



## Nine Practical Steps to Thriving with Teenagers

### Module Summary

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The teen years can be brutal – for teens themselves and for their loving parents who are helping them navigate the transition to adulthood. In this module, you'll discover the steps you can take to intentionally "parent" your teenager(s) by communicating your love, the consequences of their decisions, and your willingness to listen and engage with them as they work through difficult issues.

### Objectives

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After completing this module, you should be able to:

- Take the necessary steps to connect with and influence your teenager(s)
- Write a letter to your teenager that conveys your concerns about issues that may be emotional for you to address
- Provide guidance to help your teenager(s) grow into well-rounded, responsible, self-sufficient, contributing adults

### What to Do for This Module

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1. Watch the module video and fill in the note-taking area below.
2. Think through the Reflection Questions by yourself and discuss them with your spouse.
3. Write down your thoughts and conclusions in the space below each question.
4. Write down any additional insights or action steps spurred by the module content in the space at the end of this workbook.
5. Download, print, and use the "35 Must-Read Books for You and Your Teens."

### Video Notes

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Many parents today make the mistake of trying to be a friend to their teens instead of their parents. Parents have a responsibility to provide limits, structure, and accountability so their teens grow up to be responsible and productive adults. In this video, Stan Padgett provides nine steps parents can take to engage with and influence their children during the often-turbulent teen years.

Parents have the obligation to give their children the \_\_\_\_\_ to be successful in \_\_\_\_\_.

Step 1 – Put down your \_\_\_\_\_ devices. Get up, get involved, and \_\_\_\_\_ what your children are doing.

Step 2 – Remember that until your children are 25, you are their \_\_\_\_\_, not their \_\_\_\_\_.

Step 3 – Realize that teenagers need limits, structure, and \_\_\_\_\_. Allow them to experience the \_\_\_\_\_ of their small decisions.

Step 4 – Acknowledge that there will be \_\_\_\_\_ times in dealing with your teenagers

Step 5 – Be aware of your children's use of \_\_\_\_\_ and the Internet. Know every login and \_\_\_\_\_.

Step 6 – Establish a pattern of regular \_\_\_\_\_ with each of your children. Listen without \_\_\_\_\_, criticism, or \_\_\_\_\_, so they understand they can be open and \_\_\_\_\_ with you.

Step 7 – Be prepared to have difficult \_\_\_\_\_ or to discuss difficult \_\_\_\_\_ with your teenagers.

Step 8 – Write a \_\_\_\_\_ to your teenager to express your love and concern. Address the difficult subject in the \_\_\_\_\_. End the letter by reminding them how much you love them

Step 9 – Talk to them directly without requiring a response. Say, "I \_\_\_\_\_ you. This is what I see happening. If that \_\_\_\_\_ continues, this will be the outcome." Acknowledge that you probably wouldn't have accepted that advice from your parents when you were a teenager, but by telling them, you've discharged your obligation as a parent and can go to sleep with a clear conscience. Then turn around and quietly leave the room.

## Reflection Questions

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1. How is your child(ren) handling the teenage years? Do you feel you have a pretty good handle on who their friends are, what behaviors they're engaging in, and what they're experiencing on social media?
2. What are some of the difficult areas you may need to discuss with your teenager now or in the near future? Do you have any fears about addressing those issues? If so, why?
3. What would be the advantages of writing down your thoughts and concerns about a difficult issue and sending a letter to your teenager? What would you say in that letter?

4. Of the nine steps Stan shared in the video, which one(s) are you already doing? Which do you need to adopt now?

5. What has been your strategy so far for helping your child navigate the teen years? Is there anything you are intentionally doing to help them grow and mature during this time?

6. How can you use the worksheet included in this module to help your teenager transition to adulthood? Are you willing to make a plan and work through it with your spouse and child(ren)?

7. How can you help your teen(s) learn the consequences of their decisions, and how can you resist the urge to protect them from facing the consequences of their decisions?

8. What other steps will you take to pour wisdom and life lessons into your teen?

### Insights and Action Items

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Think through what you discovered about yourself, your spouse, and your marriage/family while you were completing this module. Did any other insights come to mind that weren't directly addressed in the module? Are there any steps you need to take personally or as a couple in order to put specific principles into action? Jot down your thoughts, impressions, and to-do items here.