

GOING FURTHER - Resources

Recommended Books and Kits:

Preparing for Adolescence (by Dr. James Dobson) is the classic Christian resource for this transition.

Raising a Modern Day Knight (by Robert Lewis) focuses on fathers preparing their sons for manhood.

Raising a Modern Day Princess (by Pam Farrel and Doreen Hanna) focuses on parents preparing their daughters for womanhood.

Recommended Kit:

Passport to Purity (by Dennis and Barbara Rainey) provides tools for a meaningful getaway in which parents discuss puberty, sex and other "preparing for adolescence" issues with a son or daughter.

Recommended Websites:

FamilyLife.com provides suggestions for parents to help their children win at purity. (Type 'sex education' in search field).

GOING FURTHER - Church Support

Faith Path - Free age-appropriate kits are available for parents to guide a child's spiritual journey one step at a time. Select the next kit for your child at fbcsa.org/nextgen/faithpath

NextGen Resource Center - Free, easy ideas for faith conversations at mealtime, bedtime, family night, movie nights and more are available from the NextGen Resource Center or online at fbcsa.org/nextgen

First Kids - FBCSA offers a variety of programs that come along side parents in their effort to instill faith in children including age-graded weekend classes, RAs, GAs, camps, and much more. To learn more, visit fbcsa.org/firstkids

Preteen Lock-In - First Kids offers a spring lock-in for all 4th and 5th graders with a fun night of games, movies, food, and Bible studies focused on entering the time of adolescence. Learn more at fbcsa.org/firstkids

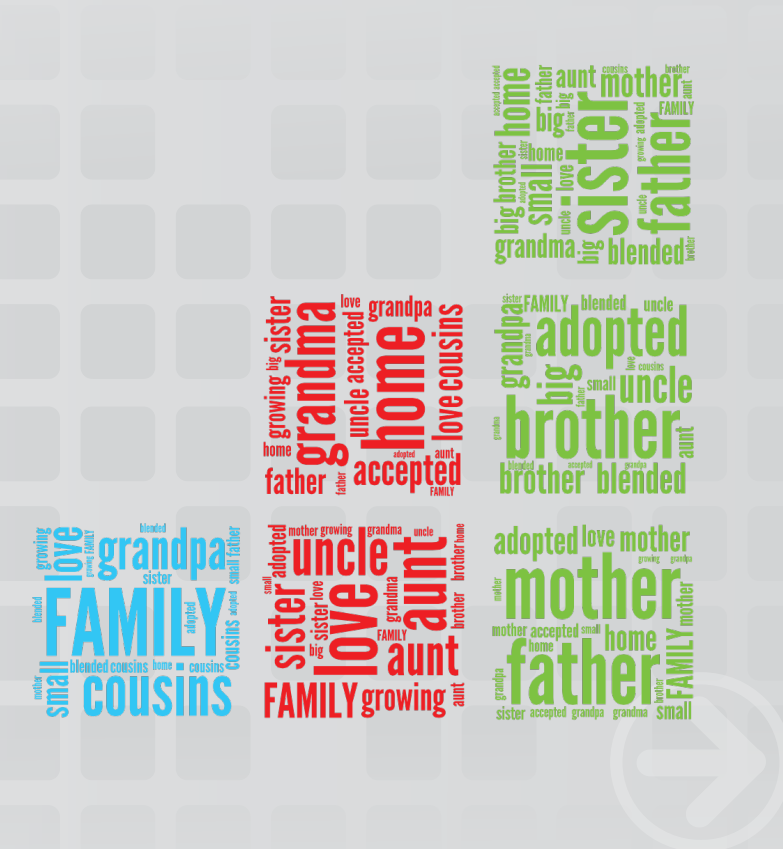
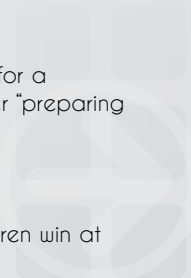
Refuge Youth Ministry- The Youth Ministry at FBCSA desires to equip and partner with parents to develop spiritual growth and maturity for Middle School and High School students. Find out more at fbcsa.org/youth

Young Marrieds Ministry - At FBCSA, we are seeking to grow strong families in strong communities that are joining in God's mission of renewal and redemption downtown and around town. Learn more at fbcsa.org/youngmarrieds



FIRST BAPTIST CHURCH
SAN ANTONIO

PREPARING YOUR CHILD FOR ADOLESCENCE



NEXTGEN
MINISTRIES
KIDS | YOUTH | ADULTS

Preparing Your Child for Adolescence

*From Jimmy Gunn, Minister of Preschool and Children
and Scott Lane, Associate Pastor of Students
With Kurt Bruner, The Center for Strong Families*

“Enjoy ‘em now, because they’ll drive you crazy when they’re teenagers!” That’s the warning parents of pre-teens often hear. The implication: the teen years will be excruciatingly, unavoidably rough for everyone concerned. Obviously you and your pre-teen are in for a lot of change, but turmoil isn’t inevitable. You have the opportunity—before the cataclysmic transition from childhood to adulthood begins—to intentionally navigate your son or daughter through that change in a proactive and positive way.

The best way to prepare your child for adolescence is for you to set the stage—for a mom and her daughter or a father and his son or a single parent and either sex to spend time together dedicated to giving their pre-adolescent the framework for what’s coming. The best hope for a good outcome is when you—the parent—are the one to explain what it means and how to make the most of this vital time in life. Here’s a quick guide to the when, what, and how of that time together:

When

Often parents are concerned that they will overwhelm their pre-teen or encourage premature curiosity if they jump the gun in preparing them for adolescence. A greater concern, however, is the likelihood that someone else will beat you to it. Children are typically ready before their parents are. Doctors report puberty starting as early as age 9 among some girls, and the average age for first exposure to pornography among boys is around the same age. Of course, not all children are the same. That’s why it’s important to spend time with your pre-teen getting a sense of where they are developmentally and to make the timing of your conversations a matter of prayer. Generally, your prime opportunity will fall somewhere between the ages of 9 and 12.

What

In your conversation about the years ahead, you should plan to address the many areas of change your son or daughter encounter during their transition to adulthood—in their body, their decision-making, and their relationship with you.

Body: It’s important to frame the physical changes ahead as much more than a plea for sexual abstinence. Your son or daughter needs a vision for how the internal and external changes ahead are preparing them for the joys of marriage and the miracle of creating new life.

Decision-making: Increasingly, your child will have to make and assume the responsibilities for his or her decisions. As you maintain your overall family values in media choices, individual responsibilities (chores, homework, etc.), and alcohol/drug use, you also need to direct your son or daughter in how to make good decisions for themselves. The first nine chapters of the book of Proverbs can be a helpful guide for teens learning to discern between wisdom and folly.

Relationship to you: Helping your son or daughter understand and embrace the changes in his or her body while challenging them to bear the responsibility of decision making will be different from the role you’ve played before. Instead of communicating like a teacher who teaches the right answer, you should explain to your pre-teen that over the next decade your role will be progressively changing to that of a coach who is there to guide them in their transition into independent development.

How

So what’s the best way to talk about this with your child? Fortunately, there are several great tools available for parents looking for recommendations on how to be intentional and effective in their efforts. (See “Going Further” suggestions.)