

A person is shown from the side, wearing a dark jacket and reading a book. The background is a vibrant, textured red. The text is overlaid on the left side of the image.

**What
Happened
To Our Teen?**



RESERVED
FOR FAMILIES WITH SMALL CHILDREN

+ ALLELUIA +



YOUTH

RALLY

The Five Love Languages



The Five Love Languages

WHAT IS YOUR CHILD'S LOVE LANGUAGE?



The Five Love Languages

WHAT IS YOUR CHILD'S LOVE LANGUAGE?

Words of Affirmation



The Five Love Languages

WHAT IS YOUR CHILD'S LOVE LANGUAGE?

Words of Affirmation

Gifts



The Five Love Languages

WHAT IS YOUR CHILD'S LOVE LANGUAGE?

Words of Affirmation

Gifts

Acts of Service



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WHAT IS YOUR CHILD'S LOVE LANGUAGE?

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Quality Time



The Five Love Languages

WHAT IS YOUR CHILD'S LOVE LANGUAGE?

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Physical Touch



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NOTE: The way you love to love is typically your primary love language!

The Five Love Languages

WHAT IS YOUR CHILD'S LOVE LANGUAGE?



5lovelanguages.com

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StrengthsFinder

**STRENGTHS
FINDER 2.0**

StrengthsFinder

EXECUTING	INFLUENCING	RELATIONSHIP BUILDING	STRATEGIC THINKING
<p>People with dominant Executing themes know how to make things happen.</p>	<p>People with dominant Influencing themes know how to take charge, speak up, and make sure the team is heard.</p>	<p>People with dominant Relationship Building themes have the ability to build strong relationships that can hold a team together and make the team greater than the sum of its parts.</p>	<p>People with dominant Strategic Thinking themes help teams consider what could be. They absorb and analyze information that can inform better decisions.</p>

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What are your child's Top Five?

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Everyone's Top Five have Shadows

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The Big Decision



The Big Decision



UNDECIDED?

you're not alone!

The Big Decision



50% of students
with a major,
change it 3-5x



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30% of current students
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70% of students change majors at least 1x



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80% of incoming students are undecided

The Big Decision

When choosing a college major...



The Big Decision

When choosing a college major...

You're choosing a **DIRECTION**
not a **DESTINATION**



The Big Decision

When choosing a college major...

To **GAP YEAR** or not to **GAP YEAR**?



Over 90%
of Christian teens,
if they don't go
to church in the first
3 weeks of college



Over 90%
of Christian teens,
if they don't go
to church in the first
3 weeks of college
They Won't Go At All



A person is shown from the chest up, wearing a dark, possibly black, long-sleeved garment. They are holding an open book and appear to be reading. The background is a vibrant red with a subtle, embossed or marbled texture. The lighting is soft, highlighting the person's hands and the pages of the book.

Informed Faith

A person is shown from the side, reading a book. The background is a deep red with a textured, marbled appearance. The text is overlaid on the left side of the image.

**Conformed
Faith**

**Informed
Faith**

**Transformed
Faith**

**Conformed
Faith**

**Informed
Faith**





CAMPUS MINISTRY

The Strongest Version of Your Child



What is the
CRABS IN
A BUCKET
Mentality?

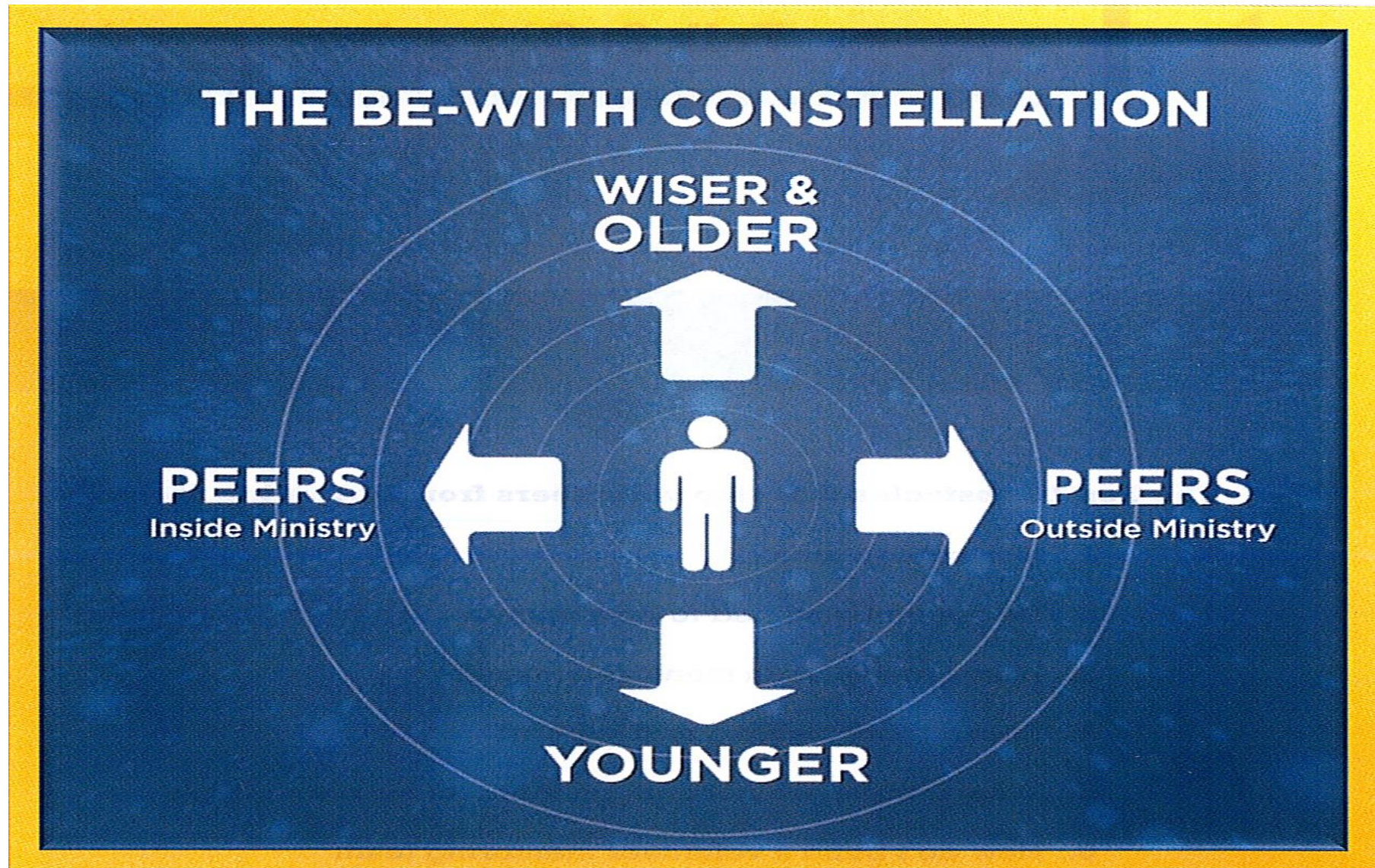
The Strongest Version of Your Child



“Bad company
corrupts good
character.”

-1 Cor 15:33

The Strongest Version of Your Child



Overwhelmed & Overscheduled

Chronic stress is the leading cause of substance abuse and depression which are strongest risk factors of suicide.



School is the leading source of stress for teens.

1/3 of teens think they do not do enough to manage their stress.

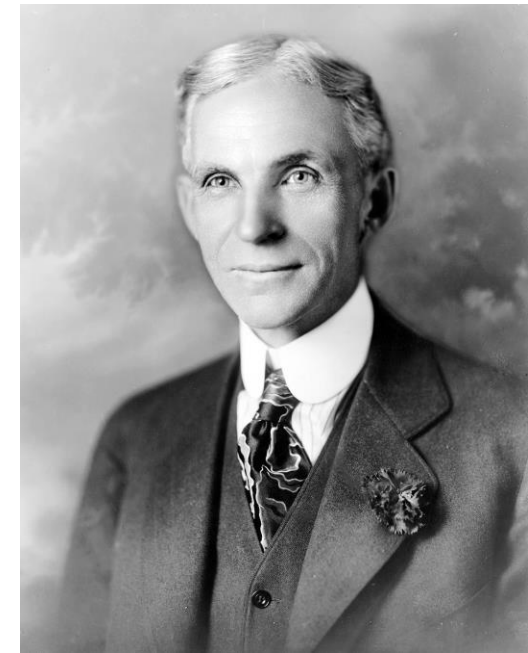
Stress in Teens

17 year olds experience stress levels higher than what they consider to be healthy.



41 percent of incoming class felt overwhelmed, growing from 29 percent in 2010.

Overwhelmed & Overscheduled



Overwhelmed & Overscheduled



Henry Ford



5 Tips TO HELP TEENS COPE WITH STRESS

GET SOME SLEEP



Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.



FOCUS ON YOUR STRENGTHS



Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.



DO THINGS THAT MAKE YOU HAPPY



Find activities or hobbies that make you happy and incorporate them into your daily life.



ENGAGE IN PHYSICAL ACTIVITY



Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.



TALK TO SOMEONE



It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find **ways to manage your stress**.



[MHFA.org/teens](https://www.mhfa.org/teens)

Gaming Addiction



Gaming Addiction

Set FIRM boundaries early



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Realize it is SOCIAL



Gaming Addiction

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Realize it is SOCIAL

Addictive: treat as drug
Problem = wean off



Gaming Addiction

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Realize it is SOCIAL

Addictive: treat as drug
Problem = wean off

Get counseling help



Simple Things That MATTER!

Simple Things That MATTER!



Get onto their
eye level

Simple Things That MATTER!



Get onto their
eye level

Be willing to admit
your failures/sin

Simple Things That MATTER!



Get onto their
eye level

Be willing to admit
your failures/sin

Simple Things That MATTER!



Remove physical
barriers

Simple Things That MATTER!



Remove physical
barriers

Avoid absolutes

Simple Things That MATTER!



Remove physical
barriers

Avoid absolutes

Forget past; focus
on present failure

Simple Things That MATTER!



For big failures...

Have your child
pick their
punishment*

Simple Things That MATTER!



For big failures...

Have your child
pick their
punishment*

*you have power to veto!

Simple Things That MATTER!

Nightly
Blessings



Simple Things That MATTER!



Simple Things That MATTER!



What TEENS asked me to say...

We are working harder than you think.

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Parents only choose to see the non-productive stuff we do. "You were on the phone for an hour." But you didn't see the 3 hours of homework I did before.

What TEENS asked me to say...

Stop saying, “I’ve been through this before. You aren’t me.”

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Please have parents understand often we aren’t looking for solutions. We just want them to listen.

What TEENS asked me to say...

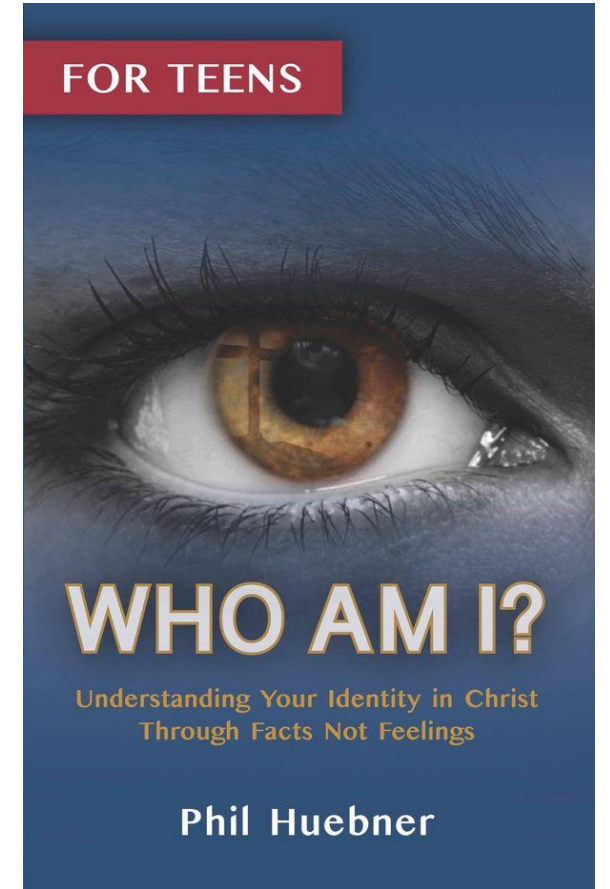
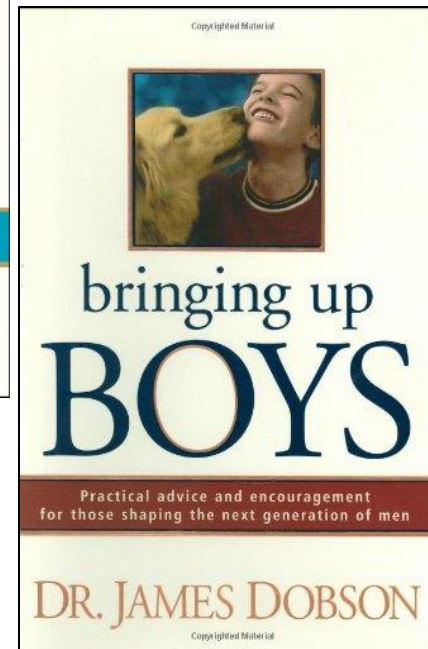
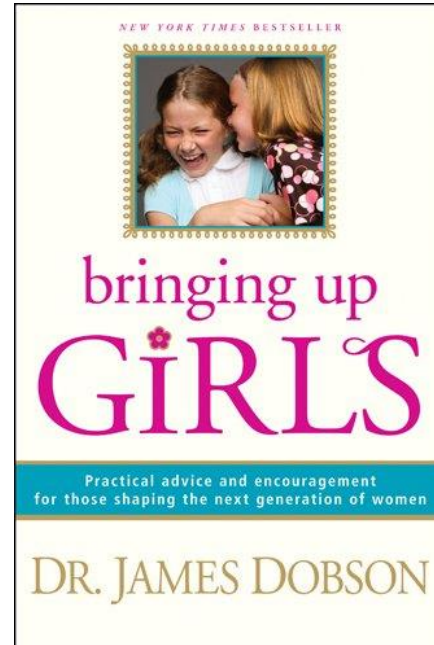
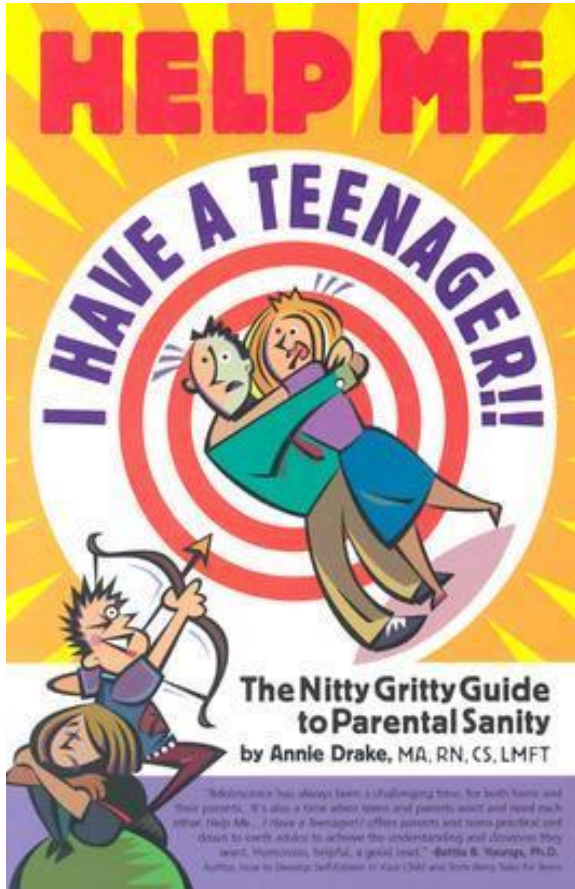
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Everything doesn’t need to be a big life lesson moment.

Resources



Questions

