



### 6th GRADE VIDEO SCRIPTS

## 6TH GRADE: PREPARATION FOR ADOLESCENCE

### Speaker:

Your 6th grader is under construction. Their brain is releasing hormones that are initiating changes in the body, mind, and soul. Over the next few years, they are going to experience more change than at any other time in their life, other than their first two years of life. Change is scary, but it also creates a path for something new and great. So your student ministry is providing a rite of passage to create an experience for you and your 6th grader to navigate this change in a way that can connect your hearts.

One foot in childhood and the other foot in adulthood. Now, that is the definition of adolescence. The next few years are going to be clumsy for both you and your brand new teenager. The only way to navigate the adventure of the 6th grade year is to solidify your relationship. Your student ministry is inviting you to experience a rite of passage where you and your 6th grader set aside 5 days to have a 10-to-15-minute discussion each night. You can do that in their room or at the dining room table. That will be your choice. Your church is going to give you a discussion guide and a cheat sheet so that during that time, you can share

with your teenager the changes they are going to go through during puberty. I know you don't want them to be surprised about these changes. You want them to be informed about these changes. You want them to be able to ask questions of you about all the things they are going to go through. I know it doesn't sound fun to discuss puberty, but it's much less fun to have them learn from someone else, or worse--to have them figure it out by themselves. We've also provided 5 devotionals for you and your 6th grader to read together. This is going to emphasize that not only are they maturing physically, but they are also maturing spiritually. They need a deeper understanding of who God is and what His plan is for their lives. The goal of parenting in this stage is not just simply survival. Your student ministry is setting you up to create a conversation that will help you and your teenager thrive through this transition. The best way to end the adolescent journey well is to begin it well. So it's time. It's time for you to spend a special time with your teenager that is going to launch them into successful adulthood. It's time for the 6th grade rite of passage.



### PARENT GUIDE FOR 6TH GRADE PREPARATION FOR ADOLESCENCE

#### Speaker :

Pimples, shaving, growth spurts, voice changes, mood swings, and dating are all about to become a reality for your precious little boy or girl. No matter how hard you try, they are going to hit puberty. Ready or not, you need to prepare your 6th grader for adolescence. We are here to help. This rite of passage is designed to help you connect with your student and establish a bond of trust as you enter into this new phase of your relationship.

This could be five separate nights before bedtime or five Saturday nights during a hike. Whatever time or location, you want to make sure that you have privacy and are free from distractions. That means no cell phone, TV, or other things that compete with your attention. And please, when I say turn your cell phones off, I don't mean just silence them. Turn them off. You want your focus to be on each other. Looking at your phone or answering a text tells your student that they are not as important as other business in your life.

This should be a one-on-one time with one parent and one student. Our recommendation is that this be the same sex parent as the student. However, we understand that this may not always be possible. The important thing is that this be a conversation between the same parent or guardian for each of the five occasions. The next thing is to download the five sets of the parent and student discussion

cards we have provided for you. There will be one designed for the parent and the other for the student for each of the five times you have set aside for the meetings. Now before you go any further, we want to encourage you not to read these beforehand. Stick them in an envelope and seal them so that you're not tempted. The reason that they are for both the parent

and the student is that we don't want anybody to feel like they are being set up or are being ambushed. So you're on an equal playing field. This will help develop intimacy and trust. We know that as a parent, the idea of not knowing what you are setting yourself up for can be a bit scary. So we have provided you with a downloadable resource that describes what is going on or about to be going on with your student developmentally. For some of us, it's been a

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while since we experienced puberty ourselves, and it helps to have a bit of a refresher course. We've also listed other resources with great advice on how to approach this time with your student. This is also a time to help them begin to mature spiritually as they begin to have a capacity for a deeper understanding of God's Word.

We have provided a set of devotionals that are designed for both the parent and the student. These can be done any time throughout the year with one parent or both parents. The devotionals encourage you and your student to pray specifically for each other during this exciting time in your lives. This is just a start of a continuing relationship with your student. This rite of passage is designed to help give you a solid foundation to build on that we hope will guide your student through adolescence and into adulthood.

This is just the first step. We encourage you to continue setting aside time to talk with your student about whatever it is that is on their mind and to continue in prayer and study of God's Word together. As a result of this, your hearts will naturally grow together and form a bond that will last a lifetime.

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