



# THE HEART OF PARENT-TEEN is that resource...

**The Heart of Parent-Teen** is a twelve part discussion series developed by YouthTRAIN - a Trust that employs experienced youth workers to train and resource youth leaders and churches. The series is designed for use with small groups of parents (approx. twelve people is best) where they have the opportunity to discuss those issues that affect them in their parenting. It has the following features:

**Flexibility:** Each session can be run as a stand-alone discussion, or the whole series can be held over successive weeks or months. It can also be run over a whole year in quarterly blocks by utilising a format of four separate modules each consisting of three sessions.

**Practical:** The emphasis throughout the series is not directly on changing the teenager, but on changing the parent! The series contains questions that promote self reflection along with many practical ideas and suggestions to help parents. It does so in a way that encourages open and honest sharing and leaves participants with specific steps to work on to improve their parenting skills.

**Evangelistic:** The series has been designed in such a way as to make it accessible and relevant to those who are not Christians or regular church goers. The issues discussed mean that Christian parents have the opportunity to share honestly about the challenges of family life and how their faith helps them. Its low key nature means that it is ideal for using with those who are not yet willing to take part in a programme that has a more overt Christian emphasis. Yet at the same time, the contact made with Christians through honest sharing, and the emphasis on personal reflection, make this series ideal for preparing people to take a further step in exploring the Christian faith.

**Simple and Attractive:** Participants receive attractively printed yet inexpensive notes. These notes are easy to follow and provide a framework that enables anyone with good facilitation skills (but not necessarily first hand parenting experience) to lead.

**Non-Threatening:** Not many are willing to talk openly about family life in such a way that leaves them open to scrutiny. The series is built upon a series of principles that make it as non-threatening as possible for people to share, such as: no one is an expert, all teenagers are different, no one understands your situation better than you, everyone has made mistakes, no one deserves to be labelled “a failure”, all of us can learn, and we must not compare or compete.

## CONTENT

### Module One: FOUNDATIONS

#### Session One: Reflections on the Family

Foundational principles for a parent, or parents, to establish and work on in their family

#### Session Two: Portrait of a Healthy Family

Discover and discuss six key indicators for health, and identify which areas need attention.

#### Session Three: The Dynamics of Teenage Life

Understand the developmental tasks, needs, and pressures facing teenagers.

### Module Two: UNDERSTANDING YOUR TEENAGER

#### Session Four: Adolescent Development

Explore and discuss the stages of personal development that your teenager is going through.

#### Session Five: Adolescent Behaviour

Discover the factors that influence behaviour, along with strategies for handling them.

#### Session Six: Adolescent Culture

Identify the cultural factors influencing young people and discuss strategies for dealing with them.

### Module Three: COMMUNICATION

#### Session Seven: Learning to Listen

Learn the skills of active listening and recognise the signals young people give when they want to talk.

#### Session Eight: Communicating Love

Learn about “love languages” and discover practical ways to show love.

#### Session Nine: Barriers to Communication

Discuss the obstacles that exist in society that limit communication, and look at ways to overcome them.

### Module Four: DISCIPLINE

#### Session Ten: Principles of Discipline

Learn the underlying principles of discipline we must keep to in shaping our teenager's life.

#### Session Eleven: Issues of Discipline

Discover how to discipline your teenager in a way that doesn't create frustration and resentment.

#### Session Twelve: Dealing With Conflict

Learn how to resolve parent teen conflict in a way that is both healthy and productive.



A resource that provided insight and support for parents of teenagers...

A resource that could act as a catalyst to improve parent-teen communication...

A resource that allowed parents within the church to share their faith in a natural non-threatening way while discussing the challenges of family life...

A resource that was simple to use and didn't require a facilitator who had expertise in parenting teenagers...

"Having just run Module1, I can say it went extremely well! We had 12 parents attend regularly (a mix of Christian and non -Christians). The group came together extremely well and there is a lot of enthusiasm to continue with the second module. The material is excellent - I have loved leading it - its extremely user friendly and facilitates great discussion!"

- Bridey Holford  
Lutheran Youth leader, Christchurch

"We found each session stimulating and invaluable and could not wait to take the information home to talk over with our teenagers. There were so many issues we were unaware of and had really not stopped to ask along the way and this was a helpful and challenging time to start to sort out some of these areas of concern."

- Bruce and Colleen Reid  
Parents of three teenagers, Palmerston North



The material is available at \$27 for a full set of twelve sessions. To order or to obtain a preview set contact:

YouthTRAIN  
139 Anders Rd  
RD 5  
PALMERSTON NORTH

Phone: 06 357 7533  
Email: [shona@youthtrain.com](mailto:shona@youthtrain.com)

Or visit:

[www.youthtrain.com](http://www.youthtrain.com)



# THE HEART OF PARENT-TEEN

Suppose you had available to you a resource that not only strengthened families within your church but could be used as an effective evangelistic tool into your community...

