



Christian Parenting for Teenagers

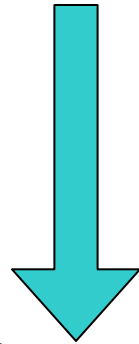
Introduction to Teenagers:
Characteristics of Teenagers



The Teen-age Years

Childhood ↔ Adolescents ↔ Adulthood

Confusion about: sexuality



- Identity
- Self-image
- Values

Manifestation: withdrawal, anger and hostility

- low self-esteem, general frustrations toward those they love most (parents and family).



The Teen-age Years

- What does God expect from me as a parent of a teen-ager?
- “And Jesus increased in wisdom (mental)
 - in stature (physical)
 - and in favor with God (spiritual)
 - and man.” (social). (Luke 2:52)



Changing Bodies

- Society emphasizes the glamour of the physical body, physical beauty.
 - Personal worth equals personal appearance.
 - Frightening physical changes:
 - Irregular rate of growth
 - Girls mature emotionally and physically before the boys.
 - Boys still look childish but still have certain urges and instincts.
 - Expression toward girls: clumsy, teasing, hitting them, insulting them, talking dirty.
 - Physical ability and appearance
 - Angry and frustrated if unable to be sports star.
 - Girls are interested only in older boys.
 - Insecure (feel not as beautiful)
 - Spend hours trying to imitate cover girls



Changing Bodies

- Girls feel unaccepted and become angry at parents.
- Girls feel they do not have enough money to buy the right clothes.
- They feel angry at God for making them this way.
- They day dream for hours fantasizing about perfect body, beautiful clothes and handsome boyfriend.
- 80- 90 % of teenagers talk with each other about sexual adjustments.



Finding Independence

- Childhood : portability vs. Adolescents: compatibility.
- Gradual training: watch the birds do this to their youngsters.
- Loosen the screws not tighten them.
- Christian religious parents tend to tighten their screws more. They panic and over react, this is wrong.
- While they are growing up, they must have:
 - Independent experiences
 - Weekends away from home
 - Christian friends' homes.
 - Boy scouts
 - Relatives
 - Summer camps
 - Holidays travel



Finding Independence

- Trust them with money, time, other responsibilities
- Gradual and frequent checks and communication.
- Youth workers should help and still emphasize respect to parents.



Finding a Place

- Accepted by one's peer groups.
 - Druggies
 - Burnouts
 - Jocks
 - Party crowd
 - Band kids
 - Political kids
 - Brains
 - Nerds
 - Math and computer freaks.



Finding a Place

- To be accepted to any of these groups may require effort and discipline. (Encourage your kids early on)
- Immediate effortless acceptance in the society can be attained the easy way.
 - Wearing a designer brand name shirt
 - Certain hairstyle.



Drawing the Line

- Externally imposed standards
- Internal convictions
- Childhood: Obey or disobey rules.
- Adolescents: examine and test the rules. While they go through this, they remember what parents said and more importantly what they do.
- Newton's Law: For every reaction, there is an equal and opposite reaction.
- Parents should not strongly over react.



Characteristics of a Healthy Family

- Communicates and listens.
- Affirms and supports one another.
- Teaches respect for others.
- Develops a sense of trust.
- Has a sense of play and humor.
- Exhibits a sense of shared responsibility.
- Teaches a sense of right and wrong.
- Has strong sense of family in which rituals and traditions abound.
- Has a balance of interaction and sharing.
- Has a shared religious core.
- Respects the privacy of one another.
- Values service to others.
- Foster table time and conversation.
- Shares leisure time.
- Admits to and seeks help with problems.