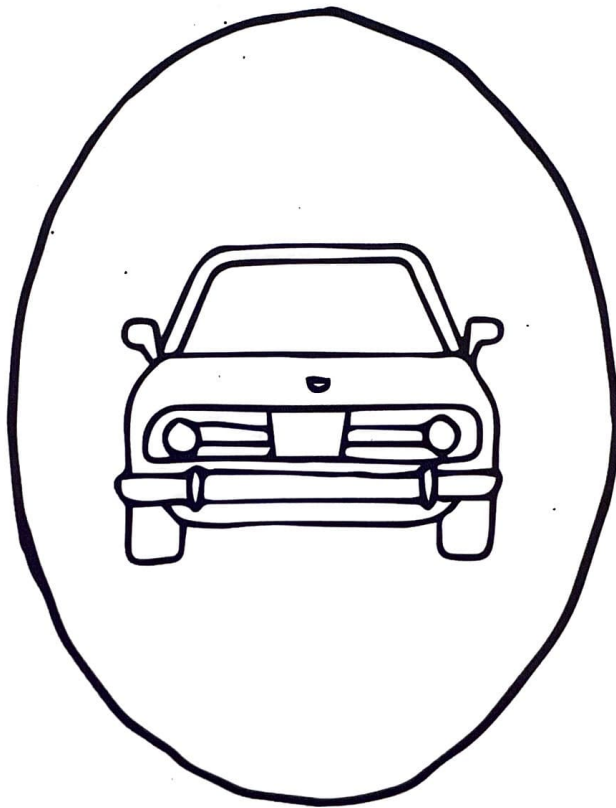


TENTH GRADE



THE PHASE WHEN EVERYBODY ELSE CAN . . .

NOBODY ELSE HAS TO . . .

AND YOUR RESOLUTE TEEN

WILL PUSH YOU TO ANSWER, "WHY NOT?"

Your tenth grader is changing...



PHYSICALLY

- Has difficulty falling asleep before 11pm (it's biological)
- Needs nine hours of sleep and one hour of exercise per day
- Girls have likely reached adult height and body development
- Guys may experience voice changes, weird dreams, and increased acne

MENTALLY

- Increasingly able to focus, recall, and organize information
- Keenly aware of global issues and may be critical of the adult world
- Highly self-aware; may think, "Everybody's watching me"
- Wired for risk-taking and sensational experiences
- Tends to be curious, inquisitive, and drawn toward the supernatural

SOCIALLY

- Increased interest in sexual expression; dating may become more "committed"
- Increased susceptibility to date violence and rape (peaks at 16 years)
- May experience depression; highest year for teen suicide
- Desires responsibilities that increase freedom

PHYSICALLY

- Feels empowered through choices rather than rules
- Responds well to specific praise
- Becoming aware of their personal tendencies and patterns
- Seeks experiences that create intense feelings and emotions
- May enjoy sharing ideas with adults who will listen

ANTICIPATE NEW INDEPENDENCE.

Sweet Sixteen means sweet freedom. Whether this is getting a driver's license, using public transportation, or hopping in an Uber, your teenager may no longer depend on you for transportation. This year, you may constantly question just how much is too much freedom.

EXPECT SOME FRESH SKEPTICISM.

With newfound freedom comes greater life experience. That really life-shattering bad thing you warned them about? They know someone who survived it. The standards you held up for them in the past? They may come to realize you haven't always lived by them. So, get ready for them to challenge you on . . . well, just about everything.

KEEP FIGHTING FOR THEIR HEART.

A sophomore still needs boundaries, but unless the boundaries make sense in light of their personal (and changing) beliefs, they won't stay within them. Just remember, when you "debate" (loudly) boundaries with a sophomore, stay in the present. They aren't challenging what you both want ten years from now, they just need you to understand what they need right now.

IT'S JUST A PHASE



SO DON'T MISS IT.

YOUR ROLE IS TO
MOBILIZE
THEIR POTENTIAL

Your tenth grader feels comfortable navigating the hallways of high school, and they are ready for more. Tenth graders are expanding their life experience. They will push the limits. They might even rebel a little—even though you never did. So guide them to clarify their values carefully. They still need you more than they will say.

THINKS LIKE A PHILOSOPHER

You help them learn when you . . .
ASK QUESTIONS.

WANTS TO KNOW,
“WHY SHOULD I BELIEVE?”

You capture their heart when you . . .
CLARIFY THEIR VALUES.

IS MOTIVATED BY FREEDOM

You coach their moral abilities when you . . .
CATCH THEM DOING
SOMETHING GOOD.

THIS YEAR YOU WILL FUEL PASSION SO THEY WILL KEEP PURSUING AUTHENTIC FAITH AND DISCOVER A PERSONAL MISSION.

In this phase when your tenth grader is asking, “Why should I believe?” the best thing you can give them is a consistent faith community where they can process their doubts and strengthen their relationship with God. Stay engaged in their personal faith journey by having conversations at home.

SAY THINGS LIKE . . .

“HOW CAN I PRAY FOR YOU TODAY / THIS WEEK?”

“WHEN DO YOU FEEL CLOSEST TO GOD?”

“WHAT’S SOMETHING YOU FEEL LIKE GOD IS TEACHING YOU RIGHT NOW?”

ARE THERE WAYS YOU WOULD WANT TO SERVE IN OUR CHURCH OR COMMUNITY?

“LATELY, I’M FINDING I CONNECT BEST WITH GOD WHEN I’M . . .”

“THERE’S NOTHING YOU WILL EVER DO THAT COULD MAKE GOD STOP LOVING YOU.”

“I DON’T KNOW.”



Instill purpose by starting the day with encouraging words.




Connect regularly by scheduling time to eat together (even once a week).



Interpret life when they occasionally open up at the end of the day. (Stay consistently available —just in case.)



Strengthen your relationship by adjusting your plans to show up when they need you.



**EVERY PHASE IS A
TIMEFRAME
IN A KID'S LIFE
WHEN YOU CAN
LEVERAGE
DISTINCTIVE
OPPORTUNITIES
TO INFLUENCE
THEIR
*future.***

YOU HAVE APPROXIMATELY 156 WEEKS AND COUNTING . . .

FOR MORE RESOURCES VISIT PARENTCUE.ORG OR DOWNLOAD THE PARENT CUE APP.

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