

Helpful websites:

www.mhschool.com/benziger/
www.homefaith.com
www.faithfirst.com/html/family
www.rclweb.com
www.CatholicExchange.com
www.catholicparenting.com
www.catholicparents.org

Wisdom from Parents of Teens:

- Teens need boundaries and guidance more than at any other time of their lives. Friendship with them comes when they are adults.
- Love them through the questions, rebellion, disagreements, and arguments; tell them you love them every night even if they are not talking to you.
- Most important is to always envelop your teens with your prayers; God can work even when parents can't seem to do anything right.
- Include your teens in the planning of holiday celebrations.
- If invited, attend music events with them.
- Look for and share Christian Music with them.
- Have your teens invite their non-Catholic friends to their church events and Mass.
- Always let your teens know that your door is always open for their friends; offer food, clothing and even shelter when needed, without seeming like you are making a judgment on their friends.

Dear God,

My teen needs You now more than ever. Help me to be a living witness to Your love as my teen develops a relationship with you. Protect my teenager. May he/she always stay close to you.



Additional brochures available through:

Follow Parent Involvement link on home page of diocesan website: www.ajdiocese.org or contact:

Family Life: Mrs. Susan Stith;
sstith@dioceseaj.org; 814-886-5551

Stewardship: Mr. Chris Ringkamp;
ringkamp@dioceseaj.org; 814-693-9605 x153

Sacramental Preparation: Mrs. Mary Frances Shedlock;
mshedlock@dioceseaj.org;
814-693-9605 x160

Education: Mrs. Francine Swope;
fswope@dioceseaj.org; 814-693-1401 x135

Christian Initiation: Mrs. Jeanne Thompson;
jtchrin@dioceseaj.org; 814-693-9605 x144

Evangelization: Sr. Linda LaMagna, CCW;
lindalccw@cs.com; 814-944-3922



*This brochure made possible through **Annual Catholic Appeal** funding.*

Got Kids? Give Faith... Tips for Parents

Teens



Most important is to always envelop your teens with your prayers; God can work even when parents can't seem to do anything right.

*A resource from the
Diocese of Altoona-Johnstown
3 of 3 brochures*



Prayer

- Eat together. Pray formally or spontaneously.
- Declare a “quiet hour” each Sunday. Family members can pray, read, or just do nothing. Ban computer, TV and phone use during this time.
- Let your teens see you praying; don’t pressure them to pray.
- Create a simple family blessing for new drivers, graduates, those going off to camp, beginning a job, etc.
- Pray for your teens each day.
- Ask your teens what prayers they need from you.

Talking about God

- Welcome questions about God, church, faith. Questions show your teen is interested. This is the opportunity for him/her to grow into a more mature faith.
- Use the parent/home component of your teen’s religious education text.
- Make sure it isn’t only women in your family who talk about God. If Dad is unable or absent, uncles, grandfathers or godfathers can be a good influence.



- Discuss current events. Ask your teen what our faith has to say about various situations.
- Grab teachable moments at births, funerals, and weddings to bring up faith. For example, “I believe in eternal life for Grandpa. Do you?”



- Chat about the readings and homily on the way home from Mass.
- Listen calmly and respectfully to your teen’s ideas. Remember your teen is still young and learning. Then speak with confidence. Give your teen time and space to absorb what you are saying.
- Share your faith--what God means to you, how you find strength in the Eucharist, what you prayed about today.

Being Examples of Faith

- Your attitude about your teen’s religious education commitments teaches loudly!
 - Live what you preach: don’t view x-rated, pornographic magazines, Internet sites, TV shows or movies yourself. Explain to your teen why you don’t.
 - Invite your teen to be a good steward of his/her gifts by joining you in serving others (helping a neighbor, volunteering at a community event, etc.).
 - Speak respectfully about everyone.
 - Your sexual behavior sends a powerful message to your teen.

- Speak of the human body as something to be respected, as it is a gift from God.
- Connect your teen with relatives with strong spiritual values.
- Don’t let inconvenience be an excuse to miss Mass.
- Receive the Sacrament of Reconciliation regularly.
- Proudly stand up for what is right. Share an example when you did.

Involvement in the Larger Faith Community

- Help your teen understand that the Church is larger than the parish.
- Connect with the parents of your teen’s friends; together encourage or even require your teens to attend youth activities sponsored by the parish and diocese.
- Get to know your parish’s youth minister and/or Director of Religious Education.
- Build a supportive network with other parents so you can hold the line on your rules.



- Offer to be a Confirmation sponsor for a teen who needs a mentor in the faith.
- Make it a family tradition that all members donate time or talent or treasure each year to the parish and to the missions. See diocesan website: www.ajdiocese.org.