

ELEVENTH GRADE

THE PHASE
WHEN →

AND YOUR VERY
BUSY TEENAGER



ANSWERS ALL YOUR
QUESTIONS WITH

THERE'S LESS
DRAMA,
←
MORE STRESS

"JUST TRUST ME."







JUNIORS ARE BECOMING WHO THEY REALLY ARE.

The rapid influx of hormones has regulated, the fight for peer acceptance has subsided, and the intensity of conflict over independence... well, they've worn you down. You may begin to see glimpses of rationality as your junior finds their voice, fills their calendar, and accomplishes surprising things.

“ACCOMPLISH” IS THE WORD FOR THIS PHASE.

Many juniors must pass an end-of-year graduation test. Some may also begin an after school job. Others focus on AP courses, an internship, volunteer activities, extracurricular leadership roles or SAT prep. Whether your teen is caught up in the race to win or simply trying to survive, junior year easily has the highest pressure.

WITH ALL THAT'S HAPPENING, DON'T BE SURPRISED IF IT'S HARD TO KEEP UP.

Actually they don't expect you to keep up. What they really want is for you to trust them. After all, they will be out of the house soon, and you will have to trust them anyway. Let this be a practice year for both of you. Help them prove the ways they can be trusted, choose your battles wisely, and parent them in the areas that seem to be most challenging for them personally.

IT'S JUST A
PHASE

SO DON'T
MISS IT



YOUR ROLE IS TO
MOBILIZE
THEIR POTENTIAL

Your junior wants to matter now. They want to live the life they feel they were born to live-and they don't want to wait to get started. But don't disengage as they gravitate toward experiences that will enrich their life story. Mobilize their potential by listening, guiding, and encouraging their self-expression.

**THINKS LIKE
A PHILOSOPHER**

You help them learn when you...
ASK QUESTIONS.

**WANTS TO KNOW,
"HOW CAN
I MATTER?"**

You capture their heart when you...
REFINE THEIR SKILLS.

**IS MOTIVATED
BY FREEDOM.**

You coach their moral abilities when you...
**ENCOURAGE THEM
TO SERVE OTHERS.**



YOU CAN HELP YOUR HIGH SCHOOLER...

LOVE
GOD.

LOVE
OTHERS.

LOVE
LIFE.

When you **MOBILIZE** your high schooler's potential,
you help them...

**KEEP PURSUING AUTHENTIC FAITH.
DISCOVER A PERSONAL MISSION.**

Practically speaking, that means every week
you have an opportunity to...

**CONNECT THEM WITH A WEEKLY SMALL GROUP.
ENCOURAGE SERVICE OPPORTUNITIES.**

TALK ABOUT FAITH TOGETHER.

(But try not to have all the answers.)

PRAY FOR THEM.

You can do these things by taking advantage
of the time you already spend together.

MORNING TIME

Instill purpose by
starting the day with
encouraging words.

MEAL TIME

Schedule a consistent
time to eat and
talk together
(even once a week).

THEIR TIME

Strengthen your
relationship by
adjusting your plans
to show up when they
need you.



YOUR HIGH SCHOOLER IS CHANGING...

PHYSICALLY

- » Has difficulty falling asleep before 11pm (it's biological)
- » Needs nine hours of sleep and one hour of exercise per day
- » Girls have likely reached adult height and body development
- » Guys may continue to grow in height and develop muscle mass, body, and facial hair

MENTALLY

- » Can be insightful and incisive about complex issue
- » Wired for risk-taking and sensational experiences
- » Tends to be opportunistic and idealistic
- » Struggles with long-term thinking
- » Expanding mental capabilities to grasp paradox, hyperbole, innuendo, and satire

RELATIONALLY

- » Dating relationships may become more "committed"
- » Increased interest in sexual expression (54% of eleventh graders report being sexually active)
- » Cares deeply about issues like control, responsibility, and freedom (both personally and globally)
- » Tends to be self-focused, busy, and unavailable

EMOTIONALLY

- » Values humor as a positive point of connection
- » Becoming more at ease with who they are; may become more honest than in previous phases
- » Often takes on more than they can handle
- » May struggle with regulating emotions and social control

PHASE:

A TIMEFRAME

IN A KID'S LIFE WHEN YOU CAN

LEVERAGE

DISTINCTIVE OPPORTUNITIES TO INFLUENCE

THEIR FUTURE



YOU HAVE 104 WEEKS AND COUNTING...

IT'S JUST A
PHASE
SO DON'T MISS IT



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