



## **Breakout Topics & Descriptions**

### **#Squadgoals – Britt Kirtman**

Sometimes your friends can function like a family. The people you surround yourself with help shape who you are and who you can become. Everyone in your squad plays a different role, come learn your role and how to set squad goals.

### **All About Your #Selfie – Kayla McJunkins**

How often do we get caught up in applying the best filters to our selfies, trying to get the most likes as possible on social media? But wouldn't it be great if we were more concerned with pleasing God than pleasing others? Join us as we explore how we can find our identity in Christ rather than in the latest Instagram filter.

### **Beauty & the Beast – Kimberly Bishop**

Girls have you ever thought that there are things about yourself you don't like? Have you ever thought you don't measure up to your peers? We are going to look at what the world says is beautiful and how it has changed through the centuries. What God says about You has never changed. We will discover what God's word has to say about you and how to be a true Beauty.

### **Bringing Hope to the Helpless – Suzanne Bautista**

Join us as we learn more about domestic sex trafficking, the warning signs and prevention. Through Hope Center Indy, hear about the mission and how you can be a part of making a difference.

### **How to Help a Struggling Friend – Hollie Briner**

Come prepared to learn and discuss practical ways to help your struggling friends. We will discuss the biggest struggles your friends face today, and how we can be speakers of truth, when they ask for advice and are in need of wisdom. This class will be solely based off of Biblical truth and we will also create a gift that you can give to your friends that they can use in their lockers. If you are the person your friend always turns to then this would be an excellent class for you to attend.

### **Sisters in Christ – Tiffany Woloszyn & Kristen Kennedy**

Are you setting out to find a friend, much more than just a friend, but a lifeline to Jesus? Someone that points you to Christ in the good and bad. Someone that tells you the truth even when it hurts to hear. A godly friendship circled around one thing, Jesus! In this breakout, we will discover many aspects of a Christ centered friendship and how you can begin to develop more meaningful friendships.

### **Treat them as....Brothers??? – Leah Pratt**

With this year's sleepover theme being about sisterhood—love and encouragement within the Body of Christ, what does it mean for the guys in our lives? Are we to be “sisters” to them too? #ewgross Or is there another option? Come to this session and see what God's Word has to say about our relationships with the “male species”...on the whole spectrum from friendship to dating to eventual (gasp!) marriage.

### **Trafficked, An Experience in Choice and Consequences – Emily Yahiro**

This breakout will consist of a simulation for the you to encounter. It will show the realities and facts of human trafficking. What if it were you? Or someone you know? This breakout will take you through a simulation to show the realities and facts of human trafficking with a discussion at the end.



## **\*Adult Only Breakouts\***

### **Compassion Fatigue: How To Lead and Love While Serving in the Trenches – Liz Steckel**

A trench is the space where leverage is gained or lost, where one advances towards victory or retreats in silent defeat. Trenches are designed for protection, yet often become a place of mere survival within the framework of ministry. Whether you find yourself thriving, covered in mud or straight up flatlined, this breakout will uncover how to be a steward of what God has entrusted to you while thriving in the trenches of ministry.

### **Encouragement & Mentorship in Girls Ministry – Allison Kinion**

Building relationships is an essential element when effectively working with teenage girls. Intentionally doing life with a teen girl requires that we model godly womanhood, train as you go and teach Biblical truth. As we mentor the young women in our lives we must constantly find ways to encourage them to be all that God created them to be for His glory.

### **Packing a Girl's Suitcase for Life – Allison Kinion**

What does a girl need to prepare for Life? There are certain travel “essentials” every girl needs to pack in her suitcase to be ready for the world out there! Let's talk about how we can help parents know how to prepare their girls for a successful life.

