



Arise – Healing Teens’ Wounds of Trauma

Overview

Bible Society Australia is supporting the Bible Society of Kenya (BSK) in launching a teen Trauma Healing program. BSK will train teachers and peer counsellors, enabling them to support adolescents who may be facing trauma-related issues. BSK will also conduct awareness sessions for parents on teen trauma.



The Need

Recent research by the Kenyan Ministry of Health and stakeholders reveals a distressing upsurge in youth mental health issues, worsened by COVID-19 and family challenges. In schools, BSK has noted increased truancy, depression, and even suicides among students, causing distress among educators and parents.

These teenagers face imminent threats to their well-being due to traumatic experiences. There is an urgent need for the Church to become a refuge for healing, extending its support into schools. World Health Organization statistics underscore the importance of addressing these issues, as emotional disorders affect school performance and attendance, while social withdrawal deepens isolation and depression, sometimes leading to suicide.

10-20%

of the world’s children and adolescents have a mental health condition.

100

trauma healing facilitators will be trained to conduct teen healing sessions.

5,000

students will be reached with trauma healing support in 2024.

5,000

teens will receive a Bible to refer to during trauma healing sessions.

“Similarly, encourage the young men to be self-controlled. In everything set them an example by doing what is good!”

Titus 2:6-7a, NIV

Goals

BSK will collaborate with school administrators to create safe places for teenagers, rebuilding trust, and invite teens into a loving and judgement-free relationship. This project will actively listen to teens' stories and will give them a voice in their families and communities, as well as introduce them to the loving, comforting and faithful presence of Jesus. The project will also coach and mentor teens to support their peers.

In 2024, 1,000 copies each of "Healing Teens Wounds of Trauma" Facilitators manual and "Teens Journal - Life Hurts. Love Heals" will be printed. Around 100 project facilitators will be trained to conduct healing sessions in schools and churches, as well as establish a system for counselling referrals for teens in need. Each group of teens will receive Bibles (GNBs for junior secondary students and RSVs for high school students) to equip them with Scripture references in the sessions.

Impact

The total number of people this project aims to impact is 5,000. In one year, the project will reach 10 schools, each with 500 students.

The impact of this project will be seen in the restoration of healing for over 5,000 students. Safe places will be created in schools where students who are struggling can find a place to confide in. The impact will further be seen in improved relationships between teens, parents and teachers, and in improved academic performance amongst the students.

Testimonies

"This project seeks to call back to life the resilience of teenagers, enabling them to overcome the pain of traumatic experiences and move on to achieve their set goals and dreams. These teens will in turn encourage their peers through peer counselling activities." — Anne, Bible Society of Kenya.

Prayer Needs

- Pray for the willingness of the Church to arise and go out to schools.
- Pray for resources to train and equip the volunteers and facilitators.
- Pray for teens in Kenya, that they will find healing and hope in the word of God.