

How To Use the Endow High School Program

What materials do you have for high school girls?

Endow has a four-part series for high school students designed for each year of high school: *Created for Love*, *Created for Community*, *Created for Holiness*, and *Created for Mission*. However, these can be used one per year or you can choose to use them one after one.

Who should facilitate these studies?

We recommend that women with a heart for young people facilitate the group. Each group will do this differently, but it is important that this be a dynamic time of encounter with our Church's inheritance, not about rushing through the material. It is important to keep the meetings as focused and fun as possible. This will depend on the group, but we recommend between one and a half and two hours. There should be lots of opportunity for movement, activities, questions, and journaling. The key to sharing the inheritance of the Faith within any Endow group is that each host has the freedom and confidence to adapt the material according to that group's specific needs.

What is the Endow Method? Read Aloud!

Read aloud! There are six chapters in this study guide, broken up into three sections, with discussion questions at the end of each section. Endow Study Guides were written and designed to be read aloud during your Endow meeting—there is no homework! There is a profoundly incarnational experience in hearing the intellectual tradition of our Faith read aloud, similar to hearing the Gospel proclaimed at Mass. Don't be afraid to pause and discuss throughout the material. Be flexible and adaptable as to what is best for your group! It is suggested (but not necessary) to keep the Bible and the Catechism of the Catholic Church nearby for reference. Enjoy this episode about reading aloud from the Endow Podcast on [Reading Aloud, Thinking Deeply, and Living Well](#).

How can these books be used?

High School Youth Group - Youth group leaders use these books as part of their ongoing formation for girls in their programs.

At Home - These studies can be hosted informally in homes with friends as well as in parishes or schools.

Summer Study - During the summer months, moms have created Endow groups for their daughters, meeting eight times throughout the slower summer months. Combining social time and study time, these mothers create a fun and enjoyable group for their daughters to grow in friendship and discover their inherent dignity. College students love leading these groups.

High School Religion Class - Teachers have used the Endow study guides in their classrooms as well as part of an after-school program for young women who are interested in growing in formation.

Day or Weekend Retreats - These materials can be used as part of a day retreat for young women to discover their identity in Christ. Youth leaders and/or parents coordinate the parts of the study guide that they'd like to use.

What does a sample meeting look like?

7:00 p.m. – Icebreakers!
7:15–7:20 p.m. – Opening Prayer
7:20–7:40 p.m. – Read
7:40–8:00 p.m. – Discuss
8:00 p.m. – Break
8:10–8:30 p.m. – Read
8:30–8:50 p.m. – Discuss
8:50 p.m. – Closing Prayers/Announcements
9:00 p.m. – Goodbyes

What are some Endow icebreakers?

One way to create bonds in your group is to choose a Marian title to accompany you during this Endow Study. Using the Litany of Loreto, pick a Marian title for each member of your Endow group, and then after the closing prayer each night, pray your own Marian litany by going around the group one by one. Another effective way to transition from social time to study time is to start out by asking each person to share three things she is grateful for from the previous week. Encourage the women to be as concrete as possible. To aid you in choosing a Marian Title, we have a fun generator on our website. [Click here.](#)

Wondering what to do with the boys?

- [Man of the Household](#)
- [Fraternus](#)
- [That Man is You](#)
- Dodgeball – the game

Or a mixed group?

- [Endow's Study Guide on *Humanae Vitae* \(Of Human Life\)](#) is a gender-neutral study appropriate for high school students.

For more tips, please refer to the [Endow Leadership Guide](#) or contact us.