

FRIEND



ADVENTIST  
YOUTH  
CLASS

Name \_\_\_\_\_

Printed in U.S.A.

PERSONAL GROWTH

Requirements	Examiner's Signature	Date Met
<b>I. INVOLVEMENT (Required)</b>		
A. Be age 10 OR in grade 5, or its equivalent.	_____	_____
B. Be an active member of the AJY Society OR Pathfinder Club.	_____	_____
<b>II. COMMITMENT (Required)</b>		
A. Repeat from memory the AJY/ Pathfinder Pledge and Law.	_____	_____
B. Read <i>The Happy Path</i> .	_____	_____
<b>III. GROWTH (Required)</b>		
A. Earn the Friend Reading Certificate OR the Junior Reading Certificate.*	_____	_____

**Requirement:** Do Sections I, II, and III for the standard class requirements.  
Do Sections I, II, and III for the advanced classes.

\*See **Instructor's Manual** for qualifying requirements.

SPIRITUAL DISCOVERY

Requirements	Examiner's Signature	Date Met
<b>I. SCRIPTURE (Required)</b>		
A. Memorize a Bible text for each of the following subjects: prayer, doctrine, behavior, salvation, relationships, promises/praise, great passages.*	_____	_____
B. Recite in order the names of the Old Testament books of the Bible and know the five areas into which the books are grouped. Demonstrate your ability to find any given book.	_____	_____
<b>II. CHURCH HERITAGE (Optional)</b>		
A. During several worship periods read with your parents the historical prologue to the book <b>Early Writings</b> and list the main events of the founding of the SDA church, OR fulfill other options in <b>Instructor's Manual</b> .*	_____	_____
<b>III. CHRISTIAN HERITAGE (Optional)</b>		
A. In consultation with your leader, choose one of the following Old Testament characters: Joseph, Jonah, Esther or Ruth, and discuss with your group Christ's loving care and deliverance as shown in the story.	_____	_____
B. Discover your family's spiritual roots.*	_____	_____

**Requirement:** Do Section I and select either Section II or III for the standard class requirements.  
Do Sections I, II, and III for the advanced classes.

\*See **Instructor's Manual** for qualifying requirements.

SERVING OTHERS

Requirements	Examiner's Signature	Date Met
<b>I. ONE TO ONE (Optional)</b>		
A. Visit an absent member of your group and follow it up with a phone call, letter, or card encouraging attendance.	_____	_____
<b>II. GROUP WITNESS (Optional)</b>		
A. Become acquainted with a new person through a sharing activity, and make at least 3 additional contacts with that person.	_____	_____
<b>III. COMMUNITY OUTREACH (Optional)</b>		
A. With the help of 2 or 3 friends spend 4 hours working for your church, school, or community.	_____	_____

**Requirement:** Select two of the three sections for the standard class requirements.  
Do Sections I, II, and III for the advanced classes.

Requirements	Examiner's Signature	Date Met
<b>I. BUILDING RELATIONSHIP (Optional)</b>		
A. List 10 qualities of being a good friend, and discuss 4 everyday situations where you have practiced the "Golden Rule".	_____	_____
<b>II. CHRISTIAN LIFESTYLE (Optional)</b>		
A. Discuss and demonstrate good table manners with your parents/guardian or group leader.	_____	_____
<b>III. GOOD CITIZENSHIP (Optional)</b>		
A. Say the pledge of allegiance to your flag. Explain the meaning of it.	_____	_____
B. Sing or say your national anthem and explain its meaning.	_____	_____
<b>Requirement:</b> Select two of the three sections for the standard class requirements. Do Sections I, II, and III for the advanced classes.		

Requirements	Examiner's Signature	Date Met
<b>I. HEALTH PRINCIPLES (Optional)</b>		
A. Discuss the temperance principles in the life of Daniel, OR participate in a presentation or role play on Daniel 1.	_____	_____
B. Explain the dangers and the effects of alcohol, tobacco, and drugs.	_____	_____
<b>II. FIRST AID/SAFETY (Optional)</b>		
A. Complete the Red Alert Honor.**	_____	_____
B. Study and practice "Personal Safety".*	_____	_____
<b>III. FITNESS/EXERCISE (Optional)</b>		
A. Have had a physical exam by your family doctor in conjunction with school policy.	_____	_____
B. Complete one of the fitness tests for your age.*	_____	_____
1. President's Physical Fitness		
2. Canadian Fitness		
3. Health-Related Physical Fitness (for physically disabled)		
Set goals and improve.	_____	_____
<b>Requirement:</b> Select two of the three sections for the standard class requirements. Do Sections I, II, and III for the advanced classes.		
*See <b>Instructor's Manual</b> for qualifying requirements.		
**See <b>AY Honors Handbook</b> for requirements.		

Requirements	Examiner's Signature	Date Met
<b>I. LEADERSHIP (Optional)</b>		
A. Learn the names of your club leaders or Sabbath School leaders and tell how they work together.	_____	_____
B. Take a 3-hour or 5-mile (8 km) hike and identify track and trail signs along the way. Discuss how the activity was planned.	_____	_____
<b>II. CLUB AWARENESS (Optional)</b>		
A. Discuss with your counselor your involvement in the total Pathfinder Club program, OR for AJY Societies, invite a Pathfinder expert to speak to your group.*	_____	_____
<b>III. PATHFINDER PROGRAMMING (Optional)</b>		
A. Take part in three of the following:		
1. Induction		
2. Club meeting		
3. Pathfinder Sabbath		
4. Investiture service		
5. Quarterly scheduling		
6. Club campout	_____	_____
B. Complete requirements 1 and 4 of the Drilling and Marching Honor.*	_____	_____
<b>Requirement:</b> Select two of the three sections for the standard class requirements. Do Sections I, II, and III for the advanced classes.		
*See <b>Instructor's Manual</b> for qualifying requirements.		

Requirements	Examiner's Signature	Date Met
<b>I. SPIRITUAL LESSONS (Required)</b>		
A. Review the story of the lost sheep, and find at least 3 other examples in nature that are used in the Bible to describe the character of God.	_____	_____
<b>II. NATURE APPRECIATION (Optional)</b>		
<b>A. Birds/Mammals</b>		
Set up a feeding station for the birds or mammals. Report on the types of visitors appearing during the week.	_____	_____
<b>B. Seeds</b>		
<b>Amphibians/Reptiles</b>		
Collect or obtain and identify 15 different kinds of seeds OR help set up and observe a terrarium for amphibians/reptiles.	_____	_____
<b>III. NATURE HONOR (Optional)</b>		
A. Complete a nature honor at your skill level, not previously earned.**	_____	_____
<b>Requirement:</b> Do Section I for the standard class requirements. Do Sections I, II, and III for the advanced classes.		
**See <b>AY Honors Handbook</b> for requirements.		



# OUTDOOR LIVING

Requirements	Examiner's Signature	Date Met
<b>I. OUTDOOR SKILLS (Optional)</b>		
A. Tie and know the practical use of ten knots.	_____	_____
B. Learn the safety rules for camping.*	_____	_____
<b>II. OUTDOOR ACTIVITY (Optional)</b>		
A. Earn Camping Skills #1 Honor.**	_____	_____

**Requirement:** Select I or II for the standard class requirements. Do Sections I and II the advanced classes.

- \* See the **Instructor's Manual**, Outdoor Appendix.
- \*\* See the **AY Honors Handbook** for requirements.

# HONOR ENRICHMENT

Requirements	Examiner's Signature	Date Met
<b>I. ARTS &amp; CRAFTS &amp; HOBBIES</b>		
<b>HOUSEHOLD ARTS</b>		
A. Complete one honor at your skill level, not previously earned, in the area of art, craft, hobby, or household skills.**	_____	_____
<b>II. RECREATIONAL/VOCATIONAL/OUTDOOR INDUSTRIES</b>		
A. Complete one honor at your skill level, not previously earned, in the area of recreational skills, vocational studies, or outdoor industries.**	_____	_____
B. Earn the Beginners Swimming Honor.**	_____	_____

**Requirement:** This track is not required for the standard class requirements. Do Sections I and II for the advanced classes.

- \*\* See **AY Honors Handbook** for requirements.