



## How is my high school student wired?

- As student transitions from middle school to high school, they move from a phase of discovery to one of passion.
  - Students want to get plugged in and make a difference.
  - They're looking for tangible, real opportunities to contribute.
  - Now is the chance to encourage students to take action.
- Some parents struggle with their student beginning to spread their wings.
  - Rejoice in the student's desire to take steps.
    - Trends point to more and more teenagers (and twenty-somethings) delaying adulthood. This may be categorized as a failure to launch.
  - One way to help prevent this failure is to encourage students to take meaningful steps now, while there is still the safety net of Mom and Dad in the event of a misstep.
    - Failures make excellent learning opportunities.
    - Better to fail now and feel some of the weight, than to fail for the first time outside the home and have no idea how to handle the situation.

## What do I do if my student comes to me about an issue or cause that I know nothing about?

- Don't fake it. Admit that you're ill informed.
- Ask for time to do some research.
  - Set a time to come back together to discuss.
- Utilize every resource at your disposal to get up to speed.
- When you come back to discuss, ask good questions.
  - *What does the Bible have to say about this?*
- Connect the student's passion to their faith.
- Show enthusiasm that they're excited.
- Encourage critical thinking. Challenge the student to go below the surface level.

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## How do I establish healthy, Christ centered rhythms?

- Time is a precious commodity for students just as much as adults.
- Don't feel pressured to create entirely new events.
  - Utilize some of the natural times that bring the family together.
    - Car time (which will evaporate as students begin to drive themselves of ride with friends).
    - Meal time.
    - Even students with full schedules have to eat.
    - Establish certain nights for family dinner.
    - No screens allowed.
- Intentional conversation.
  - Ask open ended questions.
  - Play High/Low.
  - Ask students to describe their high and low point of the day (and why).
- Communicate expectations and stay on schedule.
  - Try to be as consistent as possible.
  - Students will follow the example set for them, so set a strong example.
    - For instance, parents want their students to value and prioritize attending church, but rarely do so themselves.
    - Actions speak louder than words.

## My student listens to their friends far more than they listen to me!

- Parents are the greatest influence in the life of a student.
  - Parents spend far more time with students.
  - This is true both now, and over the course of their life.
  - Parents have greater influence than friends, but also coaches, teachers, pastors, etc.
  - Parents are the primary educator in the life of a student.
- Who students spend time with will have a large impact on their worldview, thought processes, etc.
  - Friends are a crucial component in the life of a teenager.
  - Parents should invest time getting to know their student's friends.

### RESOURCES

- Phase Guides for grades 9–12.  
Each guide details some of what to expect in each phase developmentally, socially, etc. (Contact [students@brookwoodchurch.org](mailto:students@brookwoodchurch.org) for a copy.)
- *Family Worship*, by Donald Whitney  
A simple, short book that communicates a clear plan for establishing worship rhythms in the home

*"But as for me and my household, we will serve the Lord."* Joshua 24:15