

SO YOUR KID IS IN _____ 7TH GRADE NOW!

Middle school is an important time that is full of change. Parenting isn't easy, but we want you to know that we're here for you. Every kid is different, but here are some things that we think could help and be good to know.

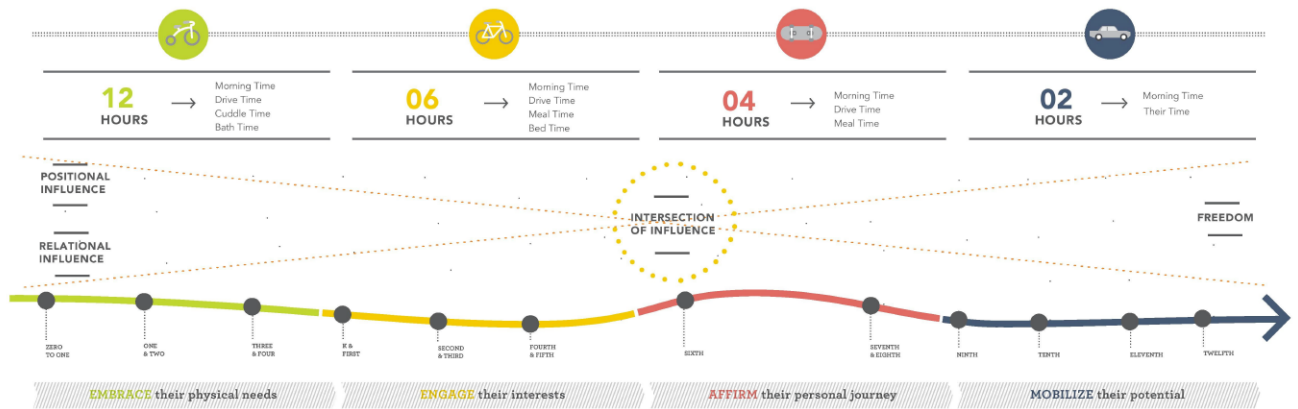


One question we believe almost every seventh grader is asking **“AM I SEEN, KNOWN, & CARED FOR?”**

Seventh graders are entering a stage of life where they begin to discover for themselves their own places and friend groups where they might fit in. As they check out these new groups and get to know the people, they are checking for whether the people see them, know them, and care for them. If they don't have that experience, they are going to be reluctant to engage. At CCStudents, we want to provide a space where they know they are important to us, so they'll be more open to conversations about how important they are to Jesus.

They prioritize the places and people where they feel belonging. The last thing they want is to be alone so they're looking for a community where they're accepted and belong. When a student finds people who see, know, and love them like Jesus, they find what they're looking for and experience how much Jesus loves them.

PARENTAL INFLUENCE



YOUR ROLE IN YOUR CHILD'S LIFE IS BECOMING LESS OBSTRUCTIVE & MORE COOPERATIVE.

Parents can be strategic in this phase by shifting from direct instructions with little explanation, to instead helping them think critically so they see things from a different perspective. They want to discover new things and find where they belong, and along the way they might disagree with you on what is right. When a parent gives their student a stable place where they can openly process these things, they will feel like their thoughts matter and will be more open to your much needed guidance for them.

You might feel like they're pulling away: What they're doing is taking some first big steps into independence and forming their own life, community, style, preferences and world. This is normal and good, but for you it will feel like you have less control and connection. Instead of trying to pull them back into your world, practice becoming curious about theirs.

They can think critically: They can "connect dots" better than they could before. Encourage them to use this skill by asking them deeper questions and giving them time to answer. They might surprise you with the complexity of their thoughts!

They thrive on encouragement: When you affirm their good choices, it helps them choose better in the future! They connect your affirmation to the feelings they had when making the choice. It will provide them with a template to choose better in the future.

HERE ARE SOME WAYS YOUR KID IS CHANGING.

PHYSICALLY

- Needs 9-11 hours of sleep and are easily fatigued or could have headaches.
- Girls outpace boys in development.
- Bodily changes involving height, weight, hair, and odor are rapidly occurring.

SOCIALLY

- Interested in pop culture and new slang.
- Needs healthy non-parental influences.
- Places significant importance on peer opinions.

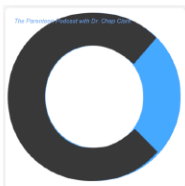
MENTALLY

- Can see two sides of an argument, and is able to solve complex problems.
- They enjoy sharing their opinions.
- Sudden brain growth can lead to forgetfulness.
- Has a hard time with time management and organization.

EMOTIONALLY

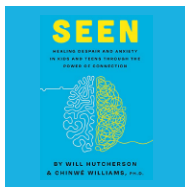
- They enjoy silly and sometimes crude humor.
- Benefits greatly from expressing their feelings.
- May be restless and need physical activity.
- Tends to overschedule their time.

HERE ARE SOME RESOURCES WE RECOMMEND.



The Parenteen Podcast with Dr. Chap Clark.

This bare-bones podcast gets straight to the heart of what teenagers need and long for most.



Seen.

This short read is incredibly helpful in knowing how to respond to a kid who's experiencing more anxiety or sadness than normal. It's easy to want to swoop in and fix it, but that doesn't work.



Beyond the Spiral.

A companion book to *Seen*, but written to teenagers and young adults to help them understand and manage their anxiety. This could be a great book to go through together with your student if that's something they're experiencing.



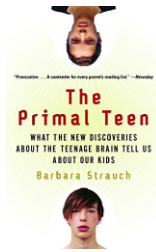
Parenting Your Seventh Grader.

This has a lot of blank pages for processing questions which isn't for everyone, but the other pages are full of very insightful information and practical advice or ideas that can help clarify how to engage with your kid.



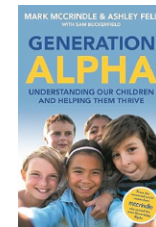
Parent Cue Blog.

This website is crammed with tons of articles on many subjects with practical helpful advice.



The Primal Teen.

This comes from a psychological perspective that gives insight into why teenagers think (or don't think) in unexpected ways. A good book for science nerds.



Generation Alpha.

This book is based on extensive social demographic research. It dives into the complex experiences and challenges that Generation Alpha (anyone born 2010-2014) faces. It's a practical guide for how to "best raise, educate, and guide Generation Alpha."



Every Parent's Guide to Navigating our Digital World. Parenting in a Tech World.

Technology is difficult to keep up with. Both of these books could be helpful in giving practical direction in how to not just protect your kids, but connect and interact with them in more meaningful ways.



Bible App.

The majority of kids today don't and probably never will use a physical Bible regularly. If you teach them how to engage the Bible through an app, you're teaching them to use the version of the Bible they always have in their pocket. That's a win! If you want your kid to read the Bible, the most effective way to develop that habit is to do it with them.

If you're not able to afford one of the above resources, please reach out to us--we'd love to help!

HI, I'M ADAM HOPPE!



My name is Adam Hoppe, and I serve as the Youth Pastor at Christ Community Church. I'm thrilled to partner with you in guiding and discipling your student. They are the leaders of today, anointed with compassion, inclusion, and a passion for change. Student ministry involves the entire family, so if I can support you or if you'd like to grab a coffee, please reach out: adam.hoppe@cccgreeley.org.

CCSTUDENTS IS FOR 7TH-12TH GRADERS AND MEETS EVERY WEDNESDAY NIGHT FROM 6:30-8:30 AT ZOË'S.