



Stuff for Parents

Hey Parents!

You guys all have extrodarinary students. I'm so happy to provide a ministry that supports them but I'm also here to help support parents too. I'm going to be putting these brief newsletters of things that might be helpful for you to know and talk to your students about.

- *Meredith*



the full article >>

<https://fulleryouthinstitute.org/blog/what-teenagers-need-from-us>

They have some great resources and a great blog. It's worth checking out.

<https://fulleryouthinstitute.org/blog>

What students need most

I'm paraphrasing an article from the Fuller Youth Institute: Kids need a wall. A wall of support that doesn't withdraw or abandon them, even when they withdraw. They need adults to stay steady, to be that wall of support. As a wall anticipate that kids will push off and distance themselves at times. With that in mind, build your own support, so you can keep supporting them. Be aware of your own weakness, that they might trigger in you. Help them have multiple walls, not just you. Sticky faith research has shown that teeangers need a team of adults, who can form a fortress of support.

Talking to kids about Sexting

Here's some articles that I've read, and the sources I've found the statistics from.

<https://www.common sense media.org/blog/talking-about-sexting>

<https://childmind.org/article/talk-kids-sexting/>

Sexting, I'm sure you have heard of it, but if you haven't its when people send revealing photos to someone else. This isn't something that's an epidemic among students but it still is not uncommon. Some research has reported that at least 1 in 4 teens have received sexually explicit content. These images don't just stay with the intended audience, its very common for these compromising messages and photos to be shared around. Sending and having these kinds of images is also against the law, and some states have been prosecuting kids for child pornography. Don't wait for something to happen to your student before you talk to them about it. Keep in mind that messages of this content can be received without being wanted and asked for, and many students don't know how to respond in that situation. It's also important to remind young people that once something is sent it can never be retrieved, and it can get out of control. If they receive a message or are shown one, encourage them to be the one that stops it, to be part of the solution.

What are colleges looking for in applicants?

Here's some articles on what colleges are looking for:

<https://www.collegechoice.net/what-colleges-are-looking-for-in-application/>

<https://www.collegedata.com/resources/getting-in/what-do-colleges-look-for-in-students>

I'm no expert in this field, but I've been asked this a lot lately by students at youth group. I've been looking into this, and trying to see where youth ministry fits into all of this and can help make your students stand out. As you can imagine GPA, class rank, Honors and AP classes are all important to colleges, as well as test scores. One article mentioned challenging extracurricular activities, that show that you can stick with something long term. Volunteer and work experience also highlight commitment, leadership qualities and a care for their communities. Quality recommendation letters go a long way for scholarship and college applications. (I'm always happy to write letters of recommendation). You can also contact the schools you're interested in and find out what they are specifically looking for in applicants. A key theme I've noticed is commitment. Being a part of something for the long haul and gaining leadership within that group. Next year we will be starting a student leadership team at youth group for high schoolers, to help them put into practice leadership skills.