

TWELFTH



THE PHASE
WHEN



YOUR EMERGING
ADULT PULLS AWAY,
GETS CLOSER,

AND YOU BOTH



DOES THINGS FOR THE LAST TIME

START ASKING,

"WHAT'S NEXT?"



YOUR HIGH SCHOOLER IS CHANGING...

PHYSICALLY

- Wisdom teeth begin to "come in" (17-21 years)
- Has difficulty falling asleep before 11pm (it's biological)
- Needs nine hours of sleep and one 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

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

RELATIONALLY

- 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

EMOTIONALLY

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

YOUR ROLE IS TO MOBILIZE THEIR POTENTIAL

Graduation is a crisis – for both of you. Something is about to change, and there's a good chance you aren't convinced they're ready. And they might not be. But you mobilize their potential when you help them prepare as best as possible for what's coming.

THINKS LIKE A PHILOSOPHER

You help them learn when you...
ASK QUESTIONS.

WANTS TO KNOW,
"HOW 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.



**IT'S JUST
A PHASE**

**SO DON'T
MISS IT**

IF SIXTEEN IS "SWEET," EIGHTEEN IS "LEGAL."

This kid is no longer a child. Technically speaking, they are responsible for themselves. (Of course, you may still have to pick up the pieces from time to time.) You will feel them pull away as they drive to a first job, deposit a paycheck, or register to vote.

THE COUNTDOWN CLOCK IS RUNNING FAST.

You will probably feel urgency in these last 52 weeks. As a senior takes on more responsibility, they may also lean in relationally. They discover especially late in the year—they need you a little bit more than they thought. All of a sudden the decisions have very high stakes like, "Will you date long-distance?"

THE GREATEST QUESTION OF THIS PHASE FOR EVERYONE IS, "WHAT'S NEXT?"

In fact, it can drive you both a little crazy. At times it can feel like walking on a moving sidewalk that's about to end with no real defined floor to walk onto. They may be legally adults, but they aren't adults really. Your job hasn't ended. Even the most accomplished seniors will take a few years (and maybe some counseling) to figure this adult thing out. For now, just remember to focus on the next few months more than the next "rest-of-your-life."

When you MOBILIZE your high schooler's personal journey you help them...

KEEP PURSUING AUTHENTIC FAITH. DISCOVER A PERSONAL MISSION.

Practically speaking, that means every week you have an opportunity to...

CONNECT THEM WITH A WEEKLY SMALL GROUP.
ENCOURAGE SERVICE OPPORTUNITIES.
TALK ABOUT FAITH TOGETHER.
(But try not to have all the answers.)
PRAY FOR THEM.

YOU CAN HELP YOUR HIGH SCHOOLER...

LOVE
GOD.

LOVE
OTHERS.

LOVE
LIFE.

You can do these things by taking advantage of the time you already spend together.

MORNING TIME

Instill purpose by
starting the day
with encouraging
words.

MEAL TIME

Schedule a
consistent time to
eat and talk
together (even
once a week)

THEIR TIME

Strengthen your
relationship by
adjusting your plans
to show up when
they need you.

IT'S JUST A
PHASE
SO DON'T MISS IT

PHASE

A TIMEFRAME

— IN A — **KID'S LIFE** — WHEN YOU CAN —

LEVERAGE

DISTINCTIVE	OPPORTUNITIES	TO	INFLUENCE
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THEIR FUTURE.

YOU HAVE 52 WEEKS AND COUNTING.