

# NEWSLETTER

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## parenting with HUMILITY

MARCH  
2026

Talking about humility can be tricky with teenagers. First, giving up what you think you deserve can be a really challenging thought - no matter your age! However, this can be especially tricky for teenagers, who tend to have a sense of entitlement.

But this month, consider focusing the conversation on humility around growth. Humility keeps you open to learning, which is crucial in a stage of life where you're constantly growing, changing, and discovering new perspectives. As your teenager is exposed to so much new information, having humility and an open mind will allow for so much more enjoyment in learning.

### Questions to consider:

- What comes to mind when you think of humility?
- Do you equate humility to weakness or strength? Why?

### Questions to ask your student:

- Who do you know that regularly shows humility? Why did you pick him or her?
- What does humility look like in a person your age?

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## HUMILITY:

Putting others first by giving up what you think you deserve

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### WEEK ONE:

This month we talk about humility as putting others first by giving up what you think you deserve, but that makes it sound like you can't have both — you can't be humble and also work hard, earn, and deserve things. So this week is about unpacking that: can you get what you deserve and still be humble?

### WEEK TWO:

Our culture is driven in many ways by competition. We revere the champion athletes and the winners of reality competitions. When this is what we consume and what we are encouraged to believe by the images around us, how can humility be useful at all? How can we resist the urge to win at all cost by putting others first, at least some of the time?

### WEEK THREE:

This week, we will talk about how humility is not about weakness or giving up or being meek. Instead, humility is about understanding that everyone has strengths and weaknesses, and because of this truth, humility suggests that no one should believe they are better than another person. When we are performing or living in our strengths, it is great to feel proud and happy. On the other hand, when you see someone else who is thriving in their strengths, humility says we can find joy in and celebrate their success as well!

### WEEK FOUR:

If you watch anything with commercials, you'll see that most brands want you to believe you deserve something: a break, the best, more money, a cleaner house. But what do you think? What do you deserve? And how does that compare to what other people deserve? Isn't it possible that they also believe they are entitled to be the best, smartest, fastest? This week, our challenge will be to consider ourselves and think about what we are "owed" and what we owe to each other.