



PARENT CONNECT

A BRIDGE BETWEEN PARENTS AND YOUTH MINISTRY



EFFECTIVE RESTRICTION

Use these guidelines from *Psychology Today* to ground teenagers effectively:

Don't strip away all freedoms simultaneously.

Don't cut off all social interaction.

Don't remove a pillar of self-esteem—or the primary area where your teenager derives self-worth.

Keep groundings short.

GROUNDED FROM CHURCH?

For years, parents and youth ministers have debated whether teenagers should be grounded from church activities. The most honest answer to this disciplinary gray area is...maybe.

The truth is, discipline of any kind is most effective and productive when it's a natural consequence of the infringement. Although grounding teenagers from worship services or Bible studies seems counterintuitive, restricting them from church-related social events might be just what the doctor ordered. Perhaps the consequence needs to temporarily impact entertainment connections.

So rather than grounding kids from church as a whole, if the situation warrants, consider drawing boundaries around activities that are more leisure in nature...on every front. Church, school, and extracurricular activities all host auxiliary events. Curbing those moments can communicate to a teenager that consistent worship, teaching, devotionals, etc. are paramount to spiritual growth, while some "extra" activities are more supplemental to one's faith walk.

When administering corrective actions, it's important to evaluate the details of the offense, the disciplinary

measures, and the intent of the church-related event or activity. Think through all the points before making a final call.

And remember: Youth workers can be great resources for parents. Consider reaching out for advice, support, and encouragement. Personal, private conversations between a student and youth worker also can lead to great strides in teenage discipline and attitude. Mentors are vital in students' lives.



YOUTH CULTURE

A WORD FROM THE WORD

For the word of the Lord holds true, and we can trust everything he does. He loves whatever is just and good; the unfailing love of the Lord fills the earth.

Psalm 33:4-5, NLT



VITAL SKILLS FOR SENIORS

Julie Lythcot-Haims, former Stanford dean of freshmen and author of *How to Raise an Adult*, identifies eight basic skills all 18-year-olds need:

Talking to strangers—Graduating seniors are about to embark on a real-world journey where a spokesperson isn't always at the ready to intercede for them. Kids need to know how to communicate with everyone from faculty advisers to mechanics.

Finding their way around—From campus maps to summer internships, it's vital for kids to understand how to get where they need to go. This skill becomes even more critical now that 25% of Millennials aren't getting a driver's license until age 25 (according to a report in *USA Today*).

Managing workloads, assignments, and deadlines—Prioritizing tasks and managing their own reminders is a great sign that 18-year-olds are ready to embark on adulthood.

Contributing to a household—Although schedules can be hectic, 18-year-olds should know how to perform basic chores.

Handling interpersonal problems—By the time they graduate from high school, kids should be able to cope with disappointments and handle conflicts without continued assistance.

Coping with ups and downs—Workloads, classes, and expectations can be tough. Life won't always be bright and sunny, so knowing how to navigate a cloudy day is crucial.

Earning and managing their own money—Graduates need to embrace a strong work ethic, and allowances should become a thing of the past.

Taking risks—Navigating the pitfalls of risk helps develop grit and resilience for the future.

10 THINGS TO KNOW BEFORE SENIOR YEAR

Seventeen-year-old incoming senior Riley Griffin offered this advice to peers:

It's never too early to start preparing for life after high school.

Don't try to be something you're not.

Find your "thing" and follow through.

You might not fall in love with a school.

It's important to have an outlet.

Don't go on interviews unprepared.

Have a teacher who knows you beyond the classroom.

Sometimes a "mental-health day" is necessary.

What you think you want and what you actually want are two different things.

Time works in mysterious ways.



IN THEIR WORLD

IN THE KNOW ON ABBREVIATIONS

What kids are 'saying' in so many words....

PAP—post a picture

OOTD—outfit of the day

IDEK—I don't even know

GOAT—greatest of all time

#goals—things I want to achieve

'ship it - get into a relationship



IN THE KNOW ON APPS

Every generation of teenagers thinks parents are uninformed and unfamiliar with what matters in their lives. *Parent Connect* exists to help prove them wrong!

When *Business Insider* asked kids across America what apps were hot that parents probably didn't know about, Twitter, Snapchat, and Tumblr topped the list. So teenagers obviously think their parents live in caves. But here are some favorite apps you might not know about:

After School—As mentioned in the January issue, this app lets students post anonymously about their own school.

Musical.ly—Users can create music videos of

themselves or other people.

Color Therapy—Teens are flocking to this online coloring book geared toward adults.

Wishbone—This modern riff on *Would You Rather?* lets kids choose between two options—in categories ranging from actors to jewelry.

Neko Atsume—This game's name literally means "cat collecting"—and that's what players do.

Color Switch—In this modern-day take on *Simon*, users match a color sequence to move to the next level.



MARCH 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Sunday Believe a.m. Sunday Small Groups	29 Chill Time (John Coleman's House)	1	2 Wednesday Night Purple Gorilla Class	3	4	5
6 Sunday Believe a.m.	7	8	9 Wednesday Night Purple Gorilla Class	10	11	12
13 Sunday Believe a.m. Sunday Small Groups	14 Chill Time	15	16 Wednesday Night Purple Gorilla Class	17	18	19
20 Sunday Believe a.m.	21	22	23 Youth to Fill Easer Eggs	24	25	26
27 Sunday Believe a.m. Sunday Small Group	28 Chill Time	29	30 Wednesday Night Bandwagon Class Parent Meeting	31	1	2
3 Sunday Believe a.m.	4	5	6 Wednesday Night Bandwagon Class	7	8	9



Dear Parents,

With spring break around the corner, you're probably already making summer plans. Maybe you're finishing up the FAFSA for your senior or realizing you don't even know what a FAFSA is. Possibly you haven't realized that spring was about to...spring, so you're frantically deciding how keep your kids out of trouble during vacation.

Regardless of what stage of planning your household is in, know that we're praying for you and your teenager. As new life emerges from winter doldrums, we pray that you'll embrace new seasons in parenting. We pray that you're enthralled by your kids as they blossom into the adults you're guiding them to be. And we pray that you're intentionally investing in their faith walk—and your own.

Thanks for letting us be a small part of that investment—and for all you do to support and encourage us as we walk alongside your teenagers!

Remember, we're always here for you.

Your student ministries team