

Moms & Pops STUFF

Resource provided by ChurchFamilyBasedYouthMinistry.org (www.cfbym.org)



These are ideas for you to use during that drive time between school, practices and meetings. Take advantage of that "trapped" time to pass on your faith.

What Is Your Family Story?

This one may take a couple of drives. Maybe even times when the entire family is in the family taxi. Reminder: These drivetimes can be co-opted to be something more than getting to-and-fro.

Ask your family what kind of story you are living together. Let everyone share their version of this story and you tie the strings together into one plot.

Now that the family story has been made into one plot, ask everyone is this the story you all want to live? What needs to change? Where is Christ-centered living in our story? Note: This is not a who question—guard against that. Ask what needs to change to have your family story more centered on a Christ-centered story. As these changes are listed, incorporate them into the plot-line you've already written.

Maybe you would like to record this new story and hang it on the refrigerator or some other family central location. Take time here-and-there to re-read the story and see if you are still living this story.

The Blessings Journal

Buy a nice journaling notebook and pen. During one of the many taxi drive times, have your son/daughter write down all the good things that happened that day for the two of you. Do this once a week over a month's time or every day for two weeks. Record the trivial and profound. Keep the journal and bring it out in the future when one of those bad days is happening. Share the journal together during that ride.



This is an idea to help you encourage your child with their academic achievement since that is an important issue for both of you.

Bullying

Bullying is "the" issue these days that education is trying to tackle. Read this school counselor's opinion and see if your perspective is changed or challenged.

"However, I will contend that our collective response to these tragedies is out of proportion when applied to kids in general. Instead of treating all kids like victims of bullying and begging bullies to be nice, we need to build up and equip the targets of bullying. These are the people who want things to change. These are the pupils who are teachable. We need to start by backing off the 'helicopter pilot' style and giving students tools to deal with people who are mean to them. When these tools are used correctly, bullying will cease and we will have socially competent, confident, and resilient young people living their lives..."

"...Currently, 45 states have adopted anti-bully laws that hold schools accountable in cases where they are not able to prevent bullying. These laws expect school administrations to oversee and monitor tens of thousands of interactions that take place in their schools every day. Not if, but when the school fails to stop bullying, they will be held liable and subject to huge monetary compensation. This is an impossible, impractical, and unhealthy response to this 'epidemic.' There are better ways to deal with these issues. And it starts at home."

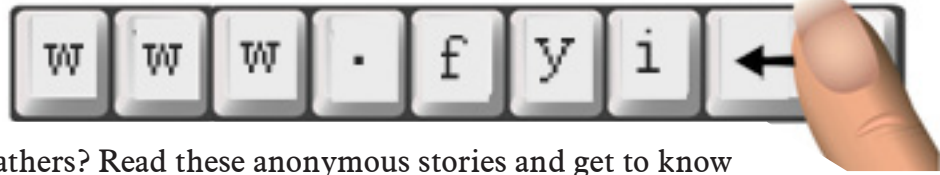
Read more: <http://www.kyria.com/topics/marriagefamily/parenting/parentingpurpose/fromvctims.html>

Hopefully a website recommendation to guide you as a parent. This is not paid endorsements nor can we vouch for the ethics of the entire website.

AnonymousUs

<http://anonymousus.org/>

What are the thoughts of the now grown teens and adults who had sperm donors for fathers? Read these anonymous stories and get to know these issues. You just never know whom your son or daughter will have as a friend. This is a unique pain.



The Sparkle Effect

A website recommendation to share as a family to educate all of you about social justice and how you can get involved.

This began as a brainstorm from one teen girl. Now it is nationwide. The Sparkle Effect is an effort to include teens with disabilities in school-based cheerleading and dance programs. The website includes a Quick-Start kit, grants for uniforms, and free on-site training for any teen girl who feels called to use her cheer or dance skill as a mission to bless others.

<http://www.thesparkleeffect.org/>

WWW.READING

Duke It Out for Them: Why Kids Need to See Their Parents Fight

http://blog.christianitytoday.com/women/2012/02/duke_it_out_for_them_why_kids.html

“You think avoiding fights like certain people avoid the gas station is a good approach? Think again. Well, at least try to think like the 44 percent of us married folk who believe that arguing at least once a week is good for a marriage, who believe it “opens up the lines of communications,” according to a recent survey...

“...Elizabeth Weil writes about some other benefits she’s discovered by her daughters seeing her and her husband fight: it helped them find a safe place—family—to learn to move past passivity and take a stand. ‘I do love it that my girls are seizing the conviction of their feelings,’ Weil writes. ‘I’d rather they sounded a little gruff—I’d even take rude—than that they shy away from explosive topics or turn anger, pain or sadness in on themselves.’

Let Them Come Home

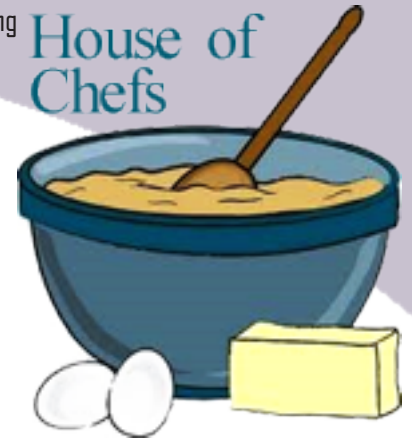
<http://www.billygraham.org/articlepage.asp?articleid=859>

“Your rebellious child’s real problem is not drugs or sex or cigarettes or porn or laziness or crime or cussing or slovenliness or homosexuality or being in a punk band. The real problem is that your child doesn’t see Jesus clearly. The best thing you can do for rebellious children—and the only reason to follow any of these suggestions—is to show them Christ. It won’t be simple or immediate, but the sins in their life that distress you and destroy them will begin to disappear only when they see Jesus more as He actually is...

“...What concerns you most is that your child is destroying herself, not that she’s breaking rules. Treat her in a way that makes this clear. She probably knows—especially if she was raised as a Christian—that what she’s doing is wrong. And she definitely knows you think it is, so she doesn’t need this pointed out. She needs to see how you are going to react to her evil. Your gentle forbearance and sorrowful hope will show her that you really do trust Jesus.”

Teens love food. Teens also love preparing food. Add to your family story by taking on this challenging recipe together.

House of
Chefs



Fruit Pizza

1 roll (16.5 oz) refrigerated sugar cookies
1 package (8 oz) cream cheese, softened
1/3 cup sugar
1/2 teaspoon vanilla
1 cup fresh (or canned) peach slices, drained, cut into thinner slices
1 cup halved or quartered fresh strawberries
1 cup fresh (or frozen) blueberries (or any other fruit you like)
1/2 cup apple jelly



Heat oven to 350°F. Grease 12-inch pizza pan or pizza stone. In pan, break up cookie dough; press dough evenly in bottom of pan to form crust. Bake 16 to 20 minutes or until golden brown. Cool completely, about 30 minutes.

In small bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until fluffy. Spread mixture over cooled crust. Arrange fruit over cream cheese.

Stir jelly until smooth; spoon or brush over fruit. Refrigerate until chilled, at least 1 hour. Cut into wedges or squares. Store in refrigerator.

<http://www.pillsbury.com/recipes/fanciful-fruit-pizza/1ba0fa0a-5f2a-451c-b82c-bf8076a0e4de#>

Writing
your
Family
Story



What story is your family telling? What story do you want your teen to remember? This is an idea sure to create a memory that can be a part of your family story for years to come.

Raise Your Son To Be Heroic

There is something innately powerful in boys to become some sort of hero. Use this acronym to help you as you parent your own heroes:

Honorable, Enterprising, Responsible, Original, Intimate, Creative

- By honorable, it is meant as a moral boy who becomes a man of conscience and duty.
- By enterprising, it is meant as a busy, industrious boy who becomes a man who gets things done.
- By responsible, it is meant as a boy who cares about others' needs, and becomes a man of service.
- By original, it is meant as a boy who is moral, busy, and caring, but in these things does not lose himself but instead expresses his own unique gifts throughout his life.
- By intimate, it is meant as a boy who learns how to love, then becomes a man who can love another as an equal partner.
- By creative, it is meant as a boy who dreams, pursues his dreams, and one day as a man who will create and love the next generation.

(Taken from *The Purpose of Boys*, Michael Gurian)

CULTURE (NO) SHOCK

Family Vacations

Among the 49% all survey respondents who have ever taken a family summer vacation:

- Kids ask their parents “Are we there yet?” an average of nine times during a week-long (seven day) family vacation. Parents with children six years old and younger can expect to be asked “Are we there yet?” about 13 times.
- 24% say that they usually need a vacation when they return from a family trip.
- 65% say that a family vacation experience finds them relaxed and admit that there is “nothing better” than a great family vacation.

<http://www.marketwatch.com/story/one-in-four-americans-needs-a-vacation-after-a-summer-family-trip-according-to-new-research-from-cambria-suites-2012-06-12>

Car Ownership is Not What it Used to Be

From a survey of 1,045 Millennials, ages 18 to 34:

55% of Millennials surveyed have actively made an effort to drive less. This is up 10% from 45% in 2010, highlighting the growing trend of consciously reducing road time. Some of the factors cited for driving less frequently include environmental concerns, total cost of vehicle ownership and an increased use of social media.

<http://finance.yahoo.com/news/zipcars-second-annual-millennials-study-130000534.htm>

That’s a Lot of Texts

From a study of 800 teens, ages 12 to 17, and a series of focus groups involving 57 teens, ages 12 to 19:

- The average teens sends and receives an average of 60 texts a day. This is from 50 in 2009.
- The increase is being led by older teens, ages 14-17, who went from a median of 60 texts a day to a whopping 100 two years later.
- Girls send an average of 100 texts a day.

- Boys send an average of 50 texts a day.
- Of the entire group, 75% said they actively text.
- 25% say they own a smartphone.
- While 63% of teens say they text every day, only 39% said they make calls on their phones on a daily basis.
- In addition, 35% said they socialize face to face outside of school.
- The big loser in teen communication is email, with only 6% of teens using it as a means to communicate with friends.

<http://mashable.com/2012/03/19/teens-texting/>

Posting on Facebook = A Yummy Meal or Sex

In a series of experiments, Harvard researchers found that the act of disclosing information about oneself, such as what is done on Facebook or Twitter on a regular basis, activates the same sensation of pleasure in the brain that everyone gets from eating food, getting money or having sex. It’s all a matter of degrees of course, but the science makes it clear that our brain considers self-disclosure to be a rewarding experience.

<http://www.latimes.com/business/technology/la-fi-tn-self-disclosure-study-20120508,0,7870124.story>

New Shopping Day “Holiday”

The magazine, *Teen Vogue*, is introducing August 11 as a national day for back-to-school shopping called Back-to-School Saturday. The hope for this “holiday”.

Joining *Teen Vogue* are two dozen advertisers all who are reliant on the back-to-school season for revenue. The participants will include Aéropostale, American Eagle Outfitters, Express, Guess, H&M, Maybelline New York, Pacific Sunwear of California, Quiksilver, Staples and Vans. The hope is that this “holiday” grows to be something like Black Friday.

<http://www.nytimes.com/2012/05/31/business/media/teen-vogue-promoting-back-to-school-shopping-day.html>

CULTURE (NO) SHOCK

Facebook and Body Image

From a national survey of 600 Facebook users, ages 16 to 40:

- 75% of Facebook users are unhappy with their body.
- 51% said Facebook makes them more conscious about their body and weight.
- 51% said that they often find themselves comparing their life to that of their friends when they read status updates and see pictures posted.
- 32% said they feel sad when comparing Facebook photos of themselves to their friend's photos.
- 44% said they wish they had the same body or weight as a friend when looking at photos.
- 37% said they feel they need to change specific parts of their body when comparing their bodies to friend's bodies in photos.
- 44% said they are always conscious when attending social events that photos of them might get posted on Facebook.
- 43% said they will avoid having people photograph them at a social event if they don't feel they look their best.
- 25% said they are happy with their current body and weight.
- 69% said they would like to lose weight.
- 31% said they have avoided intake of specific food items, food groups, or entire categories of foods in an attempt to lose or control weight.
- 17% said they have engaged in binge eating with 7 percent reporting that they have purged.
- 12 said they currently have or have had an eating disorder. Another 8% said they have thought they may have an eating disorder.

<http://eatingdisorder.org/assets/images/uploads/pdfs/22-publicsurvey.pdf>

Good and Bad News—Current Drug Usage

From the National Institutes of Health Monitoring the Future survey of 47,000 teens: Overall, cigarette and alcohol usages by teens are at the lowest points since the first survey was taken in 1975.

19% of high school seniors said they smoked cigarettes in the past month compared to a peak rate of 36.5% in the mid-1990s. Researchers said 100% smoke-free locations and higher cigarette prices have helped drive down the number of teen smokers.

However, daily marijuana use is at a 30-year peak level among high school seniors--36.4% said they smoked marijuana in the past year and 6.6% said every day. The 2011 survey for the first time included questions about use of synthetic marijuana, a blend of herbs and spices laced with chemicals and commonly branded Spice or K2. 11% of high school seniors reported using the synthetic substance in the past year. Until recently, K2 and Spice were sold legally online, in gas stations and other shops but federal regulators are now the synthetic chemicals.

<http://www.reuters.com/article/2011/12/14/us-drugs-teens-survey-idUSTRE7BD1Q320111214>

The Reality of Missing Children

- 62% of missing children in 1990 were recovered. In 2011, 97% were.
- 115 is the estimated number of children who are victims of "stereotypical" kidnapping in a given year, meaning they were abducted by strangers. Of those 115, 57% come home alive.
- 94% of recovered children are found within 72 hours.
- 203,900 children are abducted by family members. 58,200 of those are taken by people familiar to the family or to the children in some way.
- 572 children have been recovered as a result of an Amber Alert. 205 children, since 1996, have been recovered as a result of a Walmart posting. 153 children, since 1985, have been recovered as a result of a direct mailing. 10 children, since 1996, have been recovered as a result of a nightly news segment. 3 children, between 1984 and 1985, who were recovered as a result of a milk carton advertisement.

<http://theweek.com/article/index/227361/the-reality-of-recovering-missing-children-by-the-numbers>