life choices?

- Just as iron sharpens iron, friends and peers can challenge each other to grow, improve, and stay on the right path.
- Constructive encouragement helps adolescents:
 - Stick to moral and faith-based values
 - Avoid risky behaviors like early sexual activity
 - Build confidence and decision-making skills
- Positive teamwork reinforces accountability and shared growth, strengthening each individual’s resolve.

Practical takeaway: Surround yourself with friends who support your goals, respect your values, and encourage healthy choices.

5. Interactive Activity: “Teamwork Tree Planting Simulation” (15 minutes)

(Optional outdoor activity or indoor alternative if space is limited)

Activity Steps:

1. Divide adolescents into teams.
2. Each team creates a “Tree of Choices” on paper or with small pots/seedlings:
 - Roots = Values and guidance (faith, parents, mentors)
 - Trunk = Healthy choices (education, relationships, self-respect)
 - Leaves = Positive outcomes (future goals, life achievements)
3. Teams present their trees, discussing how values, teamwork, and wise decisions help them grow like the tree.

Link to Scripture: *Ecclesiastes 4:9–10 – “Two are better than one...”*

6. Reflection & Personal Commitment (5–10 minutes)

- Ask adolescents to write down one practical step they will take this week to protect themselves and work positively with their peers.
- Share a closing reflection from the facilitator, reinforcing God’s guidance and the importance of teamwork.

Closing Prayer:

- Pray for wisdom, strength, and God’s protection over their choices, as well as the community and mentors who support them.

7. Takeaways / Handouts (Optional)

- Simple SRH tips for adolescents (age-appropriate)
- Scripture cards for encouragement
- Contact information for mentors, youth leaders, or health counsellors

This session can be repeated monthly or integrated into youth fellowship programs, linking spiritual guidance, life skills, and peer mentorship with tangible lessons about adolescent pregnancy prevention and teamwork.

Month 3: SGBV, Harmful Practices & Community Care through Tree Planting

Goal: Challenge harmful norms while promoting care and cooperation.

Key Messages: - Harmful practices reduce youth potential. - Community care and teamwork in tree planting reflect protection and responsibility.

Session Ideas / Activities: - Role-play addressing harmful practices and emphasising cooperation.

Tree Planting Activity: Adolescents work in groups to care for planted trees, reinforcing collective responsibility.

Reminder: Link teamwork in tree planting to norm-change discussions.

Program Session: SGBV, Harmful Practices & Community Care

Duration: 60–75 minutes

Target Group: Adolescents (12–18 years)

Facilitator: Church Leader / Youth Mentor

1. Welcome & Opening (5–10 minutes)

- Greet participants and introduce the theme: “Protecting Ourselves and Our Community.”
- **Opening prayer:** Ask God for wisdom, courage, and protection for all youth.
- Icebreaker: “Handshake & Share” – pair up and share one way you can support a friend or community member.

2. Setting Ground Rules (5 minutes)

- Respect everyone’s opinions
- Maintain confidentiality
- Listen actively
- Participate fully

3. Teaching Segment: Understanding SGBV & Harmful Practices (15–20 minutes)

Topics:

- Definition of SGBV (sexual harassment, abuse, exploitation)
- Examples of harmful practices (early marriage, FGM, forced labor, discrimination)
- Impact on adolescents and communities

- Prevention strategies and the role of faith, family, and peers

Bible References:

- *Galatians 6:2* – “Carry each other’s burdens, and in this way, you will fulfill the law of Christ.”
- *Psalms 82:3* – “Defend the weak and the fatherless; uphold the cause of the poor and oppressed.”

Methods: Short talk, storytelling, role plays, or Q&A

4. Discussion Questions (10–15 minutes)

What are harmful practices affecting adolescents in our community?

- Early or forced marriage – girls and boys forced into unions before they are ready.
- Female genital mutilation (FGM) – harmful cultural practice affecting health and well-being.
- Child labor or exploitation – denying education and safe childhood.
- Sexual harassment or abuse – unwanted sexual advances or coercion.
- Gender discrimination – limiting opportunities based on gender.

Biblical Reflection: *Psalms 82:3* – “Defend the weak and the fatherless; uphold the cause of the poor and oppressed.”

Harmful practices violate God’s call to protect the vulnerable.

2. How can we support victims of SGBV and harmful practices?

- Listen and believe them – provide a safe space to share their experience.
- Encourage reporting – connect victims to authorities or trusted adults.
- Offer emotional and spiritual support – pray with them, walk alongside them in healing.
- Provide guidance and mentorship – help victims access education, counseling, or medical care.

Biblical Reflection: *Galatians 6:2* – “Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

Supporting victims is an act of love and obedience to God.

3. What role can peer, family, and faith leaders play in prevention?

- Peers: Encourage friends to avoid risky situations and speak up against abuse.
- Family: Provide guidance, monitor wellbeing, and teach respect for God’s principles.
- Faith leaders: Offer moral guidance, mentorship, and safe spaces for dialogue.
- Community: Promote awareness campaigns and protective measures.

Biblical Reflection: *Proverbs 22:6 – “Train up a child in the way he should go...”*

Teaching, guiding, and mentoring youth prevents harmful practices.

4. How does caring for the community relate to God’s teachings?

- Caring for others is part of God’s call to love your neighbor (Mark 12:31).
- Protecting adolescents from SGBV and harmful practices shows faith in action.
- Just as God cares for creation, we are called to nurture, protect, and support our community.

Practical Example: Tree planting can serve as a symbol of care, growth, and teamwork, showing that protecting the community is an ongoing responsibility.

5. Tree Planting Activity: Symbol of Care & Community (20–25 minutes)

- Divide participants into teams of 3–5
- Each team plants trees or seedlings to symbolize growth, care, and protection
- Assign roles: planter, waterer, supporter, planner
- Reflection questions:
 - How did teamwork help your group plant the tree?
 - How does planting trees relate to caring for others in the community?

Scripture Link: *Genesis 2:15 – “The Lord God took the man and put him in the Garden of Eden to work it and take care of it.”*

6. Reflection & Personal Commitment (5–10 minutes)

- Ask participants to write or share one action they will take to prevent SGBV or harmful practices.
- Reinforce teamwork, care, and peer support.

Closing Prayer:

- Pray for protection, courage, and wisdom for adolescents and their communities.

7. Expected Outcomes

- Awareness of SGBV and harmful practices
- Knowledge of community care and peer support
- Improved teamwork, communication, and leadership skills
- A visible symbol: trees planted as a commitment to care for others

Month 4: Mental Health, Life Skills & Eco-Engagement through Tree Planting

Goal: Build resilience, life skills, and teamwork through eco-engagement.

Key Messages: - Mental health and teamwork are integral to adolescent growth. - Tree planting fosters collaboration, patience, and shared achievement.

Session Ideas / Activities: - Reflection circles on coping skills and teamwork.

Tree Planting Activity: Collaborative planting and care of trees, linking eco-action with personal and social growth.

Reminder: Encourage ongoing integration of teamwork and mutual care into sessions.

Program Session: Mental Health, Life Skills & Eco-Engagement

Duration: 60–75 minutes

Target Group: Adolescents (12–18 years)

Facilitator: Church Leader / Youth Mentor

1. Welcome & Opening (5–10 minutes)

- Greet participants and introduce the session theme: “Growing Strong in Mind, Skills, and Creation.”
- **Opening prayer:** Ask God for peace, wisdom, and guidance in personal growth and caring for creation.
- Icebreaker: “**Emotion Check-In**” – participants share one word describing how they feel today.

2. Setting Ground Rules (5 minutes)

- Respect each other’s opinions and experiences
- Maintain confidentiality
- Listen actively and participate
- Encourage openness

3. Teaching Segment: Mental Health & Life Skills (15–20 minutes)

- **Topics Covered:**
 - Understanding emotions and managing stress
 - Problem-solving and decision-making
 - Goal-setting and time management
 - Importance of teamwork and peer support
- **Faith-based Reflection:**

- *Philippians 4:6–7 – “Do not be anxious about anything... the peace of God will guard your hearts.”*
- *Psalms 23:1–3 – God restores our souls and guides us.*

Methods: Short talk, interactive Q&A, scenario-based discussions

4. Discussion Questions (10–15 minutes)

. What challenges affect adolescents’ mental health?

- Academic pressure: Stress from schoolwork, exams, or expectations.
- Peer pressure: Feeling forced to fit in or follow risky behaviors.
- Family issues: Conflicts, neglect, or lack of support at home.
- Social media & comparison: Feeling inadequate or anxious due to online content.
- Trauma or abuse: Experiences that impact emotional wellbeing.
- Uncertainty about the future: Anxiety about careers, studies, or personal life choices.

Faith Reflection: *Philippians 4:6–7 – “Do not be anxious about anything... the peace of God will guard your hearts.”*

Trusting God and seeking support can help adolescents manage stress and anxiety.

2. How can teamwork and peer support help manage stress?

- Encouragement: Friends can provide positive reinforcement and hope.
- Shared responsibility: Working together makes tasks less overwhelming.
- Problem-solving: Collaborating helps find solutions to challenges.
- Listening & understanding: Peers provide emotional support and a safe space to talk.

Biblical Reflection: *Ecclesiastes 4:9–10 – “Two are better than one... if one falls, the other can help them up.”*

Teamwork strengthens us emotionally and practically.

3. Which life skills are most important for personal growth and why?

- Decision-making: Helps make choices aligned with values and goals.
- Time management: Balances school, chores, social life, and rest.
- Communication: Builds healthy relationships with peers, family, and mentors.
- Problem-solving: Prepares for challenges in life and school.
- Stress management: Maintains emotional wellbeing and resilience.

Faith Reflection: *Proverbs 3:5–6* – “*Trust in the Lord with all your heart... and he will make your paths straight.*”

Life skills guided by faith lead to wise, purposeful choices.

4. How does caring for the environment relate to caring for ourselves and our community?

- Protecting nature ensures clean air, water, and resources for everyone.
- Tree planting and eco-engagement teach patience, teamwork, and responsibility.
- Caring for creation reflects stewardship, showing God’s love through action.
- Healthy surroundings support mental and physical wellbeing.

Biblical Reflection: *Genesis 2:15* – “*The Lord God took the man and put him in the Garden of Eden to work it and take care of it.*”

Stewardship of the environment mirrors caring for ourselves and the community.

5. Tree Planting Activity: Eco-Engagement & Teamwork (20–25 minutes)

- Divide participants into small teams
- Plant trees or seedlings in the school, church, or community area
- Assign roles: planter, waterer, supporter, planner
- Teams reflect on:
 - How teamwork helped complete the task
 - How planting trees mirrors nurturing personal growth and community care

Scripture Link: *Genesis 2:15* – “*The Lord God took the man and put him in the Garden of Eden to work it and take care of it.*”

6. Reflection & Personal Commitment (5–10 minutes)

- Ask participants to write one life skill they will practice this week to improve mental health or teamwork.
- Invite participants to share commitments (optional).

Closing Prayer:

- Pray for mental strength, wisdom, teamwork, and stewardship of God’s creation

7. Expected Outcomes

- Adolescents understand mental health and coping strategies
- Improved life skills, including teamwork, problem-solving, and goal-setting

- Strengthened peer support and community engagement
- Planted trees as a visible symbol of growth and care

Tips for Faith Leaders

- Use this guide during weekly sessions.
- Refer to it on a phone or small printed copy.
- Emphasize teamwork, mutual care, and shared responsibility through tree planting.
- Seek technical support from GIST Kenya as needed.
- Document successes and challenges to share best practices.

Support and Supervision

- **Technical Assistance:** Available for questions and guidance.
- **Supervision Visits:** Monthly observation and feedback sessions.
- **Reminders:** Weekly or bi-weekly prompts via SMS or WhatsApp.
- **Reporting:** Faith leaders submit brief monthly notes on sessions and tree planting activities.

REFERENCES

Biblical References

1. **Philippians 4:6–7** – Encourages youth to bring anxieties to God and trust Him for peace.
2. **Psalms 23:1–3** – God restores our souls and provides guidance in challenging times.
3. **Ecclesiastes 4:9–10** – Highlights the importance of teamwork and peer support.
4. **Proverbs 3:5–6** – Trust in God for guidance in decision-making and life skills development.
5. **Genesis 2:15** – God’s call for humans to care for creation, linking environmental stewardship to responsibility.

Practical / Educational References

1. **World Health Organization (WHO) – Adolescent Mental Health**
[HTTPS://WWW.WHO.INT/NEWS-ROOM/FACT-SHEETS/DETAIL/ADOLESCENT-MENTAL-HEALTH](https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health)
2. **UNICEF – Life Skills Education for Adolescents**
<https://www.unicef.org/education/life-skills>
3. **Kenya Ministry of Health – Adolescent Sexual and Reproductive Health Guidelines**
[HTTPS://WWW.HEALTH.GO.KE](https://www.health.go.ke)
4. **FAO – Youth Engagement in Environmental Conservation**
<http://www.fao.org/youth/en/>
5. **Kenya Mental Health Policy 2015–2030** – Emphasizes mental health awareness, youth-friendly services, and community engagement.