

Parenting Revolution

Teenager Edition

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Morals

ACTIVITY SHEET

For many, adolescence is a time where insecurities are at their highest and where a sense of belonging is of utmost importance. Combined, these two forces can make your teen vulnerable to social and cultural influences and susceptible to peer pressure. However, young people who remain faithful to their internal convictions (who take a stand and refuse to fall) become natural leaders. The moral conduct of these teens is often grounded in and guided by a strong set of core values. Core values are often cultivated within the family home. Therefore, you have a tremendous responsibility to set an example, so that as your teens mature, they have convictions which guide their decisions and behaviour. In today's session, we will be exploring how to cultivate personal core values, as well as instilling a set of family values.



OBJECTIVES SUMMARY

This session is designed to help you:

- (a)** understand the importance of having core values in your family
- (b)** know how to establish core values and share them with your teen
- (c)** encourage your teen to adopt their own core values

What's at the CORE?

As your teen navigates through the moral twists and turns of adolescence, they will inevitably face peer pressure, temptations and moral dilemmas. But if they know what they stand for, they'll know how to proceed with their morals and integrity intact. Core values refer to the fundamental beliefs, morals or principles which guide a person's behaviour and decisions. Values are not about what your teen wants to achieve in life, rather they reflect the kind of person they ideally would like to become.

Your word is a lamp to guide my feet and a light for my path.

Psalm 119:105 (NLT)

WHEN THE STORM CLOUDS GATHER OR WHEN THE FOG ROLLS IN, IT CAN BE HARD FOR YOUR TEENAGER TO SEE A CLEAR PATH AHEAD. YET, GOD'S WORD, HIS SON, AND HIS SPIRIT ILLUMINATE THE WAY. EVEN IF AT TIMES YOUR TEEN FINDS THEMSELVES WALKING THROUGH 'THE VALLEY OF THE SHADOW OF DEATH', THE RIGHT DIRECTION IS ASSURED IF THE GOOD SHEPHERD IS THEIR GUIDE. HIS ROD AND STAFF WILL COMFORT THEM AND HIS SPIRIT TAKES UP RESIDENCE IN THEM. THE FRUITS OF THE HOLY SPIRIT REFLECT HEAVEN'S CORE VALUES.



What do you VALUE?

Core values are the morals that guide choices and behaviours. Like a compass, they offer a reference point of current status and future orientation. While the desire of every Christian parent is to have their teen value what God values, there's an even greater likelihood that son or daughter will be influenced by what others value (whether positive or negative). However, there's good news. The values you embrace are also influential. Just as the apostle Paul commissioned us to imitate him as he imitates Christ (1 Corinthians 11:1), be intentional about the kind of moral foundation you'd like to pass on to your teen.



Fruits of the Spirit can be expressed as core values in diverse ways. Which core values are of greatest importance to you (representing the kind of parent you would like to be)? ✓

01 LOVE

Forgiving		Affectionate		Generous		Tender-hearted	
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02 JOY

Humorous		Playful		Positive focused		Thankful	
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03 PEACE

Calm		Just		Content		Cooperative	
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04 PATIENCE

Fair		Self-aware		Open-minded		Tolerant	
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05 KINDNESS

Compassionate		Thoughtful		Polite		Serving	
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06 GOODNESS

Excellent		Humble		Integrous		Honest	
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07 FAITHFULNESS

Loyal		Honouring		Trustworthy		Authentic	
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08 GENTLENESS

Considerate		Sensitive		Encouraging		Flexible	
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09 SELF-CONTROL

Disciplined		Responsible		Attitudinal		Persevering	
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From the fruits of the Spirit 'expressions' you've identified as being of great importance, narrow the list and select your TOP 5 CORE VALUES (in line with who you want to be):

1.	2.	3.	4.	5.
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Core values, like seeds, take root and bear good fruit in your teen's life when intentionally sown. For example, kindness, generosity and honour cannot grow when kept to yourself. They're only activated when given. As you model your core values, you crack open their potential, deposit them into your teen's lives. This process helps your core values move from just being a 'nice concept' to becoming an experience they feel the effects of. In essence, your core values move from mere head knowledge to activated heart knowledge.

What practical steps can you take each day to live up to your values and set an example:

1. <i>Example: Polite</i>	<i>Example: Make an effort to say good morning to family members at the start of each day</i>
2.	
3.	
4.	
5.	

“If you don't stand for something, you'll fall for anything”

(Methodist Church, Iowa, 1926)

WHEN IT COMES TO HELPING TEENS UNDERSTAND THEIR PLACE IN THE WORLD, THERE'S NO SURROGATE FOR PROPER PARENTING. THERE'S NO PODCAST, BEST-SELLING BOOK, SCHOOL CURRICULUM, TED TALK, YOUTUBE CLIP OR CONTEMPORARY CHURCH PROGRAM THAT COMES ANYWHERE REMOTELY CLOSE TO THE POWERFUL INFLUENCE OF MUM AND DAD. SO HOW DO WE DO IT? EMBARK ON A JOURNEY OF DISCOVERY. HAVE REGULAR CONVERSATIONS ABOUT THE BIG QUESTIONS OF LIFE.

Discipleship

01

**Help your teen formulate
a reason for their existence**

02

**Establish and communicate
your own set of core values**

03

**Use everyday life as learning
opportunities to reinforce morality**

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

(Proverbs 3:5-6; NIV)

Feelings can be Faulty

During the adolescent years, the emotional centre of your teen's brain is more active than their logical rational thinking centre. As such, teens have an increased propensity to be governed by feeling instead of faith. Fear says flee, anger insists on retaliation, despair seeks solitude, and stress leaves a mess. For this reason, from time to time you may need to loan your teen a little wisdom. You won't always have the answers. But if you're governed by the 'fruits' of God's Spirit, you can't go wrong.



Consider the following common scenarios. How can you 'loan' your teen a little wisdom?

01

SITUATION:
Wanting to watch a film that's questionable

FEELING:
"If everyone else has seen it, why can't I?"

WISDOM:

02

WISDOM:

SITUATION:
Asked to become someone's boy/girlfriend

FEELING:
"I really like them. Feels nice to be wanted."

03

SITUATION:
Wants to go to a party where no parents will be present

FEELING:
"If I don't go I'll miss out. It's not fair - all my friends are going."

WISDOM:

04

WISDOM:

SITUATION:
School peer has spread a nasty unfounded rumour about them

FEELING:
"As soon as I find out who said that, there will be payback."

Keys that Unlock Potential



There are three keys to successfully implementing your family's core values:



REVIEW REFINE REALIGN

In the same way any effective employer reviews their employee's performance on an ongoing basis, effective parents regularly review how their teens are tracking with family core values. When teens have the basics in grip, values are refined further. Where teens have veered off track, they are reminded, realigned and restored.

This process can be engaged collectively through family meetings or personally during one-on-one time. Inquire of your teen, "which of our family core values do you think you've embraced the best? Which need greater attention? What could you do this week to help bring you closer to each of those values?"

Practice doesn't make perfect; practice makes permanent! If you want your teen to adopt and take your family core values into their future family, remind, rehash and rehearse them often.

When learning a new skill, the key to successful implementation is repetition so that desired character-strengths become automatic. When you personally face difficult circumstances, set the example of highlighting the specific core values that help guide your wise choices. Similarly, when your teen is wrestling with their own difficulties, ask them "which one of our family's core values could you practically apply?"

REPETITION REPETITION REPETITION



REPRESENT REWARD REINFORCE

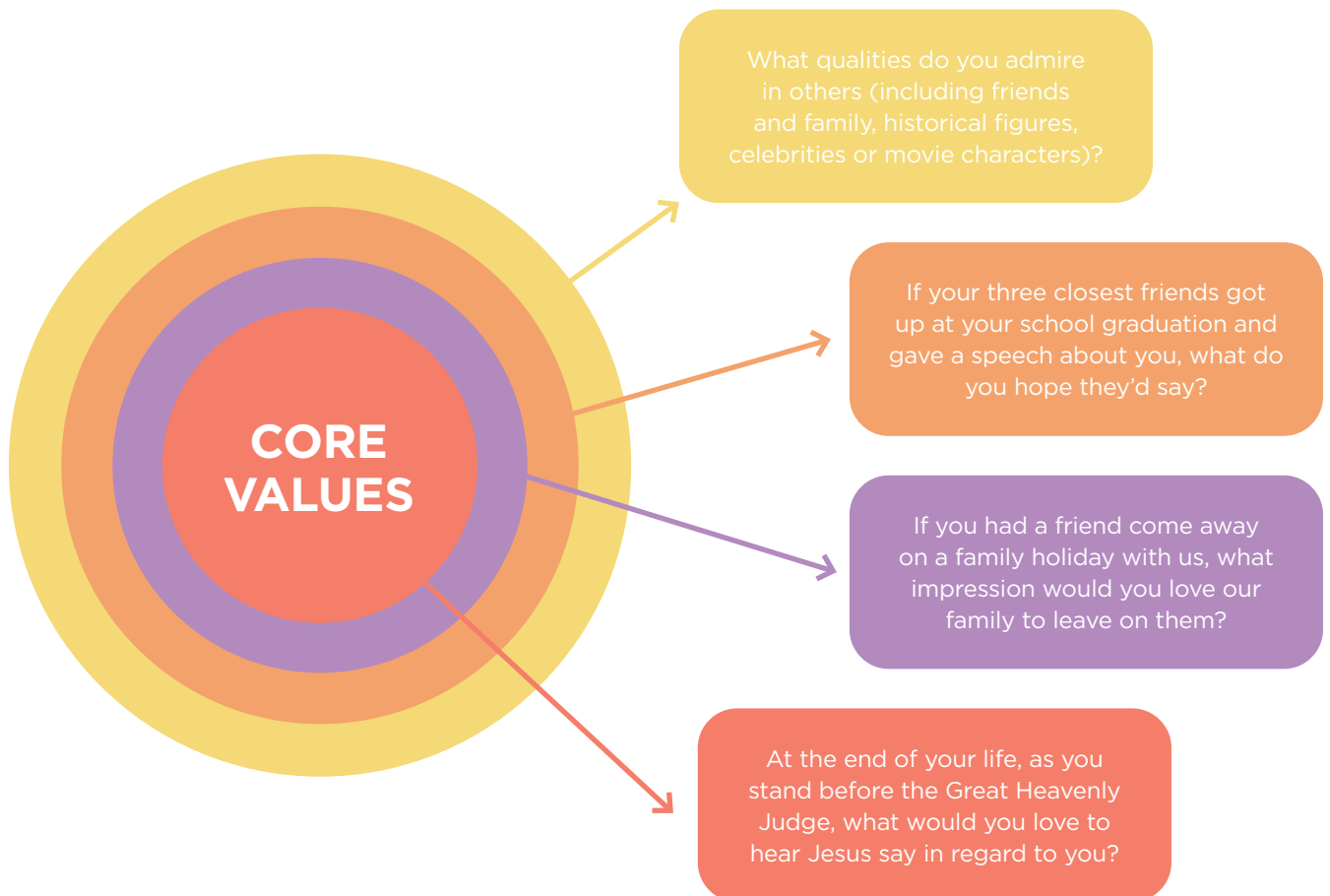
Whatever you water in your garden will grow. Therefore, be intentional about watering the values-based behaviours you see in your teens. Become a detective and find evidence of your teen upholding the family's core values. As learned in one of our previous sessions, be sure to communicate **WHAT** they did (gains attention), **WHY** it's so valued (conveys purpose), and **HOW** it makes you feel (builds empathy). Where teens make a special effort or consistently uphold family core values, institute rewards. These can be extrinsic (material incentives) or intrinsic (emotional incentives) in nature to help reinforce future motivation.

Cultivating Their Own Core Values

Part of growing up, is learning to take the wheel. However, don't just wave them off, go along for the ride (even if it's a wild ride). Along the way, it's important to know not just when to step in (offering guidance), but also when to step back (offering encouragement) - as they 'go it alone'. Your teen will need to rely less on you and more on their own satellite navigation system (the Holy Spirit). As long as Jesus is their true North Star, you'll be confident in knowing they're headed in the right direction.



To help identify what values are important to your teen, ask them the following questions:



core. The innermost central part of something.

value. The degree of importance you place on something.