

# Friend

## Personal Growth

### I. Involvement (Required)

- A. Be age 10 or in grade 5, or its equivalent.
- B. Be an active member of the AY Society or Pathfinder Club.

### II. Commitment (Required)

- A. Repeat from memory the AY/Pathfinder Pledge and Law.
- B. Read the **Happy Path**.

### III. Growth (Required)

- A. Earn the Friend Reading Certificate or the Junior Reading Certificate\*. (The Junior Reading Certificate and the Friend Reading Certificate are very similar. For simplicity, the Friend Certificate requirements have been listed here.)
  - 1. From the Old Testament choose one Bible character and read the chapters on his/her life. Read what can be found on the same person from a Bible commentary, Biblical research book, or the spirit of prophecy.
  - 2. Find and read at least three current articles (or three chapters in a book) on etiquette and social graces
  - 3. Read at least two current articles on each of the following: nutrition, drugs, alcohol, and tobacco.
  - 4. From your Christian book store, school, or public library obtain and read a book on one of the following: missions, nature or science, or biography.
  - 5. Read Weeks 1 -13 in the Weekly Bible Reading Guide.

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

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

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## Spiritual Discovery

### I. Scripture (Required)

- A. Memorize a Bible text for each of the following subjects: prayer, doctrine, behavior, salvation, relationships, promises/praise, and 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.

## II. Church Heritage (Optional)

- A. During several worship periods read with your parents the historical prologue to the book **Early Writings** and list the main events of the founding of the SDA church, or fulfill other options in the **Instructor's Manual**. \*

## III. Christian Heritage (Optional)

- 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 Sections I, and select either II or III for the standard class requirements.

Do Sections I, II and III for the advance classes.

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

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## Serving Others

### I. One to One (Optional)

- A. Visit an absent member of your group and follow it up with a phone call, letter or card encouraging attendance.

### II. Group Witness (Optional)

- A. Become acquainted with a new person through a sharing activity, and make at least 3 additional contacts with that person.

### III. Community Outreach (Optional)

- A. With the help of 2 or 3 friends spend 4 hours working for your church, school. or community.

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

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## Making Friends

### I. Building Relationships (Optional)

- A. List 10 qualities of being a good friend, and discuss 4 everyday situations where you have practiced the "Golden Rule".

### II. Christian Lifestyle (Optional)

- A. Discuss and demonstrate good table manners with your parents/guardian or group leader.

### III. Good citizenship (Optional)

- 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.

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

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## Health & Fitness

### I. Health Principles (Optional)

- A. Discuss the temperance principles in the life of Daniel, or participate in a presentation or a role-play on Daniel 1.
- B. Explain the dangers and the effects of alcohol, tobacco, and drugs.

### II. First Aid/Safety (Optional)

- A. Complete the Red Alert Honor.
- B. Study and practice "Personal Safety".\*

### III. Fitness & Exercise (Optional)

- 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)
  - 4. Set goals and improve.

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

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

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## Youth Organization

### I. Leadership (Optional)

- 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 (8km) hike and identify track and trail signs along the way. Discuss how the activity was planned.

### II. Club Awareness (Optional)

- A. Discuss with your counselor your involvement in the total Pathfinder Club program, or for AY Societies, invite a Pathfinder expert to speak to your group.\*

### III. Pathfinder Programming (Optional)

- 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 Drill and Marching Honor.
  - **Requirement #1:** Explain five or more objectives of drilling.
  - **Requirement #4:** Properly execute the following basic movements:
    - a. Attention
    - b. Parade Rest
    - c. Stand at Ease
    - d. At Ease
    - e. Dress Right Dress
    - f. Prayer Attention
    - g. Present Arms
    - h. Order Arms
    - i. Right Face
    - j. Left Face
    - k. About Face
    - l. Fall Out

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

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

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## Nature Study

### I. Spiritual Lessons (Required)

- 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.

### II. Nature Appreciation (Optional)

- A. Birds/Mammals-Set up feeding station for the birds of mammals. Report on the types of visitors appearing during the week.
- B. Seeds-Amphibians/Reptiles-Collect or obtain and identify 15 different kinds of seeds or help set up and observe a terrarium for amphibians/reptiles.

### III. Nature Honor (Optional)

- A. Complete a nature honor at your skill level, not a previously earned.

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

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## Outdoor Living

### I. Outdoor Skills (Optional)

- A. Tie and know the practical use of ten knots.
- B. Learn the safety rules for camping.\*

### II. Outdoor Activities (Optional)

- A. Earn Camping Skills #1 Honor.

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

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

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# Honor Enrichment

## I. Arts, Crafts & Hobbies Household Arts

- A. Complete one honor at your skill level, not previously earned, in the area of art, craft, hobby, or household skills.\*\*

## II. Recreational & Vocational

- A. Complete one honor at your skill level, not previously earned, in the area of recreational skills, vocational studies, or outdoors industries.\*\*
- B. Earn Beginners Swimming Honor.

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

\*\*See **AY Honor Handbook** for requirements.