Preparing (PARENTS) for Adolescence

“Adolescence is a period of rapid change. During the age of 12-17, for example, a parent ages as much as 20 years”

“Perhaps the only thing more difficult than being a teenager is parenting one.”

“Oh to be only half as wonderful as my child thought I was when he was small, and only half as stupid as my teenager thinks I am now.”

What is ADOLESCENCE?
- Period of rapid change and development (physical, emotional, mental and spiritual)
  Luke 2:52
- Growing Independence/rebellion
- Maturation/responsibility
- Transition from "child to adult" I Corinthians 13:11-12

Having “The Talk”

Research indicates that 98% of parents want to be the ones to teach their children “the facts of life” and that the majority of students want this information from their parents.

When to have “The Talk”?
What to talk about with your “Tween”

- Themes for the child to age 7 (Adapted from “Talking About Sex” by Amy Stephens at www.focusonthefamily.com/parenting/sexuality)
  1) God made your body
  2) Your body is yours and no one else’s
  3) We care for our bodies
  4) Boys and girls are different
  5) Practice modesty
  6) Affirm your child’s gender

- Puberty Prep 4 areas of importance: (Dr. Dobson Answers Your Questions, P. 259-260)
1) Rapid growth, need for rest, nutrition and hygiene
2) Physical maturation
3) Menstrual cycle for girls
4) Timing; ages 12-19 for boys and 10-17 for girls

- Dating and marriage
- Where babies come from
- Peer pressure/drugs/alcohol/sex & purity – Romans 12:1-2
- Mind your MIND – Proverbs 4:23

Planning a Parent/Child Week-end:
- Gather materials (i.e. “Preparing for Adolescence” or “Passport2Purity”)
- Schedule a date
- Make arrangements
- Make it special. Have a great time!

NOTE: Think about how to protect your child’s innocence. Tools like Safe Eyes and AVG Family Safety for iPhone may be helpful. You may also want to check out Teen Cell Phone Contract at http://joshshipp.com/wp-content/uploads/2015/07/teen-cell-phone-contract.pdf

Parenting the Adolescent

- Deuteronomy 6 Principle: Personal and Diligent
- Releasing them like arrows, Ps. 127:4-5
- Long-range goal, Mt. 6:33

Resources

A Chicken’s Guide to Talking Turkey with Your Kids About Sex by Kevin Leman and Kathy Flores Bell, Zondervan

Family Life Today – www.familylife.com (You can order the replacement pack for the student book and materials to go along with the Passport2Purity kit in addition to a multitude of other resources.)

Family Talk – Dr. James Dobson – www.drjamesdobson.org

Focus on the Family – www.fotf.org (Many resources, including downloadable articles. Highly recommend)

John Rosemond’s Traditional Parenting – www.rosemond.com (His books on parenting are some of the best available including Teen Proofing.)

“Raising a Modern Day Knight” – www.rmdk.com (Program for boys/dads)

Growing Leaders – www.growingleaders.com (A youth leadership mentoring organization founded by Dr. Tim Elmore) Also, www.savetheirfuturenow.com

Artificial Maturity: Helping Kids Meet the Challenge of Becoming Authentic Adults by Tim Elmore, Jossey-Bass