

SO YOUR KID IS IN --- 9TH GRADE NOW!

High school is a big deal and comes with a lot of changes. Parenting isn't easy but we want you to know we're here for you. Every kid is different, but here are some things that we think could help and be good to know.

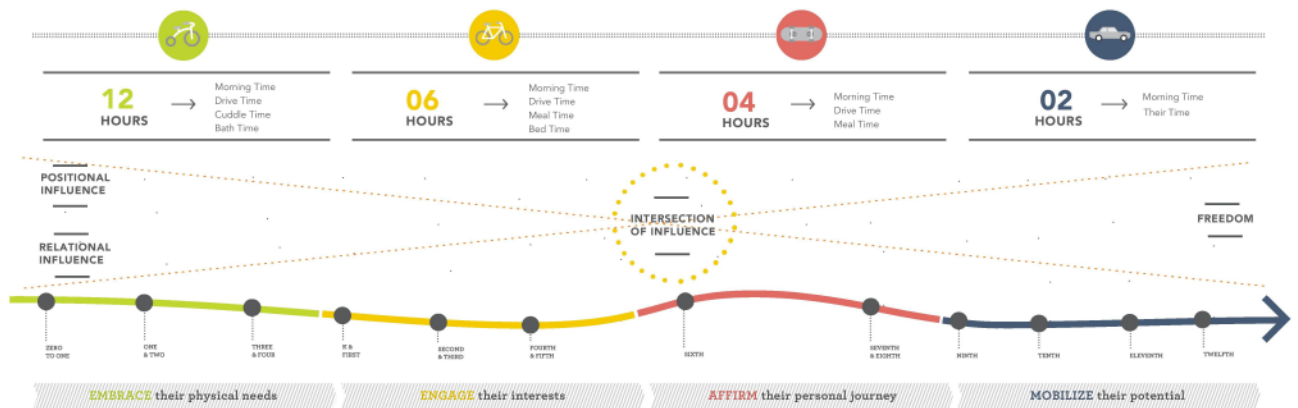


One question we believe almost every ninth grader is asking is **“WHAT IS REAL AND WHY SHOULD I CARE?”**

Ninth graders are looking at the world more critically than they used to. They're looking at what they've always been told and starting to question what's actually true and what they value. They're also asking this about faith. When students your kid's age come to CCStudents, we try to answer this question through not just words, but experiences.

This generation is convinced much more by tangible experiences than they are by factual explanations. When a student has a real experience of God, sees the impact that the way of Jesus has on the world, or feels their own life change, they begin to see that He's real and understand why they should care.

PARENTAL INFLUENCE



YOUR ROLE IN YOUR CHILD'S LIFE IS BECOMING LESS AUTHORITATIVE & MORE RELATIONAL.

This is a critical phase where parents should strategically shift from giving the answers to helping their kids discover and explore the answers for themselves. Try giving less answers, listening more, and asking good questions that help their kid discover the answers for themselves. When a parent does this, their child feels more validated and more open to share what's on their mind.

They're full of potential. They're beginning to see what they're good at. Affirm all the good and gifts you see in them, but above all else, let them know you love them just because you love them.

They're desiring more freedom. When you shift things that have been rules into choices, they'll experience the benefits and consequences of those choices for themselves and learn. They'll also appreciate the trust and freedom. Obviously, this one takes a ton of discernment.

HERE ARE SOME WAYS YOUR KID IS CHANGING.

PHYSICALLY

- Has a hard time falling asleep before 11pm but still needs 9hrs of sleep.
- Boys may start to experience their voice changing, weird dreams, and increased acne.
- Girls start to take on an adult appearance.

SOCIALLY

- Increased interest in sexual expression, but dating tends to be short-lived.
- They say they want parents to listen more than advise.
- May be tempted to change their appearance or behavior to gain acceptance.

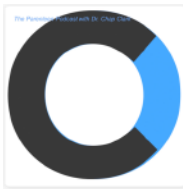
MENTALLY

- Increasingly able to focus, recall, and organize info.
- Overly self-aware; may think “Everyone’s watching me.”
- Wired for risk-taking and sensational experiences.
- Resists embarrassing situations.
- “I’m bored” often means “I don’t understand.”

EMOTIONALLY

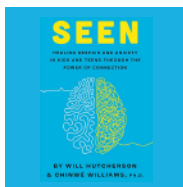
- Feels empowered through choices rather than rules.
- May still feel insecure about their body changing.
- May experience changes in motivation.
- Seeks experiences that create intense feelings and emotions.
- More vulnerable to addiction such as self-harm, alcohol, or pornography.

HERE ARE SOME RESOURCES WE RECOMMEND.



The Parentteen 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.



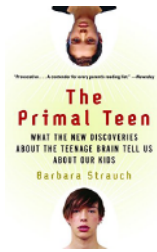
Parenting Your Ninth Grader.

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.



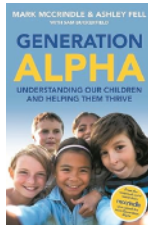
Parent Cue Blog.

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.