

Understanding and Parenting Your Teen

May 6, 2008

Adolescence:

The task of moving out of childhood and preparing to engage in mainstream society as a peer with other adults.

Individuation:

That path toward becoming a unique individual.

Three main elements make up individuation.

• Identity – “Who am I”

The central task for **adolescents** is to **discover** the person they are as they attempt to **insert** and **assimilate** themselves into adult society.

Our task as **adults** is to help our kids **answer the question** “Who am I?” by removing all the lies and misconceptions out of the way, so they are able to see as clearly as they can, who God declares them to be.

• Autonomy – “What power do I really have?”

The central task for **adolescents** is to be able to handle and accept **personal responsibility**.

As **adults** we must **equip** our kids with the **tools** to be able to make the right choices in life.

- **Belonging** – “Where do I fit?”

The central task for **adolescents** is to figure out **who** they are as an individual and determine just **where** they fit in.

As **adults** we need to walk with our kids and help them **discover** their **giftedness** and their **talents**.

<p>When these three questions are successfully answered the journey of adolescence has ended.</p>
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Stages Of Adolescence

Early Adolescence can be described as being **concrete** in how they think and process information, and how they relate to others.

Late Adolescence can be described as being more **abstract** in their ability to think and process information and how they relate to others.

Midadolescence can be described as a time in which they are striving to be **noticed** and **affirmed**, yet they are also a long way from knowing who they are or what personality and gifts God has given them.

The World Beneath

- Fierce loyalty to friends and a collective self-protection
- Seen as the only place they can let down their guard without being prodded, accused, hassled, or probed
- A world with it’s own language, style, music, and worldview
- A place where adults are not welcomed

The Five Tasks of Parenting

- **Task #1 – Understanding**

Our children need a **secure** anchor and a **nonjudgmental** listener.

- **Task #2 – Showing Compassion**

We are called to bring ourselves into their **emotional** and **developmental** process.

- **Task #3 – Boundarying**

Boundarying is discipline for the purpose of **training** and **instructing** with **maturity** as the end goal.

- **Task #4 – Charting and Guiding the Course**

We must help our kids **navigate** through the turbulent and sometimes dangerous waters of adolescence.

- **Task #5 – Launching Them Into Adulthood**

Launching our kids into adulthood begins in the **early** years of childhood and is complete when they become your **peer** and your **friend**.