



Parenting Revolution

Teenager Edition

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Parenting Revolution

Teenager Edition

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INSTRUCTIONAL GUIDE

BACKGROUND

The Parenting Revolution (Teenage Edition) has been developed by a team of experts in Clinical Psychology from a Biblical worldview. In addition to theological insights, instructional concepts are based on empirical research across diverse academic disciplines. The strategies presented in this program are supported by clinical research and are appropriate for Christian and non-Christian families alike.

GETTING STARTED

The Parenting Revolution (Teenage Edition) is intended for completion by parents of teenagers (or parents of children who are about to enter their teen years). This program is designed to accompany, complement and run parallel to the Mi Generation program for youth, and is specifically designed to address the needs of adolescents aged between 12 and 16 years. Research suggests that learning is best consolidated through 'talking'. As such, after watching the video sessions, it's recommended you also talk through and complete the relevant workbook activities as a couple (or even together as a family). Feel free to pause the video at any time, to reflect on or discuss key points. Activity worksheets provide a summary of key points and serve to reinforce lessons.

DISCLAIMER

All information, assessments and activities presented in this Parenting Revolution (Teenage Edition) program is intended for information purposes only. **Whilst the Parenting Revolution may provide you with practical tools that will empower yourself, your marriage and your family, this educational program DOES NOT constitute advice, therapy or counselling. Instead, the aim of this program is (i) to equip you with practical knowledge, skills and resources, and (ii) empower your parenting strategies.** Content is provided in good faith as to its accuracy and reflects the research, observations, opinions, views and understanding of the authors at one point in time.



Introduction

ACTIVITY SHEET

Welcome to the Parenting Revolution - Teenage Edition. During the adolescent phase of life, your children will encounter major hormonal changes, rapid cognitive development and a growing need for independence. But these years will also bring many rich rewards as you watch your baby suddenly become a fully-grown adult with their own identity, values, convictions and purpose. As with any stage of parenting, the teenage years can bring about a sense of anxiety and dread as parents commonly think to themselves “I have no idea what I’m doing!”. It’s only normal that you might be thinking or feeling this way as you enter the twilight zone of rapid change! However, the goal of this program to equip and empower you, so that you’ll not only be more knowledgeable, you’ll also feel more confident as you help set your teenager up for success.



OBJECTIVES SUMMARY

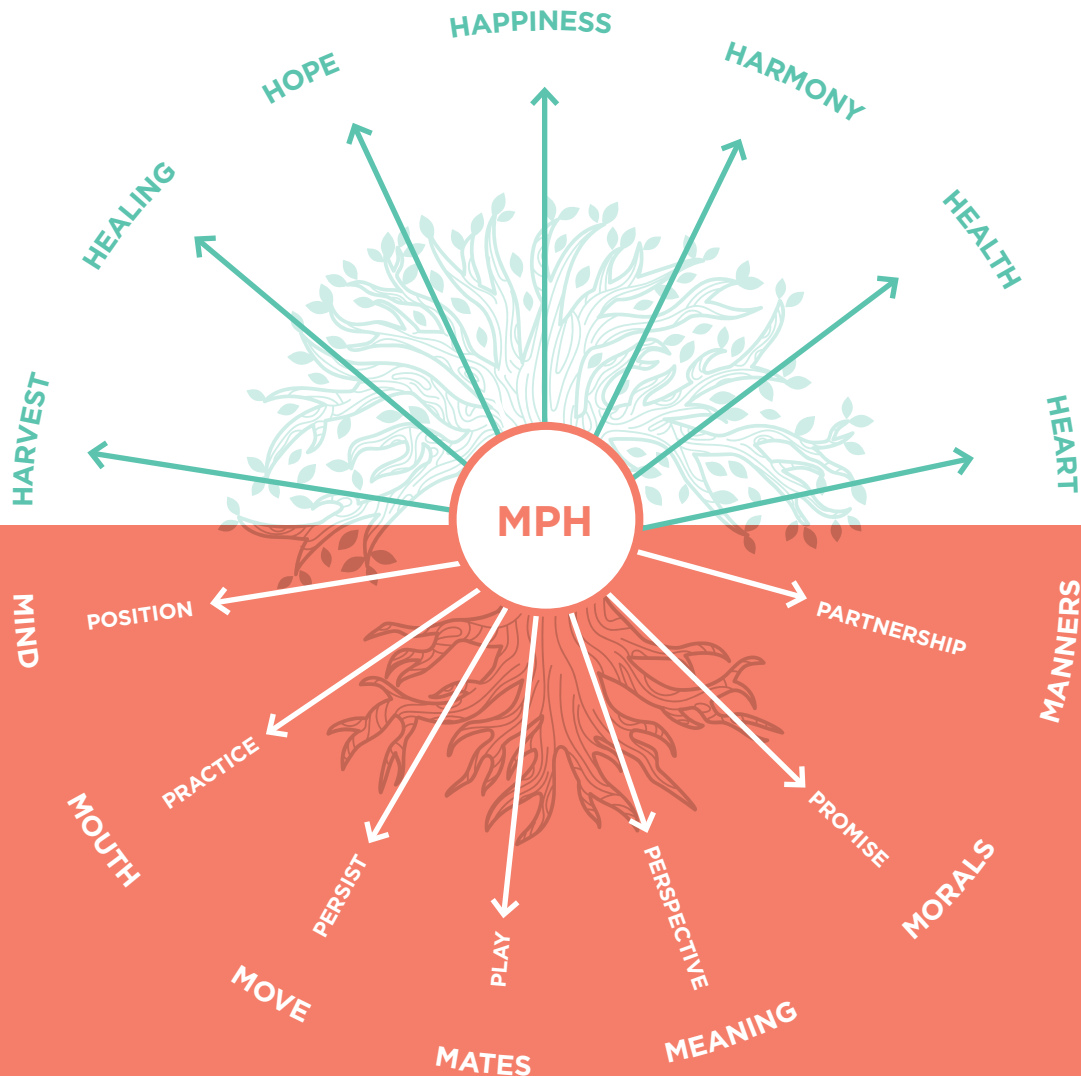
The Teenager Edition of the Parenting Revolution is designed to help you:

- (a) establish healthy physical, social, psychological and spiritual foundations to help your teenager thrive
- (b) develop key strategies for motivating, guiding and correcting teenagers
- (c) pre-empt challenges and bolster your emotional resilience as you navigate the highs and lows of parenting teens

Roots and Fruits

Throughout the program we will be examining seven specific roots (foundational issues) that correspond with seven desirable fruits (positive outcomes) in a young person's life. Each of the roots start with the letter "M", each pathway to success starts with the letter "P", and each of the fruits start with the letter "H". Together, they spell MPH (Miles Per Hour). Simply put, the framework of this program helps you mobilise change and fast track growth in your teenagers' life - with the goal of not just bearing good fruit during adolescence years, but well into your child's adult life (and potentially, for generations to come).

FRUITS



ROOTS



ROOTS



PATHWAY



FRUIT

MIND →	POSITION →	HEART
Think in logical, healthy, coherent, creative and helpful ways (not just what, but also how)	The most constructive thought patterns are based on what's true, noble, right and pure	"For as he [or she] thinks in his [or her] heart, so is he [she]..." (<i>Psalm 23:7 NKJV</i>)
MOUTH →	PRACTICE →	HEALTH
Paying attention to not only what goes in, but also what comes out of our teen's mouths	More than the occasional healthy meal or choice words, the pathway to health is regular practice	"Kind words are like honey – sweet to the soul and healthy for the body." (<i>Proverbs 16:24 NLT</i>)
MOVEMENT →	PERSIST →	HARMONY
How your teens activate and deactivate will help determine the level of harmony in your home	Healthy exercise and quality sleeping patterns are developed with discipline and persistence	"Do you not know that your bodies are temples of the Holy Spirit, who is in you..." (<i>1 Corinthians 6:19</i>)
MATES →	PLAY →	HAPPINESS
Prioritising healthy friendships helps in the cultivation of social skills and emotional wellbeing	Relationships are forged, tested and celebrated in regular states of play (fun and fellowship).	"...encourage one another and build one another up, just as you are doing." (<i>1 Thessalonians 5:11 ESV</i>)
MEANING →	PERSPECTIVE →	HOPE
Getting to know God and seeing things from His perspective grants life meaning and purpose	"Don't let the excitement of youth cause you to forget your Creator..." (<i>Ecclesiastes 12:11 NIV</i>)	"...I know the plans I have for you... plans for good... to give you a future and a hope..." (<i>Jeremiah 29:11 NLT</i>)
MORALS →	PROMISE →	HEALING
When it comes to conduct, morality is the 'why' behind the 'what' (informing wise choices)	"For You bless the righteous oh Lord; you cover him with favour as a shield..." (<i>Psalm 5:12 NKJV</i>)	"...the LORD lifts up those who are bowed down, the LORD loves the righteous." (<i>Psalm 146:8 NIV</i>)
MANNERS →	PARTNERSHIP →	HARVEST
Manners are governed by attitude, gratitude and relational aptitude (self-discipline and maturity)	A God-parent-teen partnership is most profitable (manners are both taught and caught)	"...I know the plans I have for you... plans to prosper you and not to harm you..." (<i>Jeremiah 29:11 NIV</i>)



Q: What do you find to be the most rewarding aspect of parenting your teen?

Q: What do you find to be the most challenging aspect of parenting your teen?

How close would you describe the relationship you currently have with your teen?

Not close at all

Moderately close

Very close

Q: In what ways would you like to see your parent-teen relationship improve?

Snapshot

How well do you believe your teenager is currently functioning in the following important aspects of their life? What do you desire to see change or improve in each of these areas?



From 1 to 5, rate how well you think your teenager is currently doing in each domain; 1 (“They really need help, it’s not good”) to 5 (“They’re exceeding expectations, doing well”). Identify any areas that need improving and write down what your goal for them would be:

LIFE DOMAIN	RATING	GOALS
RESPECT FOR SELF AND OTHERS		
SCHOOL LIFE & ACADEMIC PERFORMANCE		
WISE, MATURE AND RESPONSIBLE CHOICES		
RELATIONSHIPS (SOCIAL & FAMILY LIFE)		
MENTAL & EMOTIONAL HEALTH		
IDENTITY, PURPOSE AND SELF-WORTH		
SPIRITUAL LIFE - RELATIONSHIP WITH GOD		
CORE VALUES, MORALITY & CONSCIENCE		
PHYSICAL HEALTH & WELL-BEING		
RELIABLE, TRUSTWORTHY AND DEPENDABLE		
UNDERSTANDING OF PURPOSE (CALL OF GOD ON THEIR LIFE)		

THE JOURNEY TOWARDS INDEPENDENCE IS A HALLMARK FEATURE OF ADOLESCENCE; IT'S AN INCREDIBLY IMPORTANT DEVELOPMENTAL STAGE. BUT EVEN THOUGH EVERY PARENT WANTS THEIR TEEN TO GROW INTO A YOUNG ADULT WHO WILL EVENTUALLY MAKE THEIR OWN SELF-GOVERNED CHOICES, PROMOTING INDEPENDENCE IS NOT ACTUALLY THE GOAL OF PARENTING TEENS. INDEPENDENCE IS WHEN A TEENAGER FOCUSES ON THEIR OWN NEEDS AND DESIRES. HOWEVER, INTER-DEPENDENCE IS WHEN A TEENAGER IS ABLE TO MAKE DECISIONS ON THEIR OWN, WHILE AT THE SAME TIME BEING ABLE TO SEEK GUIDANCE AND WISDOM FROM THEIR MUM AND DAD.



**Independence is
all about 'me'
Inter-dependence
is about 'we'.**



From 1 to 5, rate how well you think you are currently doing in each parenting domain; 1 (“I really need help, it’s not good”) to 5 (“I’m thrilled to be doing so well”). Identify any areas that need improving and write down the goals you’d like to achieve:

LIFE DOMAIN	RATING	GOALS
SELF-RESPECT (BELIEVING YOU’RE A GOOD PARENT)		
ACTIVE KNOWLEDGE OR INVOLVEMENT IN WHAT INTERESTS YOUR TEEN		
KIND, CARING AND NURTURING TOWARD YOUR TEEN		
SELF-CONTROL OVER WHAT YOU SAY (AND HOW YOU SAY IT)		
KNOWLEDGE OF AND RELATIONSHIP WITH YOUR TEEN’S FRIENDS		
YOUR OWN MENTAL AND EMOTIONAL HEALTH		
ADMIRATION/RESPECT (FOR YOUR TEEN)		
BEING A SPIRITUAL LEADER IN YOUR HOME		
MODELLING MORALITY -IMPARTING CORE VALUES		
EMOTIONAL SELF-CONTROL / FRUSTRATION MANAGEMENT		
SUPPORTIVE, MOTIVATING AND ENCOURAGING		
ACTIVE INTEREST IN YOUR TEENS’ HOPES/DREAMS		



NOTE:

If you don’t yet feel you are excelling in each of these foundational areas, don’t stress! No parent typically is – we’re all learning. The good news is that you have taken the first steps towards developing the skills and strategies to master some of the most important aspects of parenting teens