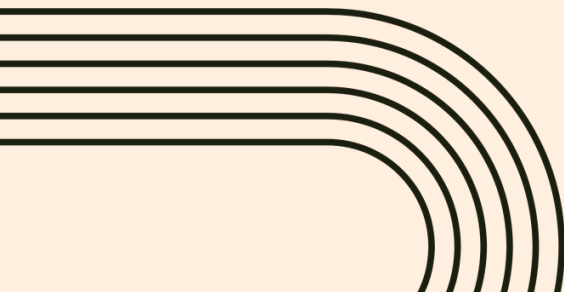


Victory Teens

# Ally Hand Guide

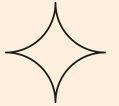
No Teen Should Walk Alone.



# 01 | WHY AN ALLY?

We believe every teenager needs a caring adult who knows their name, knows their story, prays for them, and believes in who they can become through Jesus.

A ally is more than someone who serves in Teen Ministry. An ally intentionally invests in the life of a teenager by building a healthy relationship, encouraging spiritual growth, celebrating important moments, and helping them take their next step toward Jesus.



Together, our goal is to help every teen live as a disciple of Jesus in 3 ways...

To Know God  
Personally

To Grow Together  
in Community

To Go and Make  
Jesus Known



# 02 | WHAT IS AN ALLY?

An Ally is a trusted adult who intentionally invests in the life of a teenager by building a healthy relationship, encouraging spiritual growth, celebrating important moments, and helping the student take their next step toward Jesus.

## An Ally is a Trusted Adult Who is...

**Present** – They consistently show up.

**Connected** – They build consistent, intentional relationship with teens that extends beyond the walls of the church.

**Encouraging** – They make an effort to know their teens.

**Spiritual** – They provoke teens to love God, love others, and possess contagious faith.

**Safe** – They honor appropriate boundaries.

**Supportive** – They come alongside teens, encouraging, listen, and helping them navigate challenges.

## Allies are NOT...

- Professional counselors
- Therapists
- Parents
- Conflict mediators
- Relationship coaches
- Personal problem-solvers
- A student's only source of support

**The Allies role is not to solve every problem.** It is to help students know they are not alone as they navigate life and follow Jesus.



# 03 | THE ALLY COMMITMENT

## PRESENCE

Serve in Teen Ministry as a **Sunday Morning Table Leader** **at least twice each month** and participate in **monthly Teen Ministry events**.

## CONNECTION

Make **intentional contact** with your teens **at least twice each month outside of regular Teen Ministry gatherings** through approved communication methods. *(See page 6)*

Communication doesn't have to be long or complicated. A quick check-in, encouraging message, prayer, or celebration can go a long way. The goal isn't to fill their phone with messages—it's to consistently remind them that someone knows them, cares about them, and is cheering them on.

### Instead of thinking:

"I have to text my teen twice this month."

### Think:

"What is happening in this teen's life that I can notice?"

For example:

- They have a big test → encourage them.
- Their team has a big game → wish them luck.
- They got their driver's license → celebrate.
- They mentioned struggling with something → follow up.
- It's their birthday → acknowledge it.
- They shared a prayer request → check back in.
- They're starting a new school year → pray for them.

That makes the relationship feel personal rather than programmed.



# ENCOURAGEMENT

Make an intentional effort to know your assigned teen—their interests, personality, family, school, and story.

Here's 8 key milestones to find out and keep on hand:

## 1. Birthdays

Let your student know they are seen and valued.

## 2. Faith Milestones

Salvation, baptism, spiritual breakthroughs, or significant steps of faith.

## 3. New School Years

Starting middle school, high school, or senior year.

## 4. Personal Achievements

Academic accomplishments, sports, music, theater, jobs, or other achievements.

## 5. Spiritual Growth

Serving, leading, inviting a friend, reading Scripture, or growing in faith.

## 6. Persevering Through Challenges

Recognize courage, resilience, and Christlike character.

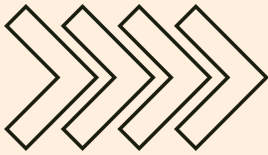
## 7. Graduation

Celebrate major transitions and new seasons.

## 8. Major Life Transitions

Getting a driver's license, starting a job, college acceptance, or another significant next step.





# SPIRITUALITY

Allies don't have to be Bible scholars or professional teachers to encourage spiritual growth.

## You can help your teens grow by:

### Praying...

Pray regularly for your teens and let them know you're praying.

### Pointing them...

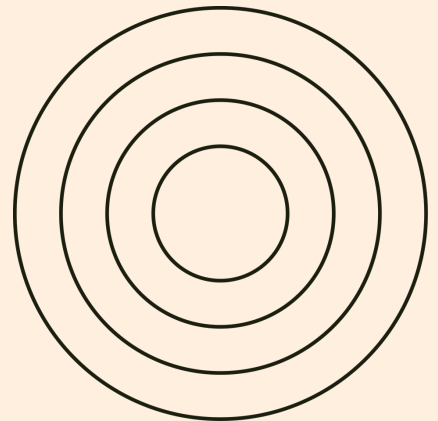
- Toward God's Word
- Prayer
- Jesus
- The church community
- Wise counsel

### Encouraging participation in things like...

- Worship
- Youth events
- Serving
- Baptism
- Personal Bible reading

### Modeling things like...

- Prayer
- Forgiveness
- Service
- Worship
- Bible Reading
- Handle disappointment



The youth ministry provides the teaching. Allies help teens live it out.

# Safety

Allies communicate and connect in ways that are appropriate, transparent, respectful, and always protect the well-being of the teen.

## Parent / Guardian Approval

Before an Ally relationship begins, a parent or guardian must **approve and sign off on the relationship** which will be initiated by church leadership. We believe being an Ally to teens is most effective when Allies partner with parents and families to support and encourage the spiritual growth and well-being of each teen.

Allies are not just existing in relationship with the teen, but with **both the teen AND their immediate parent or Guardian.**

## Communication Boundaries

Communication with teens outside of church gatherings should always happen through church-approved platforms or in a way that **includes the teens parent/guardian in the conversation** (*Such as a three-way chat*).

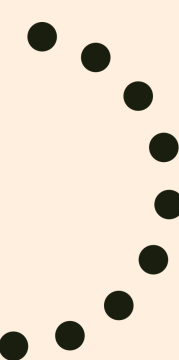
### Allies Avoid:

- Secret conversations
- Disappearing messages
- Inappropriate or overly personal conversations
- Late-night or one-to-one messaging
- Communication that would be uncomfortable for a parent or ministry leader to see.

### The No Secrets Rule:

A healthy adult never asks a teenager to keep communication, conversations, gifts, or meetings secret from parents or ministry leadership.





# Support

Your teen may come to you with questions about dating, friendships, family, school, work, or difficult decisions. Your role is not to solve every problem.

## Use this simple approach:

### LISTEN

Give them your attention. Ask questions.  
Don't rush to fix it.

### SUPPORT

Remind them that God is with them, they are loved, and they aren't alone.

### GUIDE

Help them think biblically rather than simply telling them what to do.

## Some Conversations shouldn't stay with the Ally.

**Things like:** abuse, self-harm, suicidal thoughts, illegal activity, eating disorders, pregnancy, addiction, domestic violence, anything involving the teens safety etc...

All of these should be immediately communicated to ministry leadership according to Victory's child protection policies (*See Victory's Protection Policy's and Procedures Pamphlet for more information about required reporting.*)

# Examples of Appropriate Support • • • •

## DATING

### GOOD...

- Discuss biblical principles.
- Encourage purity, respect, and wisdom.
- Ask questions.

### AVOID...

- "You should break up."
- "You should date him."
- Becoming the teen's relationship coach.

## FRIEND DRAMA

### GOOD...

- Teach forgiveness.
- Encourage healthy communication.
- Help them examine their own heart.

### AVOID...

- Taking sides.
- Contacting the other student.
- Becoming involved in the conflict.

## PARENT ISSUES

### GOOD...

- Encourage honoring parents.
- Listen compassionately.
- Encourage honest conversation.

### AVOID...

- Criticizing parents.
- Undermining parental authority.
- Becoming the teen's primary emotional support.

## STRESS ANXIETY

### GOOD...

- Listen without judgment.
- Encourage healthy coping and prayer.

### AVOID...

- Minimizing their feelings.
- Trying to be their counselor.

Allies are not responsible to solve teens' problems. Their role is to listen, encourage, ask questions, pray, and involve parents or ministry leaders when appropriate.

## OUR “NO SURPRISES” POLICY

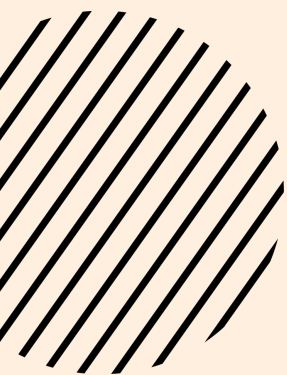
If a conversation is significant, Allies should let you know—not by sharing every detail, but by keeping leadership informed.

**For example:**

*"Hey Jake, just so you're aware, Sarah shared she's really struggling with anxiety. I encouraged her and prayed with her, but I wanted you to know."*

*"Josh asked for advice about his girlfriend. We talked through biblical principles, but I didn't tell him what decision to make."*

This keeps Allies from carrying heavy situations alone and gives ministry leaders visibility into what students are facing.



Allies are there to provide a caring presence, not professional guidance.

When a situation requires ongoing counseling, conflict resolution, or intervention, the mentor's role shifts from **helper** to **connector**—bringing in parents, pastors, or other appropriate leaders who are equipped to handle the situation.

That protects the teen, the Ally, and the integrity of the ministry.

## 04 | THE ALLY RHYTHM

### **Monthly: Serve**

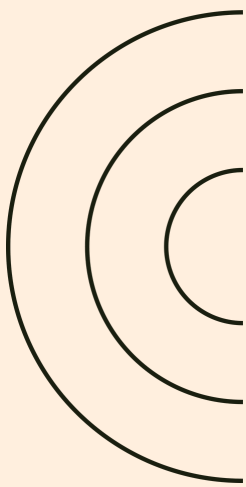
- Twice at Youth Services.
- At the Monthly Youth Event

### **Bi-weekly - Intentional Contact (Pick one):**

- Check in and ask how life is going.
- Send a message or note of encouragement.
- Ask a spiritual question or pray together.
- Look for something to affirm or celebrate.

### **Weekly:**

- Pray for your teens.



## 05 | THE ALLY MISSION

Your job isn't to be the perfect Ally.

Your job is to show up consistently, care genuinely,  
and point your teens toward Jesus.

You may never know the full impact of a conversation.

You may never see the fruit of a prayer.

You may not realize how much a simple text meant.

But when a teenager knows that an adult is in their corner, praying for them, believing in them, and helping them follow Jesus— it can change their life.

No Teen Should Walk Alone.  
Walk With Them.

