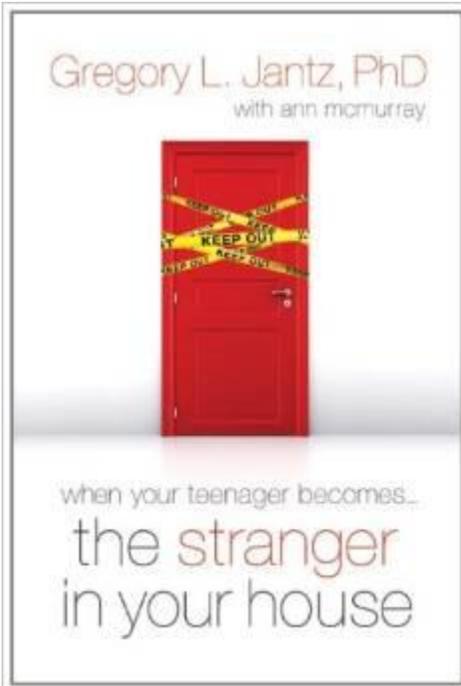


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#3 Teens Milestone



Resources:

- Eph 6:4; Deut 11:18-19; Ex 20:12; 1 Sam 3:13-14; Jer 29:11; 1 Kings 1:5-6; Prov 3:21; 4:12, 23:13-14;
 - Legal vs. Beneficial...Paul writes
 - Adolescence: Moving from concrete (child's minds) to abstract (adult mind). Ages: 10-28 years old.
 - To be a healthy functioning adult your teen must meet all three areas:
 - 1. Identity-Who am I?
 - 2. Autonomy- Making Choices?
 - 3. Belonging-Who Cares?
 - Don't allow your teen to "adapt" to the adult expectations around them, they will not meet the above criteria.
 - This emerging generation:
<http://www.chapclark.com/>
- Gender and Education:
<http://gurianinstitute.com/>
<http://helpingboysthrive.org/>
 - McMinn: 13-25 years of age is the target for gaining wisdom. The rest of our years are attempting to put it into practice. Teens are learning facts and knowledge, how procedures work, lifespan conceptualism, value, and managing.
 - How to help: Listen 75%, Speak 5%, Doing 20%, Being 100%
 - Steve Jobs as parent:
http://www.nytimes.com/2014/09/11/fashion/steve-jobs-apple-was-a-low-tech-parent.html?_r=0
 - The Parent Cue:
http://theparentcue.org/middle-school-changes/?utm_content=bufferf289a&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer
 - App Awareness:
<http://thethriftycouple.com/2014/04/24/8-scary-apps-popular-amongst-teens/>
 - American Academy of Pediatrics:
<http://safetynet.aap.org/>

The AAP advocates for better and more research about how media affects youth. Excessive media use has been associated with obesity, lack of sleep, school problems, aggression and other behavior issues. A recent study shows that the average 8- to 10-year-old spends nearly 8 hours a day with different media, and older children

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and teens spend more than 11 hours per day. Kids who have a TV in their bedroom spend more time with media. About 75 percent of 12- to 17-year-olds own cell phones, and nearly all teenagers use text messaging.

The amount of time spent with screens is one issue, and content is another. On the positive side, pro-social media not only can help children and teens learn facts, but it can also help teach empathy, racial and ethnic tolerance, and a whole range of interpersonal skills. Pediatricians care about what kids are viewing,

how much time they are spending with media, and privacy and safety issues with the Internet.

“For nearly three decades, the AAP has expressed concerns about the amount of time that children and teen-agers spend with media, and about some of the content they are viewing,” said Victor Strasburger, MD, FAAP, co-author of the report. “The digital age has only made these issues more pressing.”

The AAP policy statement offers recommendations for parents and pediatricians, including:

For Parents:

- Parents can model effective “media diets” to help their children learn to be selective and healthy in what they consume. Take an active role in children’s media education by co-viewing programs with them and discussing values.
- Make a media use plan, including mealtime and bedtime curfews for media devices. Screens should be kept out of kids’ bedrooms.
- Limit entertainment screen time to less than one or two hours per day; in children under 2, discourage screen media exposure.
- - See more at: <http://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/Managing-Media-We-Need-a-Plan.aspx#sthash.xdelpxoJ.dpuf>

Words from a wise and godly man: Forest Lambeth

- Raising kids in an immoral culture: Never Give Up!
- Treat teens with respect.
- They know we care-use light humor-joke with them and rely on scripture.
- Observation: this is how they learn. How does dad treat mom? How does mom treat dad?
- Model it and teach them early!
- Hormones are the same in Christians as they are in non-Christians.
- Teach and model spiritual habits and life patterns.
- What is your own story? Allow your teens to write theirs.
- Don’t hide from your teens areas where you have made mistakes.
- Our kids need to learn to be displeased. Help them process this.
- Teach forgiveness and repentance.

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- Help them understand that “No” now is “Yes” for later.
- Help your teens surround themselves with Safe People and learn Boundaries.
- What principles does your Christian family stand by? Help you teen know them, understand why/why not, and implement them: marriage, finances, social interaction, media, spirituality, prayer, standards, community
- Choose your battles.
- Don’t be afraid of God, have respect to follow Him, model this so that your teen will have the same perspective.

Ponder as a Parent:

- Explain your relationship with your teen.
- How do you feel when you are with your teen? How does your teen feel? How can you tell?
- Describe a time when your relationship was most pleasant and positive. What was going on in the family at that time?
- In your view, has anything changed, if so, what?
- It’s normal for an adolescent to develop his own sense of identity that is separate from his/her parents. How can you help to guide that process?
- Are you afraid of what might happen to your child during this process? Explain the reason you are afraid or not afraid.
- What would you like your relationship to become with your teen?
- What steps can you take toward this kind of relationship? What will build or rebuild trust?

6 ways to encourage your teens:

1. Remember your adolescent years.
2. Understand the stage of adolescence.
3. Allow your teen to have more responsibility.
4. Discipline seldom-Celebrate often.
5. Treat your child like an adult.
6. Seek God’s guidance!

Does your teen know you believe in them? When was the last time you told them those words? Tell them today: **“I believe in you!”**