

TENTH GRADE

THE PHASE
WHEN →

AND YOUR
RESOLUTE TEEN



WILL PUSH YOU TO ANSWER,

"EVERYONE ELSE
CAN...,"



"NOBODY ELSE HAS TO..."

"WHY NOT?"







THIS PHASE MARKS A YEAR OF INDEPENDENCE.

Sweet Sixteen means sweet freedom. Whether this is getting a driver's license or having friends who have one, your teenager probably no longer depends on you for transportation. This year you may constantly question just how much is too much freedom.

SOPHOMORE YEAR IS A BLEND OF FRESH SKEPTICISM AND NEW DISCOVERIES.

With newfound freedom comes greater life experience. That really life-shattering bad thing you warned them about? They know someone who survived it. The standards you held up for them in the past? They may come to realize you haven't always lived by them. So get ready for them to challenge the process.

THE DAYS OF “BECAUSE I SAID SO” ARE FAR BEHIND YOU.

A sophomore still needs boundaries, but unless the boundaries make sense in light of their personal (and changing) beliefs, they won't stay within them. Just remember, when you “debate” (loudly) boundaries with a sophomore, stay in the present. They aren't challenging what you both want ten years from now, they just need you to understand what they need right now.

IT'S JUST A
PHASE

SO DON'T
MISS IT



YOUR ROLE IS TO **MOBILIZE** THEIR POTENTIAL

Okay. You're hoping to get through this phase with as few crises as possible. Tenth graders are expanding their life experience, and they will push the limits. They will question. They might even rebel a little-even though you never did. So guide them to clarify their values carefully. They still need you more than they will say.

**THINKS LIKE
A PHILOSOPHER**

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

**WANTS TO KNOW,
"WHY SHOULD I
BELIEVE?"**

You capture their heart when you...
CLARIFY THEIR VALUES.

**IS MOTIVATED
BY FREEDOM.**

You coach their moral abilities when you...
**CATCH THEM DOING
SOMETHING GOOD.**



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 experience an increase in acne, voice changes, and weird dreams

MENTALLY

- » Increasingly able to focus, recall, and organize information
- » Keenly aware of global issues and may be critical of the adult world
- » Overly self-aware; may think, "everybody's watching me"
- » Wired for risk-taking and sensational experiences
- » Tends to be curious, inquisitive, and drawn toward the supernatural

RELATIONALLY

- » Dating relationships may become more "committed"
- » Increased interest in sexual expression (41% of tenth graders report being sexually active)
- » Increased susceptibility to date violence and rape (16 years)
- » May experience depression; highest year for teen suicide
- » Desires respect and responsibilities that increase freedom; may enjoy sharing ideas with adults who will listen

EMOTIONALLY

- » Feels empowered through choices rather than rules
- » Responds well to specific praise
- » Becoming aware of their personal tendencies and patterns
- » Needs help navigating extreme emotions
- » Seeks experiences that create intense feelings and emotions
- » Vulnerable to addiction: self-harm, alcohol, pornography, etc.

PHASE:

A TIMEFRAME

IN A KID'S LIFE WHEN YOU CAN

LEVERAGE

DISTINCTIVE OPPORTUNITIES TO INFLUENCE

THEIR FUTURE



YOU HAVE 156 WEEKS AND COUNTING...

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



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