



When I was your age, I started noticing my body beginning to change. My voice changed; I started having to use deodorant; and there were many other changes as well. This is what you can expect, too. At times I felt embarrassed about these changes, so I want us to talk about these changes so you will know they are normal.

Physiological changes you may choose to discuss:

- Acne - Growth Spurts - Changes in Voice - Breast Development - Menstruation
- Early Bloomers (Body develops sooner than others.) vs. Late Bloomers (Body develops later than others.)
- Body Hair Under Arms, on Legs, on Face (Guys), and Pubic Hair

Ask Your Student These Questions:

1. Have you noticed any of these changes with yourself or your friends?
2. How do you feel about what is happening?

Parent Prayer:

Pray with your student that God will help them during this time of change and will give them wisdom as they are faced with new feelings and changes in their lives. Pray that God will give you as a parent patience and understanding as you help to guide them through this time. Commit to always be open to listen and talk with your son or daughter with anything they are feeling and that you will both seek God's guidance through prayer and the study of Scripture.

Ask Your Parent These Questions:

1. How did you feel when you were my age and went through these changes?
2. Some of my friends seem to be further along than I am, and some seem to be not changing at all yet. Why is that?



A four-year-old often says anything that comes to mind and sometimes does things with no fear of embarrassment or worry of what people think. But around the age of 12, this begins to change. I can remember when... (Share an early adolescent memory of when you felt very self-conscious or like everyone was “staring” at you.)

Ask Your Student These Questions:

1. Do you ever wonder what people around you think about you?
2. How do you feel when you are with your friends, when you enter a classroom, and/or when you get on the bus?
3. How do you feel in the youth group?

Parent Prayer:

Thank God for the blessing that your student is to your family and how they are wonderfully made by God. Pray that through these times, you and your son or daughter will grow closer together and ultimately closer to the Lord. Ask God for wisdom to help guide your student as they begin to learn who God made them to be.

Now that I am getting older, there are some things that feel like they matter to me more than they used to--like the clothes I wear, hair style, body odor, being on time, the car we drive, some things about our family... (Share your thoughts about these kinds of things with your parents.)

Ask Your Parent These Questions:

1. Do you remember feeling different at my age?
2. Sometimes there are things about me and about our family that I feel embarrassed about. Did you ever feel that when you were growing up?



As we change into adults, we start to become more aware of ourselves and of people around us. This new awareness can cause us to feel a lot of different emotions: fear, anxiety, joy, or excitement. Most everyone begins to have more intense feelings during these early teenage years. I want you to know you can always tell me how you feel about someone or any situation. I may be able to help, and I will definitely support you as you learn to cope with these new emotions.

Ask Your Student These Questions:

1. Over the next few years, there are going to be times when you are moody, frustrated, or mad without really knowing why. How would you like us as a family to respond to you in those times?
2. When we disagree with each other over the next few years, what are some “rules of engagement” that you think we can follow to help us fight fair?

Parent Prayer:

Read Proverbs 15:1 aloud. Pray that God will impress this Scripture passage on yours and your student’s hearts and that He will help you and your family live it out in your daily lives.

Ask Your Parent These Questions:

1. When you were my age, did you ever get into arguments with your parents? If so, how did you handle it?
2. Do you think that you and your parents did it the right way? How would you like us to do it differently?



I'm proud that you are maturing and searching for greater understanding of things. There will be times that I may not have the answers, and I think it would be easier if you could remain a child and would believe things just because I said so. But I truly want you to discover God's truth and the possibilities of a deep relationship with Him for yourself.

Ask Your Student This Question:

1. Would you be willing for us to find the answers to your questions together using the Bible?

Parent Prayer:

Pray that God will give you the courage to admit when you don't know the answers to your son's or daughter's questions when they come to you. Commit yourself to studying Scripture together to find the answers to your student's questions. Ask God to help you both grow in your understanding of God's word.

When I was a child, most of the time I just accepted what you and my teachers taught me to believe. Now that I'm getting older, I don't want to just take everything at face value. Sometimes I wonder if it's normal that I'm beginning to question what I've always been taught.

Ask Your Parent These Questions:

1. Did you always believe the way you do now about God?
2. When and why did you change?
3. What did you do for answers?



As you grow over these next few years, there will be a lot of changes. You are changing from being a child to becoming an adult. There are fun and exciting things about becoming an adult, and there are also sad and difficult things about these changes. Sometimes I wish I could wrap you up and protect you from the “adult world”; at other times, I want to help push you forward into adulthood.

Ask Your Student This Question:

1. Do you feel nervous or afraid about anything you see happening with yourself or your friends?

Parent Prayer:

Pray that God will help you to lead your daughter or son by example, walking the path of righteousness that He has set before you as their parent. Pray that God will give your student peace during times of great anxiety they face in their daily lives. Commit to continually pray for your child as they are faced with daily challenges in their lives.

Thank you for talking to me about your experiences when you changed from being a child to becoming a young adult. Sometimes I think I am the only one who has ever felt this way. It helps me to know that you have been through these same changes. When I think about the next year, I feel afraid about... (Share your worries, fears, or concerns about the future.)

Right now I feel good about... (Share any comfort, peace, or joy you feel at this moment.)

Ask Your Parent These Questions:

1. Do you remember a time when you were my age that you were afraid or anxious about something?
2. What did you do about it?