

Part One: Parenting Teens to Become Responsible Adults

Chapter 1: Understanding Your Teenager

Chapter 2: Learning the Developmental Stages of Adolescence

Chapter 3: Shaping Behavior without Crushing Character

It seems to come out of nowhere, at least to the first-time parent of an adolescent. Yesterday your kid was just a kid. You have done a pretty good job raising him. After all, he's still alive, right? You've done your part: you've loved, sheltered, fed, clothed, protected, and taught him. It hasn't always been easy, but over the years, you came into your own as a parent. You hit your parenting stride! You know what to do (most of the time), when to do it, and how to do it. You've upheld your end of the parenting bargain. Bravo!

But when change and transition to adolescence strikes quickly, it can come as quite a shock.

NOTE: If you're reading the optional companion book *Understanding Your Teen*, please read chapters 1-3 before you watch this video. If you are interested in purchasing the book, [please follow this link](#).

Everyone processes information in different ways. Below you'll find several questions to help spark discussion as a couple or a small group. Pick the ones that you want to talk about and get the conversation started.

QUESTIONS FROM THE VIDEO

- What are your thoughts to phrases shared in the video like:
 - If I were your age I might feel the same way...
 - Nevertheless
 - Life's not fair... You are right life's not fair
- What makes it difficult or helpful to parent your teens with the end result in mind? "You are raising your kids to become responsible adults."

QUESTIONS FROM CHAPTER 1, 2 & 3

- Looking back, what was the best part of life as a teenager for you?
- Looking back, what was your biggest challenge as a teenager?
- What do you think are the biggest differences between being a teenager today and when you were a teenager?
- Does it seem easier or harder to be a teenager today? Why?
- Are you comfortable with how you were parented as a teenager? Why or why not?
- Which parenting methods or skills used by your parents will you replicate with your own teenagers? How do you envision parenting your teenager differently?
- How might learning about these adolescent developments affect your parenting methods with your teenager?

- Of the adolescent developmental changes mentioned in this chapter, which is the most immediate and critical for your teenager to work through? Why?
- What ideas do you have for helping your teenager deal with this challenge?
- How comfortable are you handling your teenager's questions and doubts about faith? Explain.
- What stage of adolescent development is your child in today (pre-adolescence, early adolescence, mid-adolescence, emerging adulthood)? How is this stage making an impact on your family?
- What makes it so difficult to "take the monkey off your back and place it squarely on your teen's back?"
- In what ways might you place more responsibility on your teen right now?
- How would you rate your parenting leadership? If you find it lacking, what can you do to grow your leadership?
- What are areas of character and responsibility that you will need to work on with your teen to help him or her develop into a responsible adult?
- Do you need to develop a family contract? If so, how will you implement it?