

www.3rock.net

Substance Schools Teams
3Rock Youth

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"I think you are amazing people that are needed in today's society to show young people how God has come into your lives. I found that your two days restored my faith." - Stephanie (student)

"It's true that I am searching for something" - Ciarán (student)

"You're angels in disguise." - Tracey (student)

"It was a day about honesty and forgiveness and I truly enjoyed it" - Deirdre (student)

"Thank you for the retreat.... It showed me you can be with God wherever you go and no matter what you do God will forgive you." - Damien (student)

"We have a lot of family problems, like my dad being an alcoholic doesn't help, but your kind words at the retreat were reassuring. Hopefully we will be more happy than we were last year. Once again thanks a million for the retreat I'm nearly counting down the days till the next one" - Jonny (student)

SUBSTANCE School Teams




Who are 3Rock Youth?

3Rock Youth is an initiative created by the united dioceses of Glendalough and Dublin. Its goal is to bring this teenage generation to an active living faith in Jesus by raising up, developing and training youth leaders, running events and programmes, resourcing clergy and youth workers and serving schools in exploring faith and the transformation of life that it brings.



SUBSTANCE
School Teams

3Rock Youth is an initiative of the united dioceses of Glendalough and Dublin. 

Who are Substance School Teams?

Run by 3Rock Youth, the Substance School Teams, based in Dublin, are an exciting retreat team that have worked extensively throughout the Rep of Ireland, N. Ireland and overseas, including Brazil, the United States and Europe. Since 1991, we have worked with over 75,000 students in Catholic, Protestant and community school settings, earning acclaim from leaders within and outside of the church. Our aim is to

facilitate students as they explore their faith in God, and to help them express that faith in this rapidly changing twenty-first century world.

What do we do?

Talks, personal stories, film clips, short films created by 3Rock Youth, discussion groups, interactive exercises and games. These are all used as tools to explore the deeper themes of personal faith, life skills and relationship with God in every aspect of our lives.



Topics include:

- **Personal Stories** *"We all have a story"*
- **Image and Identity** *"What defines us?"*
- **Faith & Destiny** *"We all have the ability to believe & the deep desire to do so."*
- **Bullying** *"What will you be known for?"*
- **Forgiveness** *"To forgive and to be forgiven is to know freedom."*
- **Friendships** *"What makes a true lasting friendship?"*
- **Fear** *"Faith is being able to look fear in the face and know it's going to be ok"*
- **Potential** *"Who sets the goals in our lives?"*
- **Culture** *"What is the culture we live in and how does it affect us?"*
- **Our Community, Our School** *"What is it to be a community in school?"*
- **Alcohol & Drugs (in assoc. with ACET)** *"Awareness & responsible boundaries."*
- **Gospel (Jesus)** *"Is His message relevant today?"*
- **Relationships & Sexuality (in association with ACET)** *"What are you worth?"*
- **Characteristics of God** *"Who do we believe in?"*
- **Depression & Suicide** *"Is there Hope?"*
In 2005, 3Rock Youth worked with the 3Ts organization. Bishop Diarmuid Martin and Daniel Philbin Bowman in a national campaign to raise the awareness of the growing suicide problem in Ireland.
- **Mission** *"Our role in the world"*
- **Panel Sessions** *Giving the pupils the chance to ask the questions.*

And many more...

What does a retreat look like?

Our retreat programmes are created for your specific requirements, whether a full day, half-day or a single class session. Group sizes range between individual classes or entire year groups. Retreats can be conducted in the school or an alternative venue. Contact us to discuss what might best suit your secondary school (contact details overleaf).

References

John Lynch	Chaplain	Loreto Stephen's Green
Margaret Ainsworth	Head of Religious Ed.	Alexandra College
Des Healy	Head of Religious Ed.	Castleknock College
Michael Heaney	Chaplain	St. Columba's
Avril Switzer	Teacher	St. Kevin's College

Contact us for reference details (contact details overleaf).

Other 3Rock Youth Initiatives

- National youth events & camps
- Teacher & clergy training
- Interactive DVD curriculum
- Youth-orientated church services
- Faith-based books & resources
- Youth leadership training days & year-out programme
- Resource website
- International volunteer work

