

Parenting Revolution

Teenager Edition

TABLE OF CONTENTS

SESSION 1

Introduction

SESSION 2

Mind

SESSION 3

Mouth

SESSION 4

Move

SESSION 5

Mates

SESSION 6

Meaning

SESSION 7

Morals

SESSION 8

Manners

Manners

ACTIVITY SHEET



The goal for parenting teenagers is not to exert more control, but rather, to encourage self-control. Learning the art of self-discipline is an integral step on the path to inter-dependence. Yet, the behavioural discipline of ‘manners’ (the practical outworking of morals) can sometimes be hit and miss during the teen years. As such, many parents try to ‘manage’ teenage behaviour, but using the same techniques you did when they were children, you may find your pursuits are largely unfruitful. For teens to successfully move from dependence to inter-dependence, then situational-awareness, self-discipline and self-motivation are required.



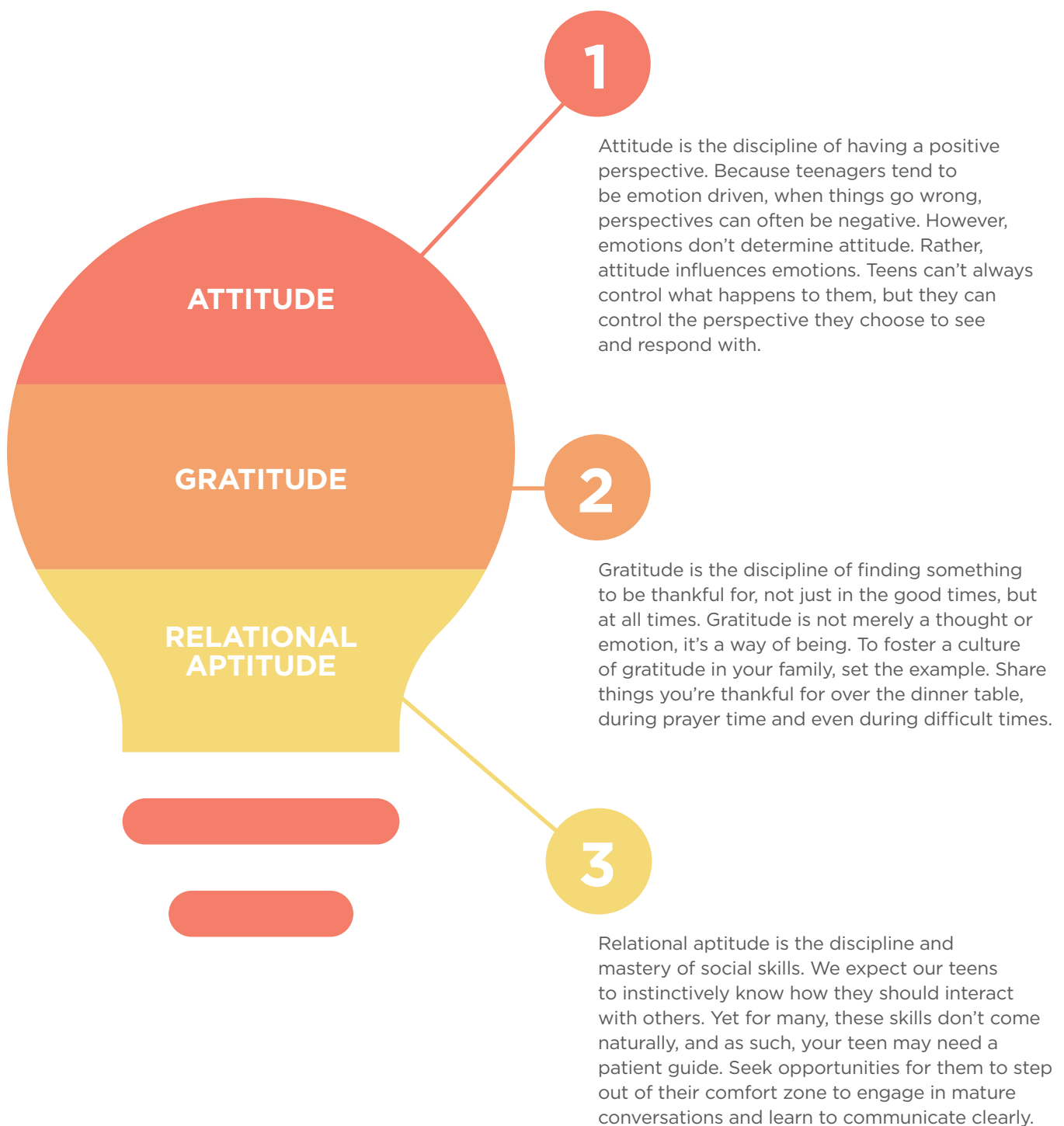
OBJECTIVES SUMMARY

This session is designed to help you:

- (a)** understand what motivates teenagers
- (b)** establish healthy boundaries and logical consequences
- (c)** encourage the behavioural discipline of manners (the outworking of morals/core values)

The Golden Trio of Manners

The standard for all decisions and behavioural conduct is the Word of God. Scripture is the source. Therefore, 'manners' are the practical outworking of morals. Manners are reflected in the consideration, respect and treatment of others. The way in which your teen honours others not only reveals who they are, but their conduct serves to open or close the door to their destiny. The golden trio of manners incorporates attitude, gratitude and relational aptitude.



Lead the way

**YOU CANNOT EXPECT YOUR
TEENS TO EXERCISE SELF-DISCIPLINE
IN AREAS YOU HAVE NOT YET
MASTERED YOURSELF.**



Attitude



What typically triggers your teen and puts them in a negative headspace? ✓

Late nights / Not well rested		Not getting their own way	
Annoying siblings		When feeling hormonal	
Prohibited from doing something		Feeling under pressure	
When being corrected		Other: _____	

Is there anything you do that may also exasperate your teen (that you could improve on)? ✓

Running late or being disorganised		Changing your mind	
Nagging or overly critical		Highly restrictive (tight reigns)	
Teasing or annoying them		Disinterested or too busy	
Not following through on promises		Other: _____	

What might help reset your teen's outlook and put them in a positive headspace? ✓

Have a rest / Quiet time		Going for a walk in the fresh air	
Uplifting music		Talking with a friend	
Discussion with a loving parent		Praying together	
Taking the time to look at things from an alternative perspective		Other: _____	



NOTE:

Doing something physical (rest/exercise) helps positively influence physiology and lifts mood. Talking about things helps renew the mind and allows for a new perspective.

Q: Reflect back to your own adolescence. What were the greatest initiations, incentives and inspirations that helped you 'grow up' and mature?

“Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.”

(Ephesians 6:4; NIV)

Daily Dose of Vitamin G

Vitamin-G (gratitude) can be taken first thing in the morning when your teen wakes up, it can be taken when driving to school or when eating dinner. It's especially effective at the end of the day just before going to bed. Reflecting on, reviewing and rehearsing the highlights of the day has been shown by research to bolster resiliency and improve long-term mental and emotional well-being.



What are the top 3 things you're most grateful for about your son or daughter?

01	
02	
03	

Gratitude turns problems into praise

Q: List one practical way you could incorporate gratitude into your family's daily routine so as to encourage your teen to regularly 'count their blessings'.

TIME OF DAY:

METHOD/ACTIVITY:

Relational Aptitude

What social skills could you better model to your teen? ✓

Clear and concise communication		Be encouraging towards others	
Interpersonal confidence		Assertiveness - standing up for self	
Socialising / Meeting new people		Investing in friendships	
Conflict resolution		Other: _____	

Q: How will you intentionally practice, refine and model these social skills?

WHAT'S YOUR STRATEGY?

WHO WILL GIVE YOU FEEDBACK?

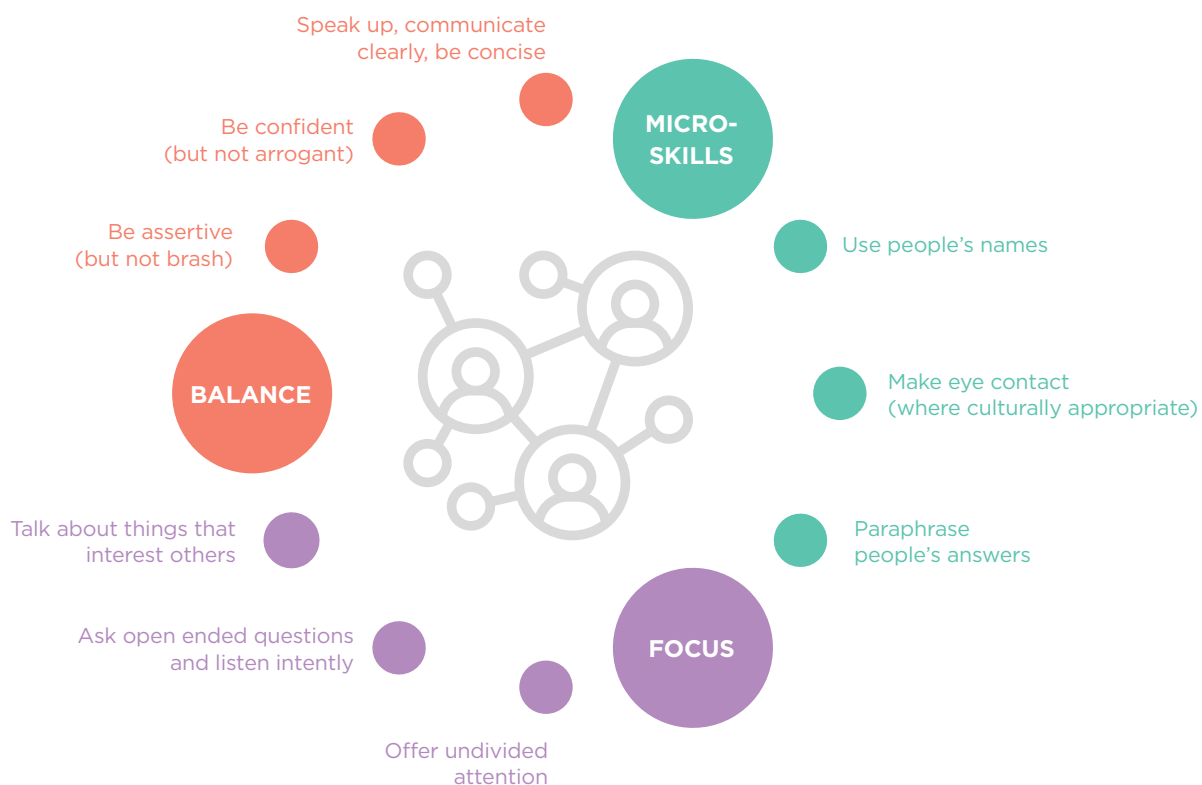
Communication Skills 101



What concerns or opportunities do you see in relation to your teen's social skills? ✓

Confident and self-assured		Shy / socially anxious	
Healthy friendship networks		Overly confident and verbose	
Interact well with those who are older and younger than them		Poor friendship network or lack of social opportunities	
Articulate and respectful		Socially awkward	
Enquires and listens well		Mumbles words / Waffles on	
Takes an interest in other's welfare		Argumentative	
Belongs to a Christian Youth group		Self-focused (doesn't inquire of others)	
Other: _____		Other: _____	

Consider encouraging and embracing the following core communication skills:



Pray To. Pray For. Pray With.

One of the simplest and yet most profound ways to activate the golden trio of manners, is through prayer. Prayer rearranges, realigns and reconciles hearts and minds. In other words, prayer offers the most expedient adjustment of attitude and aligns the human will to the will of God. What's more is the central tenets of prayer are gratitude and relational aptitude (thanksgiving and effective communication). When you engage the discipline of prayer **TO** God, **FOR** your teen, and **WITH** one another (as a couple and/or as a parent-teen dynamic), the highest expression of manners is modelled **EACH DAY**.



What are the key things you would do well to pray **TO** God **FOR** (in relation to your teen)? ✓

Health and safety		Guidance for difficulties		Spiritual maturity	
Discernment / Insight		Humility and patience		Wisdom to parent well	
Character development		Their future spouse		Self-discipline	
Academic success		Understanding		Wise and moral choices	
Motivation		Cultivating core values		Relationship with Jesus	
Parent-teen dynamic		Mitigate peer pressure		Other: _____	

Jesus said.... “Pray like this:

“OUR FATHER IN HEAVEN, MAY YOUR NAME BE KEPT HOLY. MAY YOUR KINGDOM COME SOON. MAY YOUR WILL BE DONE ON EARTH, AS IT IS IN HEAVEN. GIVE US TODAY THE FOOD WE NEED, AND FORGIVE US OUR SINS, AS WE HAVE FORGIVEN THOSE WHO SIN AGAINST US. AND DON’T LET US YIELD TO TEMPTATION BUT RESCUE US FROM THE EVIL ONE.”

(Matthew 6:9-13; NLT)

Lead your teen in P.R.A.Y.E.R.

Jesus laid down a blueprint for prayer. The Lord's Prayer contains 6 specific action steps. By teaching your teen this 6-step P.R.A.Y.E.R model, prayer instantly becomes attainable; an engaging conversation your teen can have with God every day.

P

PRAISE HIS NAME

"May Your name be kept Holy"

EXAMPLE PRAYER:

"Thank You, Jesus, that Your name is greater than anything that I will ever face."

R

REQUEST HIS PRESENCE

"May Your Kingdom come soon"

EXAMPLE PRAYER:

"God, wherever I go and whatever I do today, please come and be with me."

A

ACCEPT HIS WILL

"May Your will be done on earth, as it is in heaven"

EXAMPLE PRAYER:

"Give me wisdom and maturity to live according to Your ways, not mine."

Y

YOUR NEEDS MADE KNOWN

"Give us today the food we need"

EXAMPLE PRAYER:

"Thank You for helping me to... and blessing me with... and giving me..."

E

ERASE MY MISTAKES

"Forgive our sins as we have forgiven those who sin against us"

EXAMPLE PRAYER:

"Thank You, Jesus, that Your name is greater than anything that I will ever face."

R

RESCUE ME FROM WRONG

"Don't let us yield to temptation, but rescue us from the evil one"

EXAMPLE PRAYER:

"Help me to stay on the straight and narrow and avoid negative influences."

The Dynamics of Discipline

Establishing healthy boundaries and logical consequences during the teen years can be easier said than done. This, of course, is the season when your teen will likely question your decisions, seek to argue (or answer back) and bend (or break) the boundaries you've established. Correction is an essential part of parenting. However, at times, it can be difficult to know when to discipline your teen and when to encourage self-discipline. To help you navigate this final frontier, consider these five important discipline dynamics.



NOTE:

Before implementing consequences for a boundary breach, check your teen's motive. It's important to differentiate between a mistake and wilful disobedience.