



PARENT CONNECT

A BRIDGE BETWEEN PARENTS AND YOUTH MINISTRY



RECOGNIZING DEPRESSION

Teen moodiness might be giving way to clinical depression when these characteristics are present:

- Apathy - Complaints of pain, including headaches, stomach aches, fatigue, or lower-back pain - Difficulty concentrating*
- Difficulty making decisions - Memory loss - Irresponsible behavior - Rebellious behavior - Sadness, anxiety, or hopelessness -*
- Insomnia at night and sleeping during the day*
- A sudden drop in grades - Use of alcohol or drugs - Promiscuous behavior - Withdrawal from friends and activities*

Don't dismiss these symptoms as "typical teenage behavior"—especially if they seem consistent and last longer than two weeks.

SUICIDE WARNING SIGNS

Suicide is the second-leading cause of death for Americans ages 10 to 24, and an estimated one in 12 teens attempts to kill themselves. Four out of five teenagers who attempt suicide give clear warning signs beforehand, so it's important to be alert for indications that your teenager might be contemplating suicide. For example:

- They talk about dying ("I just wish I were dead" or "Everyone would be better off if I just wasn't here anymore").
- They unexpectedly settle "debts," returning borrowed items, repaying money, etc.
- They give away special items ("I wanted you to have this; it's my favorite album").
- They experience a significant change in diet, weight, personal appearance, or sleeping habits.
- They lose interest in once-valued activities.

are especially vulnerable. Some young people experience a chemical imbalance that can be addressed with medication. Others benefit from therapy or support groups, whether in-person or online.

Because suicide is prevalent among 18- to 24-year-olds too, stay aware of this problem as your teenagers leave the nest. Schedule regular phone calls (or Skype and FaceTime "dates") with your young adults who leave home. Also plan some visits to see them, including an occasional surprise. Privacy laws may prevent colleges from sharing details about students' grades and attendance, but do what you can to be included in that information.

Remember to pray for your teenagers as they face life's challenges, and keep the lines of communication open with them, too. Remind your kids that you're always available to talk—or to find someone for them to talk to, if they're struggling.

Depression is the leading cause of suicide, and with raging hormones and a slew of life changes, teenagers



By Darren Sutton



YOUTH CULTURE

A WORD FROM THE WORD

Children are a gift from the Lord; they are a reward from him.

Psalm 127:3, NLT



VALUE YOUR KIDS

Chicago White Sox player Adam LaRoche recently retired from baseball following a disagreement with management about his son. Fourteen-year-old Drake had been attending games in the dugout and hanging out with his dad in the clubhouse.

Prior to joining the White Sox, LaRoche had stipulated that his son's presence be allowed, but this year management asked him to dial that back. Rather than curtailing the time with Drake, LaRoche retired, walking away from \$13 million this season alone.

"Of one thing I am certain," LaRoche said in a statement. "We will regret not spending enough time with our kids, not the other way around. At every level of my career, the game of baseball has reinforced the importance of family to me. Being at my father's side when he coached. Playing alongside my brothers as a kid and as an adult in the big leagues. Likewise, it has been great to have my son by my side to share in this

experience as I played. In each and every instance, baseball has given me some of my life's greatest memories. This was likely to be the last year of my career, and there's no way I was going to spend it without my son."

Adults face many distractions that seem like necessities. Yet the only necessity is raising kids who know they're loved and who love Jesus and others. Having the courage to make that your top priority is a sign of strong parenting.

By Darren Sutton

SHOWING KIDS THEY'RE VALUED

Here are a few ways—besides walking away from a \$13 million contract—to show your kids how much you value them:

Prize your kids above everyone else except your spouse.

Take an uninterrupted day off, with no electronics, email, or work phone.

Include your kids in major family decisions, such as job changes, housing options, and moves.

Celebrate their accomplishments as well as their failures.

Occasionally drop everything at your kids' request in order to spend one-on-one time with them.

Create a love routine, such as a regular "date" night, a phrase you use every day, a prayer before bed, and so on.



IN THEIR WORLD

FAST FACTS ABOUT CAFFEINE

One 8-ounce cup of brewed coffee contains 95 to 200 mg of caffeine.

One restaurant-style 1-ounce cup of espresso contains 47 to 75 mg.

One 8-ounce specialty coffee (such as mocha or latte) contains 63 to 175 mg of caffeine.

An estimated three out of four regular caffeine users are addicted to the substance.

Consuming as little as 200 mg of caffeine a day can lead to addiction and altered brain chemistry.

About half of people who quit using caffeine experience severe headaches that typically last two to nine days.

Most energy drinks contain high caffeine levels. (Red Bull is the most popular, with Monster a close second.)

Source: MedicalNewsToday.com



CAFFEINATED CURSE

An estimated 83% of teenagers consume caffeine regularly, and 96% partake at least occasionally. That means caffeine is more popular than cell phones or Snapchat!

Some teenagers consume 800 mg of caffeine daily—twice the safe level for most healthy adults. For adolescents, 100 mg is the recommended limit. Although people often forget that caffeine is a drug, even at lower doses, side effects such as jitteriness, increased heart rate, anxiety, insomnia, and gastrointestinal issues can occur.

Many teenagers report using caffeine to be more alert for studying or test-taking. And although they may be aware of caffeine's negative effects, few realize the

levels of caffeine present in soda, tea, and coffee.

It doesn't help that many parents supply (and consume) caffeine in abundance. Moderation is key to avoiding caffeine dependence. Great ways to curb caffeine use include parental awareness and modeling, good sleep habits, and energy replacement, such as exercise.

Enjoying an occasional latte with your teenager or a soft drink at the ballgame is a wonderful way to bond. But if you notice their caffeine consumption becoming regular or habitual—or necessary for day-to-day functioning—it may be time to help them set some limits.



MAY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27 Wed Class @ 6	28	29	30
1 9 a.m. Class Teen Auction	2	3	4 Wed Class @ 6	5	6 Relay 4 Life	7
8 9 a.m. Class	9	10	11 Wed Class @ 6	12	13	14
15 9 a.m. Class Bruce at San Angelo for Camp	16	17	18 Wed Class @ 6	19	20 Small Group's	21 Car Wash???
22 Baccalaurette Services	23	24	25 Wed Class @ 6	26	27	28
29 9 a.m. Class Lakeview	30	31	1	2	3	4



Hi Parents,

Summer is coming! Summer is coming!

And with it come awesome opportunities for church activities, summer sports leagues, part-time jobs, and lounging around the house. The break from school routines is wonderful yet can be frustrating at times. Begin thinking now how your family will manage the summer hours. When they arrive, your plan will help ease the transition.

And remember, our ministry will have a full summer calendar of opportunities for your kids to grow in their relationship with Jesus and each other. We love the opportunity you give us to walk alongside you like this. Thank you!

Enjoy the last few weeks of temperate weather, and get ready to crank up the air conditioner. Remember: Our team loves you and prays for you often!

Your student ministries team
Bruce Daughtry