

# NEWSLETTER

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## parenting with TRUST

NOVEMBER  
2025

Teenage years can be filled with a lot of confusion around trust. Making new friends, trusting them, then getting hurt is a regular cycle for kids, unfortunately. There are signs to look for, of course, when building a relationship with a friend or significant other. This is a great month to help your teen figure out what those are, and how to place trust in appropriate places.

The other side of this value, though, has to do with BEING a person others can trust. Perhaps equally as important as identifying clues in a relationship is learning how to be trusted with the friendship of others. As a parent, you can be building the skills of trustworthiness in your child all month long. Giving them age-appropriate responsibilities and holding them accountable to completing them, allowing a later curfew or additional freedoms with some strings attached are all ways you can begin to build trust in your teen.

### Questions to consider:

- Do you consider yourself mostly trustworthy? Why or why not?
- Does your child get to see you build trust with others? How?

### Questions to ask your student:

- Who do you know that is trustworthy? How can you tell?
- Do your friends think you are trustworthy? Why or why not?
- What can you do to make sure you earn the trust of your parents, teachers, coaches, and friends?

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## TRUST:

Putting your confidence in someone you can depend on

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### WEEK ONE:

This week, we're talking about trust and depending on others. But sometimes, what we think is trustworthiness or dependability means something else to others. Setting expectations in relationships can feel like opening a can of worms, but truthfully it is required to be able to have healthy boundaries for what is within your trust and what is a violation of that trust.

### WEEK TWO:

When you make a new friend, start a new relationship, or move to a new school, how do people know they can trust you? What do you do that shows you are trustworthy? First impressions are important, but we have to follow those with patterns of trustworthiness in order for them to be meaningful long-term.

### WEEK THREE:

By now, you've probably had some good experiences with trust — and likely some bad ones as well. What do you do when you've been burned — how do you trust again? How do you not mistrust everyone, just because of previous bad experiences? This week, we'll talk honestly about what it looks like to rebuild trust and challenge ourselves to seek healthy and trusting relationships in the future.

### WEEK FOUR:

As you develop friendships, you are always looking for proof that you can trust a person with information, with your emotions, or your secrets. This week we will be challenged with thinking more about what that proof looks like, and how you can practice trust without putting yourself out there too much.