

Your New Baby. You have 936 weeks...



The phase when nobody sleeps, everybody smells, and one new baby convinces you, “I need you now.”

Your new baby

- Thinks like an artist. You help them learn when you engage their senses.
- Wants to know, “Am I safe?” You capture their heart when you establish trust.
- Is motivated by safety. You coach their moral abilities when you consistently meet their physical needs.

Faith Formation: This year you will incite wonder and awe. Tell them they are a *child of the universe* in words and actions

- Take walks and point out the wonders around you.
- Make eye contact often; hold them close.
- Smile; use loving words.
- Connect with your faith community.
- Incorporate your faith into your routines.

Your new baby is changing. Your role is to embrace their physical needs.

Physically

- Lifts their head and chest (3-4 mos)
- Reaches for objects and rolls over (4-6 mos)
- Sits up and grabs with 2 fingers (6-8 mos)
- Crawls (6-10 mos)
- Stands unsupported and maybe even walks (11-12)

Mentally

- Is mildly aware of everything
- Learns through their five senses

Verbally

- Has distinctive cries for different needs (0-6 wks)
- Turns toward your voice (3 mos)
- Mimics your tones and babbles (6 mos)
- Understand a few simple words (9 mos)
- Understands around 70 words and may say first “words” (12 mos)

Emotionally

- Mirrors your expressions (2 mos)
- Distinguishes happy faces from sad faces (4 mos)
- Turns away from strangers to show fear (6 mos)
- Shows surprise at loud noises (7 mos)

One-year-old. You have 884 weeks...



The phase when nobody's on time, everything's a mess, and one eager toddler will insist, "I can do it."

Your one-year-old

- Thinks like an artist. You help them learn when you engage their senses.
- Wants to know, "Am I able?" You capture their heart when you develop their confidence.
- Is motivated by safety. You coach their moral abilities when you respond consistently.

Faith Formation: This year you will incite wonder and awe. Tell them they are a *child of the universe* in words and actions

- Take walks and point out the wonders around you
- Set the mood for the day. Smile. Greet them with words of love.
- Reinforce simple ideas. Talk to your toddler. Play.
- Be personal. Spend 1 on 1 time that communicates love and affection.
- Connect with your faith community.
- Incorporate your faith into your routines.

Your one-year-old is changing. Your role is to embrace their physical needs.

Physically

- Starts to walk (12-15m)
- Walks backward and sideways (15-18m)
- Scribbles with crayons (15-18m)
- Climbs up and down stairs; jumps in place (18-24m)

Mentally

- Follows simple instructions
- Benefits from repetition
- Learns through engaging their five senses

Verbally

- Points to objects when you name them (18m)
- Says 10-20 words, mostly nouns and pronouns (18m)
- Says 40 to 50 words and forms 2-word sentences
- Understands more than they can communicate

Emotionally

- Recognizes basic emotions in others
- Has trouble sharing
- May begin role-play activities
- Displays separation anxiety
- Plays next to, rather than with, playmates

Two-year-old. You have 832 weeks...



The phase when nobody's on time, everything's a mess, and one eager toddler will insist, "I can do it."

Your two-year-old

- Thinks like an artist. You help them learn when you engage their senses.
- Wants to know, "Am I able?" You capture their heart when you develop their confidence.
- Is motivated by safety. You coach their moral abilities when you respond consistently.

Faith Formation: This year you will incite wonder and awe. Tell them they are a *child of the universe* in words and actions.

- Take walks and point out the wonders around you.
- Talk, sing, pray, bless, and be thankful together.
- Reinforce simple ideas. Talk to your toddler. Play music as you go.
- Be personal. Spend 1 on 1 time that communicates love and affection. Provide comfort.
- Connect with your faith community.
- Incorporate your faith into your routines.

Your two-year-old is changing. Your role is to embrace their physical needs.

Physically

- Jumps in place
- Throws a ball over their head
- Briefly stands on one foot
- May demonstrate hand preference

Mentally

- Follows simple instructions
- Benefits from repetition
- Is unable to take the point of view of other people
- Learns through engaging their five senses

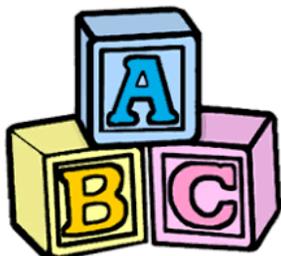
Verbally

- Says 40-50 words including some action words like, "Go" (2 yrs)
- Says approximately 300 words and simple sentences like, "I do it" (2 1/2 yrs)
- Learns how to whisper (2 1/2 yrs)
- Understand more than they can communicate

Emotionally

- May begin to bite, scream, and throw tantrums
- Plays next to, rather than with, playmates
- Recognizes basic emotions in others
- May begin to name their own emotions like, "I'm happy"

Three-year-old. You have 780 weeks...



The phase when anything can be imagined, everything can be a game, and one curious preschooler wants to know, “why?”

Your three-year-old...

- Thinks like an artist. You help them learn when you engage their senses.
- Wants to know, “Am I okay?” You capture their heart when you cultivate their self-control.
- Is motivated by safety. You coach their moral abilities when you discipline consistently.

Faith Formation: This year you will incite wonder and awe. Tell them they are a *child of the universe* in words and actions.

- Here come the questions; answer simply. Encourage their curiosity.
- Take walks and point out the wonders around you
- Create rituals. Light the chalice. Introduce prayer.
- Be personal. Spend 1 on 1 time that communicates love and affection. Provide comfort.
- Connect with your faith community. Talk about what they hear at church. Live your faith.
- Prompt sharing with items and feelings.

Your three-year-old is changing. Your role is to embrace their physical needs.

Physically

- Balances on one foot for 5-10 seconds
- Strings beads and cuts with scissors (plastic!)
- Walks upstairs with alternating feet
- Puts on shoes (just don't try to correct them if they get it backwards)

Mentally

- May struggle to understand “real” from “not real”
- Lives in the present; has a limited memory of past events
- Unable to take the point of view of other people
- Learns by putting things into simple categories

Verbally

- Increasingly easier to understand
- May struggle with some sounds: r, l, s, z, j, sh, ch, th
- Says over 1000 words (but who's counting?)
- Answers “what,” “where,” and “when” questions

Emotionally

- May scream, throw tantrums, and show aggression
- Enjoys both physical humor and simple jokes
- Can express basic emotions when asked
- Can tell you what makes them happy or sad

Four-year-old. You have 728 weeks...



The phase when anything can be imagined, everything can be a game, and one curious preschool wants to know, “Why?”

Your four-year-old...

- Thinks like an artist. You help them learn when you engage their senses
- Wants to know, “Am I okay?” You capture their heart when you cultivate their self-control.
- Is motivated by safety. You coach their moral abilities when you discipline consistently.

Faith Formation: This year you will incite wonder and awe. Tell them they are a *child of the universe* in words and actions

- Your child has many questions; answer simply.
- Prompt them to help.
- Create rituals. Light the chalice. Say grace.
- Practice kindness and gratitude.
- Prompt helpfulness.
- Connect with your faith community. Talk about what they hear and learn at church. Live your faith
- Prompt sharing about items *and* feelings.

Your four-year-old is changing. Your role is to embrace their physical needs.

Physically

- Hops on one foot
- Strings beads and cuts with scissors (plastic!)
- Throws a ball overhand and sometimes catches a bounced ball
- Draws circles, squares, and a person with 2-4 body parts

Mentally

- Sorts things and ideas into categories
- Recognizes less and more especially if it is candy
- Can argue, explain, and rationalize
- Lives in present, but enjoys retelling the story of past events

Verbally

- Tells a short story
- Keeps a conversation going
- May struggle with some sounds: r, l, s, z, j, sh, ch, th
- Adjusts speech based on the listener and location

Emotionally

- Tends to be optimistic in spite of failure
- Enjoys both physical humor and simple jokes
- Can learn relaxation techniques (take a deep breath)
- Often deals with fear and anxiety by distracting themselves

Kindergarten. You have 676 weeks...



The phase when unfiltered words make you laugh, school drop-off makes you cry, and life becomes a stage where your kid shouts, “Look at me!”

Your Kindergartener...

- Thinks like a scientist. You help them learn when give them concrete examples.
- Wants to know, “Do I have your attention?” You capture their heart when you improve their abilities.
- Is motivated by fun. You coach their moral abilities when you play on their level.

Faith Formation: Provoke Discovery. Take long walks and explore. Find answers to questions together.

- Live your faith. Make church a priority. But also talk about church and faith at other times than Sunday.
- Connect with your faith community. Talk about what they hear and learn at church.
- Prompt them to be of service to the family and to others. Practice kindness and gratitude.
- Prompt sharing about items and feelings.
- Connect 7 principles (promises) to your daily life.

Your kindergartener is changing. Your role is to engage their interests.

Physically

- Loses incisor teeth (6-8 yrs)
- Grows two to three inches and gains ~ five pounds
- Able to ride a bicycle, roller skate, and jump rope
- Draws a person with a whole body
- Needs 10 to 12 hours of sleep a night

Mentally

- Can focus on one activity for 5-10 minutes
- Recognizes and names numbers, shapes, and colors
- Knows the difference between need vs want and real vs pretend
- Doesn't logically interpret cause and effect

Socially

- Wants to please and help adults
- Has a hard time asking for help
- Needs guidance taking turns and losing well
- May show some (not much) gender preference for playmates

Emotionally

- Tends to be optimistic
- Can be fanatical about the truth
- Benefits from relaxation techniques (breathe!)
- Expresses feelings better through play and art rather than words
- Deals with fear and anxiety by distracting themselves
- Highly sensitive to harsh criticism, tone, and language

First Grade. You have 624 weeks...



The phase when unfiltered words make you laugh, school drop-off makes you cry, and life becomes a stage where your kid shouts, “look at me!”

Your First Grader...

- Thinks like a scientist. You help them learn when give them concrete examples
- Wants to know, “Do I have your attention?” You capture their heart when you improve their abilities
- Is motivated by fun. You coach their moral abilities when you play on their level

Faith Formation: Provoke Discovery. Read faith books together. Interpret life events informally. Help make wise choices. Treat others as you want to be treated.

- Live your faith. Make church a priority. But also talk about church and faith at other times than Sunday. Connect 7 principles (promises) to your daily life.
- Connect with your faith community. Talk about what they hear and learn at church.
- Prompt them to be of service to the family and to others. Be an example of how to be a friend.
- Prompt sharing about items and feelings.

Your first grader is changing. Your role is to engage their interests.

Physically

- Loses incisor teeth (6-8 yrs)
- Grows two to three inches and gains an average of five pounds
- Able to swim, skip, gallop, and move to the beat
- Draws with considerable detail
- Needs 10 to 12 hours of sleep a night

Mentally

- Can focus on one activity for 5-15 minutes
- Beginning to understand ironic humor and tells simple jokes
- Often very ambitious and motivated to learn
- Beginning to logically interpret cause and effect

Socially

- Wants to finish first (may be highly competitive)
- Can be bossy or critical of others
- Needs guidance taking turns and losing well
- May have a best friend (or may not)

Emotionally

- Tends to be enthusiastic
- Benefits from relaxation techniques (breathe!)
- Expresses feelings better through play and art rather than words
- Deals with fear and anxiety by distracting themselves
- Highly sensitive to harsh criticism, tone, and body language

Second Grade. You have 572 weeks...



The phase when fairness matters most, differences get noticed, and your enthusiastic kid thinks anything, “Sounds like fun!”

Your Second Grader...

- Thinks like a scientist. You help them learn when give them concrete examples.
- Wants to know, “Do I have what it takes?” You capture their heart when you encourage their efforts.
- Is motivated by fun. You coach their moral abilities when you play on their level.

Faith Formation: Provoke Discovery. Read faith books and talk about them. Throughout the week talk about faith together. Share your faith story. Live your faith.

- Help make wise choices. Treat others as you want to be treated. Connect 7 principles (promises) to your daily life.
- Make church a priority. Connect with your faith community. Talk about what they hear and learn at church. Encourage them to act on their impulses to help others.
- Instill purpose. Interpret life events informally. Establish values with intentional conversations. Close the day with heart conversations.

Your second grader is changing. Your role is to engage their interests.

Physically

- Continues losing baby teeth (incisors and canines)
- Grows approximately three inches and gains seven pounds, typically in spurts
- Improving hand-eye coordination
- Needs 10 to 12 hours of sleep a night

Mentally

- Concentrates on one activity for up to 30 minutes
- Logically interprets cause and effect
- Has a better understanding of time
- Learns well through hands-on activities, problem solving, codes, and puzzles
- Beginning to notice that people have different perspectives than their own

Socially

- May struggle in highly competitive situations
- Often prefers independent work and alone time
- Places a high value on fairness and consistency
- Shows gender preference for friends

Emotionally

- Better able to control their emotions
- Tends to be perfectionistic (easily embarrassed by failure)
- May confuse “I feel” with “I am”
- Thrives with routine and clear boundaries
- Highly sensitive to harsh criticism, tone, and body language

Third Grade. You have 520 weeks...



The phase when fairness matters most, differences get noticed, and your enthusiastic kid thinks anything, “Sounds like fun!”

Your Third Grader...

- Thinks like a scientist. You help them learn when give them concrete examples.
- Wants to know, “Do I have what it takes?” You capture their heart when you encourage their efforts.
- Is motivated by fun. You coach their moral abilities when you play on their level.

Faith Formation: Provoke Discovery. Prayer, meditation, ritual become more personal. Help develop quiet time alone. But continue to talk about faith together. Connect 7 principles to your daily life.

- Help make wise choices. Learn about leaders that share your values and live them in the world.
- Make church a priority. Connect with your faith community. Talk about what they hear and learn at church. Talk about your faith story. Give to the church. Help others.
- Talk about what is right? What is wrong?
- Establish values with intentional conversations. Close the day with heart conversation.

Your third grader is changing. Your role is to engage their interests.

Physically

- Continues losing baby teeth including molars
- Grows approximately three inches and gains seven pounds, typically in spurts
- Plays hard, tires quickly, and needs short “breaks”
- Needs 10 to 11 hours of sleep each night

Mentally

- Concentrates on one activity for up to 30 minutes
- Increasingly aware of others’ feelings
- Recognizes pattern and symbolism
- May enjoy reading books both for fun and learning
- Focuses on one thing at a time and struggles with abstract concepts
- Has a highly definitive perspective (things are either right or wrong)

Socially

- Enjoys cooperative, group activities
- Places a high value on fairness and consistency
- Shows gender preference for friends
- Starts to gather in larger friend groups and responds to peer pressure

Emotionally

- Tends to be enthusiastic, energetic, and impatient
- Overall feels more independent and confident
- Developing their sense of humor with riddles, magic tricks, and jokes
- May be quick to label themselves (athletic vs not athletic...)
- Needs to experience moderate challenges and success

Fourth Grade. You have 468 weeks...



The phase when friends are best friends, games are for competition, and your confident kid will insist, “I’ve got this.”

Your Fourth Grader...

- Thinks like a scientist. You help them learn when give them a challenge.
- Wants to know, “Do I have friends?” You capture their heart when you develop friendships.
- Is motivated by fun. You coach their moral abilities when you invite others to join in.

Faith Formation: Provoke Discovery. Fuel healthy friendships. Prayer, meditation, ritual become more personal. Help develop quiet time alone. But continue to talk about faith together. Talk about how others feel.

- Help make wise choices. Learn about leaders that share your values and live them in the world. Look at how people can make a difference in the world.
- Make church a priority. Connect with your faith community. Talk about what they hear and learn at church. Talk about your faith story. Give to the church. Help others.
- Talk about what is right? What is wrong? Talk about consequences.
- Establish values/principles with intentional conversations.

Your fourth grader is changing. Your role is to engage their interests.

Physically

- Continues losing baby teeth including molars
- Improves in speed, force, and body control
- Needs physical activity and become restless
- May show signs of early puberty: acne, mood swings, rapid growth
- Needs 10 to 11 hours of sleep each night

Mentally

- Concentrates on one activity for 45 minutes
- Can read silently and remember what they’ve read
- Able to collaborate on rules and consequences
- Recognizes different perspectives and becoming more empathetic
- Still struggles with abstract concepts

Socially

- Increasingly values peer approval
- Desires more personal privacy
- Often thrives in competitive situations
- Benefits from having a same-gender best friend
- May be interested in or curious about relationships (but rarely admit it)

Emotionally

- Frequently exhibits signs of anxiety
- May begin to be embarrassed about their body
- Enjoys puns, sarcasm, and sometimes crude jokes
- Still holds to family beliefs and values, but may ask challenging questions
- May be drawn to a humanitarian cause and enjoy service opportunities

Fifth Grade. You have 416 weeks...



The phase when friends are best friends, games are for competition, and your confident kid will insist, “I’ve got this.”

Your Fifth Grader....

- Thinks like a scientist. You help them learn when give them a challenge.
- Wants to know, “Do I have friends?” You capture their heart when you develop friendships.
- Is motivated by fun. You coach their moral abilities when you invite others to join in.

Faith Formation: Provoke Discovery. Encourage spiritual practices. Encourage quiet time alone but continue to talk about faith together. Talk about how faith isn’t easy. What is important to them?

- Learn about leaders that share your values and live them in the world. Look at how people can make a difference in the world. Connect 7 principles here.
- Prioritize Church connections.
- What is the wisest choice in this situation?
- If you were them, how would you wanted to be treated?
- Establish values/principles with intentional conversations.

Your fifth grader is changing. Your role is to engage their interests.

Physically

- Continues losing baby teeth including molars (9-12 years)
- Improves speed, force, & body control
- Needs outdoor time and physical challenges
- May show signs of early stages of puberty: acne, mood swings, changes in weight and height (girls 8-9; boys 9-12 years).
- Needs 10-11 hours of sleep each night

Socially

- Enjoys cooperative and group games
- Desires more personal privacy
- Often thrives in competitive situations
- Benefits from having a same-gender best friend
- May be interested in or curious about opposite-gender relationships (but rarely admit it)

Mentally

- Very skilled at memorizing facts
- May enjoy collecting (cards, rocks, coins etc.)
- Able to collaborate on rules and consequences
- Beginning to understand abstract concepts
- Enjoys problem solving

Emotionally

- Tends to be confident and content
- May be easily embarrassed about their body
- Needs to experience moderate failure and consequences to build resilience
- Wants to be seen as “independent” and “mature”
- May be drawn to a humanitarian cause and enjoy service opportunities

Sixth Grade. You have 364 weeks...



The phase when there are never enough groceries, too many hormones, and a dramatic kid that needs some to prove, “who cares.”

Your Sixth Grader...

- Thinks like an engineer. You help them learn when you connect the dots.
- Wants to know, “Who do I like?” You capture their heart when you provide stability.
- Is motivated by acceptance. You coach their moral abilities when you affirm their value.

Faith Formation: Provoke Discovery. Your child will own their faith and value a faith community. Encourage spiritual practices. Encourage quiet time alone but continue to talk about faith together. Talk about how faith isn’t easy.

- That’s a great question. I don’t know, but we can find out together. I have questions too. What are other things you wonder about?
- What is important to you? What means a lot to you? What principle is most important? How can we live our principles in the world?
- If you were them, how would you wanted to be treated? What is justice? What does it look like?
- Continue with intentional conversations. Listen to their heart by staying available.

Your sixth grader is changing. Your role is to affirm their personal journey.

Physically

- Needs lots of food and 9-11 hours of sleep
- Girls begin outpacing guys in development
- Guys experience changes in height and weight, an increase in hormones and possible acne
- Girls experience changes in height and body shape; may begin menstruation (10-16 years)

Socially

- Seeks peer approval and conformity
- Often displays worst behavior at home (mom!)
- Values non-parental adult influences
- May have romantic interests and experiment with physical affection

Mentally

- Enjoys learning new skills and being challenged
- Increasingly able to grasp abstract concepts like “justice”
- Growing ability to see the world from different perspectives
- Differentiates actions from motives while trying to discern motives (but frequently misinterprets them)

Emotionally

- Often masks emotions in order to fit in
- Benefits from talking about what they are feeling and why
- Struggles with decision-making
- Lies more than in any other phase
- May become preoccupied with perceived abilities and undervalues persistence, effort and practice
- Debates often, but argues more from emotion than logic

Seventh Grade. You have 312 weeks...



The phase when nothing you do is cool, what they feel right now matters most, and one suddenly social kid wants to know, “Who’s going?”

Your Seventh Grader...

- Thinks like an engineer. You help them learn when you connect the dots.
- Wants to know, “Who am I?” You capture their heart when you provide stability.
- Is motivated by acceptance. You coach their moral abilities when you affirm their value.

Faith Formation: Provoke Discovery. Doubt arises. Home is a safe place to ask questions and explore together. Show interest in what they are exploring.

- That’s a great question. I don’t know, but we can find out together. I have questions too. What are other things you wonder about?
- What is important to you? What means a lot to you? What principle is most important? How can we live our principles in the world?
- If you were them, how would you wanted to be treated? What is justice? What does it look like?
- Continue with intentional conversations. Listen to their heart by staying available.

Your seventh grader is changing. Your role is to affirm their personal journey.

Physically

- Needs 9-11 hours of sleep each night and may easily fatigue or develop headaches
- Girls outpace guys in development
- Guys experience changes in height and body shape; may develop body odor, body hair, and muscle mass
- Girls may develop body odor, body hair, and breasts; and menstruation is likely (10-16 years)

Socially

- Often characterized as happy, silly, and loud
- Interested in pop culture and new slang
- Needs non-parental adult influences
- Places a significant emphasis on peer opinions
- Girls (in particular) frequently display excessive meanness, increased attention to self-image, and a lack of confidence

Mentally

- Able to see two sides of an argument
- Enjoys forming and sharing their opinion
- Solves multi-step, complex problems
- Has a hard time with organization and time management
- Sudden brain growth may lead to forgetfulness

Emotionally

- Enjoys silly and sometime crude humor
- Benefits from talking about what they are feeling and why
- May be restless and need physical activity
- Tends to overschedule their time

Eighth Grade. You have 260 weeks...



The phase when it is cool to have choices, it's not cool to answer questions, and one smart kid will remind you, "yeah...I know."

Your Eighth Grader...

- Thinks like an engineer. You help them learn when you connect the dots.
- Wants to know, "Who do I want to be?" You capture their heart when you provide stability.
- Is motivated by acceptance. You coach their moral abilities when you affirm their value.

Faith Formation: Provoke Discovery. Doubt lives. Home is a safe place to ask questions and explore together. Show interest in what they are exploring. Help them own their own faith and value church community.

- That's a great question. I don't know, but we can find out together. I have questions too. What are other things you wonder about?
- Connect faith values/principles to daily life.
- If you were them, how would you wanted to be treated? What is justice? What does it look like?
- Continue with intentional conversations. Listen to their heart by staying available.

Your eighth grader is changing. Your role is to affirm their personal journey.

Physically

- Needs 9-11 hours of sleep each night and may easily fatigue or develop headaches
- Girls outpace guys in development
- Guys experience changes in height and body shape; may develop body odor, body hair, and muscle mass
- Girls may develop body odor, body hair, and breasts; and menstruation is likely (10-16 years)

Socially

- Often interested in pop culture, slang, current events, or politics
- Wants to negotiate rules
- Displays an increasingly adult-like personality
- Needs non-parental adult influences
- More concerned about personal appearances than personal environment (the state of their locker or bedroom)

Mentally

- Capable of self-evaluation and self-critique
- Able to see two sides of an argument
- Enjoys forming and sharing their opinion
- Growing ability to organize

Emotionally

- Enjoys sarcasm and sophisticated jokes
- Often interested in leadership roles and teaching younger children
- May emphasize physical appearance and performance
- Tends to overschedule their time
- Often feels more comfortable in their own skin

Ninth Grade. You have 208 weeks...



The phase when friendships shift, grades count, and interests change so often your teenager has to explain, “This is me now.”

Your Ninth Grader...

- Thinks like a philosopher. You help them learn when you ask questions
- Wants to know, “Who Where do I belong?” You capture their heart when you value community.
- Is motivated by freedom. You coach their moral abilities when you give choices.

Faith Formation: Fuel Passion so they continue to pursue their faith and personal mission. Keep connected to a faith community. Prioritize church relationships. Stay engaged through conversation.

- There’s nothing you could ever do that would make me stop loving you.
- Remember, you are a child of the universe. You are star stuff.
- Connect your faith to theirs through shared stories and experiences. How do you live our principles?
- If you were them, how would you wanted to be treated? What is justice? What does it look like?
- Use encouraging words. Connect regularly. Stay available. Adjust your plans to show up.

Your ninth grader is changing. Your role is to mobilize their potential.

Physically

- Has difficulty falling asleep before 11pm, but still needs 9 hours of sleep per day
- Guys are getting taller, smellier, hairier, and gaining muscle mass; may also experience voice changes, weird dreams, and increased acne
- Girls’ bodies take on an adult physical appearance; after menstruation, increase in height will slow, then stop

Socially

- Girls begin wearing makeup on a regular basis
- Increased interest in sexual expression, but dating tends to be short lived
- Say they want parents to listen more than advise
- May be tempted to change their appearance of behavior to gain acceptance

Mentally

- Increasingly able to focus, recall, and organize information
- Overly self-aware; may think “Everybody’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 not rules
- May still feel insecure about their changing body
- May experience changes in motivation
- Seeks experiences that create intense feeling and emotions
- More vulnerable to addiction, such as self-harm, alcohol, and pornography

Tenth Grade. You have 156 weeks...



The phase when everybody else can... nobody else has to... and your resolute teen will push you to answer, “why not?”

Your Tenth Grader...

- Thinks like a philosopher. You help them learn when you ask questions
- Wants to know, “Why should I believe?” You capture their heart when you clarify their values.
- Is motivated by freedom. You coach their moral abilities when you catch them doing something good.

Faith Formation: Fuel Passion so they continue to pursue their faith and personal mission. Keep connected to a faith community so they can process their own faith journey. Stay engaged through conversation.

- There’s nothing you could ever do that would make me stop loving you.
- Remember, you are a child of the universe. You are star stuff.
- Connect your faith to theirs through shared stories and experiences. How do you live our principles?
- I don’t know is a good answer.
- Use encouraging words. Connect regularly. Stay available. Adjust your plans to show up.

Your tenth grader is changing. Your role is to mobilize their potential.

Physically

- Has difficulty falling asleep before 11pm
- Needs 9 hours of sleep/1 hour of exercise per day
- Girls have likely reached adult height and body development
- Guys may experience voice changes, weird dreams, and increased acne

Socially

- Increased interest in sexual expression; dating may become more “committed”
- Increased susceptibility to date violence and rape (peaks at 16 years)
- May experience depression; highest year for teen suicide
- Desires responsibilities that increase freedom

Mentally

- Increasingly able to focus, recall, and organize information
- Keenly aware of global issues and may be critical of the adult world
- Highly self-aware;
- Wired for risk taking and sensational experiences
- Tends to be curious, inquisitive, and drawn toward the supernatural

Emotionally

- Feels empowered through choices not rules
- Responds well to specific praise
- Becoming aware of their personal tendencies and patterns
- Seeks experiences that create intense feelings and emotions
- May enjoy sharing ideas with adults who will listen

Eleventh Grade. You have 104 weeks...



The phase when there's less drama, more stress, and your very busy teenager answers all your questions with, "Just trust me."

Your Eleventh Grader...

- Thinks like a philosopher. You help them learn when you ask questions
- Wants to know, "How can I matter?" You capture their heart when you refine their skills.
- Is motivated by freedom. You coach their moral abilities when you encourage them to serve others.

Faith Formation: Fuel Passion so they continue to pursue their faith and personal mission. A faith community can give them opportunities to serve, give, and love. Stay engaged through conversation.

- What are you doing in youth group? What do you think about church? How does it practice the principles?
- There's nothing you could ever do that would make me stop loving you. Remember, you are a child of the universe. You are star stuff.
- Connect your faith to theirs through shared stories and experiences.
- How do you want to serve our church?

Your eleventh grader is changing. Your role is to mobilize their potential.

Physically

- Has difficulty falling asleep before 11pm
- Needs 9 hours of sleep/1 hour of exercise per day
- Girls have likely reached adult height and body development
- Guys may continue to grow in height, and develop muscle mass, body and facial hair

Socially

- Dating relationships may become more "committed"
- Increased interest in sexual expression (54% of eleventh graders report being sexually active)
- Cares deeply about issues like control, responsibility, and freedom (both personally and globally)
- Tends to be self-focused, busy, and unavailable

Mentally

- Can be insightful and incisive about complex issues
- Wired for risk-taking
- Highly self-aware;
- Tends to be opportunistic and idealistic
- Struggles with long-term thinking
- More capable of grasping paradox, hyperbole, innuendo, and satire

Emotionally

- Values humor as a positive point of connection
- Becoming more at ease with who they are; may become more honest than in previous phases
- Often takes on more than they can handle
- May struggle with regulating emotions and social control

Twelfth Grade. You have 52 weeks...



The phase when your emerging adult pulls away, gets closer, does things for the last time, and you both start asking, “what’s next?”

Your Twelfth Grader...

- Thinks like a philosopher. You help them learn when you ask questions
- Wants to know, “What will I do?” You capture their heart when you create vision.
- Is motivated by freedom. You coach their moral abilities when you focus their options.

Faith Formation: Fuel Passion so they continue to pursue their faith and personal mission. A faith community can give them opportunities to serve, give, and love. Stay engaged through conversation.

- What are you doing in youth group? What do you think about church? Where will you connect to a faith community next year?
- There’s nothing you could ever do that would make me stop loving you. Remember, you are a child of the universe. You are star stuff.
- How do you want to be of service?
- Use encouraging words. Connect regularly. Stay available. Adjust your plans to show up.

Your twelfth grader is changing. Your role is to mobilize their potential.

Physically

- Wisdom teeth may begin to “come in” (17-21 years)
- Has difficulty falling asleep before 11pm
- Needs 9 hours of sleep and 1 hour of exercise per day
- Girls have likely reached adult height and body development
- Guys may continue to grow in height, and develop muscle mass, body and facial hair

Socially

- Increased interest in sexual expression (64% of twelfth graders report being sexually active)
- Less available for family time
- Wants to feel ownership in personal decisions
- Shows respect for others’ opinions and able to compromise
- More at ease around adults

Mentally

- May overly romanticize or catastrophize
- Open to discussing current affairs and social issues
- Capable of complex, multi-step problem solving
- Still struggles with long term planning

Emotionally

- Becoming more emotionally stable, but needs support and grace
- Often thrives in a particular area of interest
- Values being true to themselves
- Frequently demonstrates initiative for personal interests