

## ADOLESCENCE DISCUSSIONS

It's time. You knew it was coming, but you had no idea how fast it would actually get here. I am talking about the day when your sweet baby actually grew up and is now beginning the process of changing into a young adult.

It's time. It's not time for fear of the future but of daring to lead your preteen into this new phase of their life. We as parents can't let them stumble their way through. We have the great privilege of sharing with them who they are at this moment and what they can become in the future.


It's time. The time has come to ask the hard questions and to answer the harder ones with love and with truth. If our preteens can't trust us to give them straight answers, who can they trust?

Here are some tips to help guide you through this Birthday Faith Experience:

- Talk with your teen and let them know that you want to help them be prepared for what they will be experiencing over the next few years.
- If at all possible, it is best if the same parent or guardian has all five conversations with the teenager. Teenagers tend to respond better when things are consistent.
- Discuss with your teenager that you would like to **schedule five different days to have a 10-15 minute, uninterrupted discussion** with them regarding what changes they will be going through in the near future. If possible, play a fun treat to do after each (get ice cream, etc) or plan something bigger to celebrate at the end of all five.
- Pick five days that work for both of you. If you let your teen help determine those days, you may find that they will take more ownership in it. Every Saturday, twice a week, or even once a month will work if you both are in agreement on the timing.
- It's a good idea to allow your teen to determine where these discussions will take place. They know where they will be most comfortable having these conversations with you, whether it's in their room, at the kitchen table, or on the front porch swing.
- Agree that there will be no outside distractions during this period of time. No TV, no cell phones, and no other family members. Your teen needs to know that you value the time you get to share with them.
- **Agree to answer the questions as honestly as possible.**
- We have prepared discussion questions for both you and your teenager to answer at the end of this document. We encourage you to print them and place them in an envelope marked "Parent" or "Teen." Consider not looking too close at the questions so your teen can feel like they're on an even playing field with you. Each scheduled day, pick one question out of each envelope and ask away!

**It's time to speak to  
your new 12 year  
old...but mostly it's  
time to listen.**

These discussions will, by no means, be easy. And they will probably be met with snickers, grins, and one-word answers. But you have made a path to true communication with your teen, and that is priceless. Don't give up!



## SNAPSHOTS OF WONDER

The word we want you to keep in mind during this Birthday Faith Experience is wonder. Wonder is when we experience something that is unexpected but amazing or that is so thrilling it takes our breath away. Wonder is the moment we remember that our life and purpose come from the beautiful imagination of God the Creator. We want our kids to look at how they are shaped and wired and experience a deep sense of wonder.

Here are a few biblical truths you can share or use as the backdrop of your conversations. Feel free to look up these verses in a translation that resonates with you.

### **God's creation is so good because He is so great.**

*"For you formed my inmost being. You knit me together in my mother's womb. I will give thanks to you, for I am fearfully and wonderfully made. Your works are wonderful. My soul knows that very well. My frame wasn't hidden from you, when I was made in secret, woven together in the depths of the earth. Your eyes saw my body. In your book they were all written, the days that were ordained for me, when as yet there were none of them." --Psalm 139:13-16 (WEB)*

Your child was probably really good at wonder when they were young. Figuring out that  $4+4=8$  stunned them. Watching a huge, bright green grasshopper captivated them. Most likely, they thought every colored page they finished was a work of art and that every game of chase on the playground demonstrated their superhuman speed! Probably the most important truth you can imprint on your 6th grader's heart this year is that, just like all of God's creation, they are "fearfully and wonderfully made."

### **When change happens, and life is hard, God is still there. And He is big enough to handle the tough stuff.**

*"Haven't you known? Haven't you heard? The everlasting God, Yahweh, the Creator of the ends of the earth, doesn't faint. He isn't weary. His understanding is unsearchable. He gives power to the weak. He increases the strength of him who has no might. Even the youths faint and get weary, and the young men utterly fall; But those who wait for Yahweh will renew their strength. They will mount up with wings like eagles. They will run, and not be weary. They will walk, and not faint." --Isaiah 40:28-31(WEB)*

As children get older, wonder begins to slip away a little, and they don't trust it as much. And when they trust it less, they don't see themselves the same way anymore. Suddenly, it's harder to believe that they can do anything. There are a lot more questions that they can't answer, and unkind voices tell them that they aren't very good at anything. That's your cue to tangibly remind them that God has not changed and to show them God's strength when they don't feel very strong.



# IT'S JUST A PHASE

**God wants to do amazing things in and through us.**

*"...but that you may know that the Son of Man has authority on earth to forgive sins' (he said to the paralyzed man), 'I tell you, arise, and take up your cot, and go to your house.' Immediately he rose up before them, and took up that which he was laying on, and departed to his house, glorifying God. Amazement took hold on all, and they glorified God. They were filled with fear, saying, 'We have seen strange things today.'" --Luke 5:24-27(WEB)*

The people with Jesus that day had probably let go of wonder. They had probably lost hope that God could show up in such a remarkable way. But here is Jesus not only loving a paralyzed man but also healing the brokenness! The people were gripped with wonder.

The beginning of adolescence is the perfect time for you to help your child hold on tightly to wonder and expect to see amazing things as God shows up through all the changes and unexpected problems. Find ways to create space for your child to see the bigness and boldness of God's creation--everything from a gorgeous sunset on the beach, to towering mountain ranges, to her own reflection in the mirror. Do what you can to help them trust that there are no mistakes or mishaps in God's artistry--only masterpieces like Himself.

## **Ideas For Keeping Wonder Alive Together**

- Visit the Grand Canyon and walk out onto the glass skywalk bridge.
- On a clear night, go somewhere away from city lights and lay in the grass under the stars for an hour.
- Watch someone you love doing something they are really good at and think about how they are gifted in such a unique way.
- Stand in front of the mirror and pray that God would help you see all that He loves about you.
- Experience a sunrise or sunset on the beach.
- Climb a mountain or go on a hike to a beautiful overlook. There are trails all over the place.
- Train to run farther than you thought you could--maybe try a 5K or a half-marathon. You'll amaze yourself. Better yet, do it together!
- Listen to the life story of someone from another country.
- Try something that has always scared you.



## WHAT'S GOING ON WITH MY 12 YEAR OLD?

This is an exciting year filled with the transition from childhood to adolescence. Here is a guide to help give you a glimpse of what might be going on inside your twelve year old.

### PHYSICAL DEVELOPMENT

- A "Hormone Cocktail" kick starts puberty and prepares the body to begin the process of growing into adulthood.
- These hormones are not released consistently and may cause "wild mood swings," brought on by this hormonal imbalance.
- Boys may begin to grow facial and pubic hair.
- Boys may notice their voice "cracking" and sounding deeper.
- Girls may grow pubic hair and develop breasts.
- Girls may get their period.
- There may be a high energy level, but it is balanced by a high need for rest.
- Girls typically experience growth spurts before boys do.
- Bones and muscles are not growing at the same rate, which may lead to feelings of awkwardness and clumsiness.
- There is an increased need to pay attention to personal hygiene.

### EMOTIONAL DEVELOPMENT

Your twelve year old may:

- Become moody and easily frustrated
- Experiment with "off-color" humor and silliness
- Show more concern for body image
- Begin to express feelings more frequently
- Experience emotions in extremes
- Be characterized by curiosity
- Become more socially expansive and aware
- Express less affection for parent
- Encounter periods of sadness, depression, and desperation, which can lead to poor coping habits

### SPIRITUAL DEVELOPMENT

- Concrete thinking begins to give way to abstract thinking, which creates a new world of questions about faith and spiritual things.
- The desire to question and disagree with their parents' beliefs arises, but it is tamed by fear to express those doubts.
- Their major concern for God is how He can help them in their daily lives.
- There is a struggle to see the relevance of the Bible in their daily lives.
- Through relationships with significant adults, spiritual lessons are more "caught" than taught.

### RELATIONAL DEVELOPMENT

- Friendships change, due to new schools, boyfriends/girlfriends, and change of affinity groups.
- Girls tend to build friendships in groups of 2-3.
- Boys tend to build friendships in "packs" of 8-10, based on affinity.
- Boys struggle with being "loners" if they do not find a pack of friends.
- Wild mood swings cause relational turmoil in friendships.
- Struggles occur with being rejected by a friend or left out of a group of friends.





## PARENT DISCUSSION STARTER #1

When I was your age, I started noticing my body beginning to change. My voice changed; I started having to use deodorant; and there were many other changes as well. This is what you can expect, too. At times I felt embarrassed about these changes, so I want us to talk about these changes so you will know they are normal.

### Physiological changes you may choose to discuss:

- Acne - Growth Spurts - Changes in Voice - Breast Development - Menstruation
- Early Bloomers (Body develops sooner than others.) vs. Late Bloomers (Body develops later than others.)
- Body Hair Under Arms, on Legs, on Face (Guys), and Pubic Hair

### Ask Your Student These Questions:

1. Have you noticed any of these changes with yourself or your friends?
2. How do you feel about what is happening?

### Parent Prayer:

Pray with your student that God will help them during this time of change and will give them wisdom as they are faced with new feelings and changes in their lives. Pray that God will give you as a parent patience and understanding as you help to guide them through this time. Commit to always be open to listen and talk with your son or daughter with anything they are feeling and that you will both seek God's guidance through prayer and the study of Scripture.

## STUDENT DISCUSSION STARTER #1

### Ask Your Parent These Questions:

1. How did you feel when you were my age and went through these changes?
2. Some of my friends seem to be further along than I am, and some seem to be not changing at all yet. Why is that?



## PARENT DISCUSSION STARTER #2

A four-year-old often says anything that comes to mind and sometimes does things with no fear of embarrassment or worry of what people think. But around the age of 12, this begins to change. I can remember when... (Share an early adolescent memory of when you felt very self-conscious or like everyone was “staring” at you.)

### Ask Your Student These Questions:

1. Do you ever wonder what people around you think about you?
2. How do you feel when you are with your friends, when you enter a classroom, and/or when you get on the bus?
3. How do you feel in the youth group?

### Parent Prayer:

Thank God for the blessing that your student is to your family and how they are wonderfully made by God. Pray that through these times, you and your son or daughter will grow closer together and ultimately closer to the Lord. Ask God for wisdom to help guide your student as they begin to learn who God made them to be.



## STUDENT DISCUSSION STARTER #2

Now that I am getting older, there are some things that feel like they matter to me more than they used to--like the clothes I wear, hair style, body odor, being on time, the car we drive, some things about our family... (Share your thoughts about these kinds of things with your parents.)

### Ask Your Parent These Questions:

1. Do you remember feeling different at my age?
2. Sometimes there are things about me and about our family that I feel embarrassed about. Did you ever feel that when you were growing up?

### PARENT DISCUSSION STARTER #3

As we change into adults, we start to become more aware of ourselves and of people around us. This new awareness can cause us to feel a lot of different emotions: fear, anxiety, joy, or excitement. Most everyone begins to have more intense feelings during these early teenage years. I want you to know you can always tell me how you feel about someone or any situation. I may be able to help, and I will definitely support you as you learn to cope with these new emotions.

**Ask Your Student These Questions:**

1. Over the next few years, there are going to be times when you are moody, frustrated, or mad without really knowing why. How would you like us as a family to respond to you in those times?
2. When we disagree with each other over the next few years, what are some “rules of engagement” that you think we can follow to help us fight fair?

**Parent Prayer:**

Read Proverbs 15:1 aloud. Pray that God will impress this Scripture passage on yours and your student’s hearts and that He will help you and your family live it out in your daily lives.

### STUDENT DISCUSSION STARTER #3

**Ask Your Parent These Questions:**

1. When you were my age, did you ever get into arguments with your parents? If so, how did you handle it?
2. Do you think that you and your parents did it the right way? How would you like us to do it differently?





## PARENT DISCUSSION STARTER #4

**I'm proud that you are maturing and searching for greater understanding of things. There will be times that I may not have the answers, and I think it would be easier if you could remain a child and would believe things just because I said so. But I truly want you to discover God's truth and the possibilities of a deep relationship with Him for yourself.**

### Ask Your Student These Questions:

1. Would you be willing for us to find the answers to your questions together using the Bible?

### Parent Prayer:

Pray that God will give you the courage to admit when you don't know the answers to your son's or daughter's questions when they come to you. Commit yourself to studying Scripture together to find the answers to your student's questions. Ask God to help you both grow in your understanding of God's word.



## STUDENT DISCUSSION STARTER #4

**When I was a child, most of the time I just accepted what you and my teachers taught me to believe. Now that I'm getting older, I don't want to just take everything at face value. Sometimes I wonder if it's normal that I'm beginning to question what I've always been taught.**

### Ask Your Parent These Questions:

1. Did you always believe the way you do now about God?
2. When and why did you change?
3. What did you do for answers?



## PARENT DISCUSSION STARTER #5

As you grow over these next few years, there will be a lot of changes. You are changing from being a child to becoming an adult. There are fun and exciting things about becoming an adult, and there are also sad and difficult things about these changes. Sometimes I wish I could wrap you up and protect you from the “adult world”; at other times, I want to help push you forward into adulthood.

### Ask Your Student These Questions:

1. Do you feel nervous or afraid about anything you see happening with yourself or your friends?

### Parent Prayer:

Pray that God will help you to lead your daughter or son by example, walking the path of righteousness that He has set before you as their parent. Pray that God will give your student peace during times of great anxiety they face in their daily lives. Commit to continually pray for your child as they are faced with daily challenges in their lives.

## STUDENT DISCUSSION STARTER #5

### Ask Your Parent These Questions:

1. How did you feel when you were my age and went through these changes?
  2. Some of my friends seem to be further along than I am, and some seem to be not changing at all yet. Why is that?
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