



## **Love Me First | Handout**

*Women's Ministries - Leadership Certification Program*

### **What to Expect from Teens**

#### **Changes in the Teen Years**

- Physically
  - hormones
  - emotional swings
  - periods
- Personalities and Attitudes
  - discovering who they are, what they like and don't like
  - look more to their peers than their parents to determine their values
- Socially
  - peer pressure
  - extremely socially aware
  - insecure-fear rejection and the thought of not having friends
  - beauty, bodies, and boys become the main topics of a girl's life
  - social media
- Spiritually
  - questioning everything
  - examining their parents' beliefs and deciding for themselves what's going to be important
  - looking for authenticity, community, and the opportunity to make a difference
  - looking for ways to connect their church culture with the world they feel called to influence

#### **Physical Needs**

Because teens have no control over the physical changes taking place in their bodies, they need education to understand what is happening.

#### **Relationships**

Teens need adult instruction on how to establish healthy relationships. They need to be told plainly about sexually transmitted diseases, dangers, and how they can affect them for a lifetime. They should also be informed that sex is not dirty, and that the God who made us sexual creatures has a wonderful plan for happy, healthy, sexual relationships in marriage.

This is a time where young women are looking for information on boys, dating, sex, and relationships but unfortunately, many parents are not talking about it and often the church isn't talking about it either.



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### **Appearance**

Young women often feel they don't measure up physically because they compare themselves with the pictures, they see on magazine covers, the internet, and women on TV and in the movies. Helping them understand the lack of reality in the pictures they are seeing can provide a less distorted view of what real beauty is.

Another aspect of appearance young girls need to consider is what their appearance says to young men. Young women may dress in a way that is attractive and they're getting some attention, not realizing the kind of attention they are getting or what message they are sending. Beauty and boys are two important topics for Women's Ministries to discuss and educate young women on, giving them a Biblical perspective, but without being harsh, critical, or not understanding.

### **Personality and Attitudes Needs**

The tendency to compare yourself with others is especially strong during the teen years. That contributes to the feeling of inferiority with which teens often wrestle. Help them learn to respect themselves and others. What they need to remember is the negative things they think about themselves are not usually true and others their age are going through the same thing. Its also important that the adults in their lives keep them affirmed and reassured.

### **Greater Responsibility in Church**

Young people need to have encounters in which they feel comfortable and successful to build their self-confidence. Give them responsibilities they can do successfully.

### **Social Needs**

It is also important to connect with young people through social media. Teenagers need friendships that encourage, accept, support, and nurture. They need genuine friends with good values. Connect with them through the mediums they feel comfortable with. Young people need to have encounters in which they feel comfortable and successful in order to build their self-confidence. Give them responsibilities they can do successfully. Teens and parents will both learn that as they become more responsible, they are also more trusted and given more freedom.

### **Church Involvement**

Every young person needs a feeling of acceptance, belonging, and validation. This comes with opportunities for leadership and involvement.

- They need to have ownership
- They need to feel needed and important
- The church provides an ideal setting for this to take place

This helps them develop their gifts and it connects them with the church. Always remember to thank them, affirm them, for the positives you see.



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### Building Connections

The first step for involving and training young people is to connect with them.

- Get to know them.
- Provide opportunities to socialize and work side-by-side with young people.
- Learn who they are, what they enjoy, and what they are passionate about.
- Build on this knowledge

### Loosen the Reins

Conflict between parents and teens is caused by issues of control. Parents need wisdom to know which battles to fight and which not to fight. Teens need to know the importance of making good choices.

### Talk about Sex

Because relationships with boys are such an important part of a young woman's interest, they need adults who are willing to address those issues with them. Plain talk about sex and marriage calls for a maturity that comes beyond teen years. Help young women before they are dating. Think and plan.

- Walk them through making a list of must haves in a guy and what they won't settle for.
- Help them to create a plan for dating, including how far they are willing to go with a boy and who to call if a date goes bad.
- Go over the physical and emotional dangers in experiencing sex before marriage and help them not only to make a commitment to wait until marriage but helping them see that they are not alone in their commitment.
- Need Christian women who will be a safe place to talk about these issues and express feelings of guilt and shame.

### Spiritual Needs

Teenagers have the same spiritual needs adults have: to know God and be saved by grace. They may not admit it to their parents, but many of them crave an intimate relationship with God. Young people are drawn to adults who are consistent, committed, and compassionate. They want to feel they have spiritual support and that they can go to a nonjudgmental environment.

### What Women's Ministries Can Do

#### One on One Ministry

- Be a good listener
- Be accepting
- Be yourself
- Be interested



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- Be genuine
- Be prayerful

### **Ideas for Ministries that Impact Teens**

#### **Teen Seminar Topics**

- Conflict resolution
- Boys and dating
- Beauty
- Friendships
- Anxiety and depression
- Personality profile
- Peer pressure
- Love languages
- Healthy boundaries
- Discovering God's will

#### **Professional Speakers for Seminars for Teens**

- Substance abuse counselor to talk about drug and alcohol problems
- Police officer to talk about self-defense tips
- Crisis pregnancy worker to talk about abortion
- Medical person to talk about sexually transmitted diseases
- Social worker to talk about dating violence
- Counselor to talk about overcoming pain from childhood

#### **Seminar Topics for Parents**

- Understanding Social Media: Facebook, Twitter, etc.
- Raising PG kids in an X-rated world
- Talking to your daughter about Boys, Beauty, and Boldness
- Guiding your daughter to look for Mr. Right
- Helping your daughter navigate dating
- Understanding teen depression
- Watching for bullying
- Helping your children connect with God

#### **Activities for Teens to Do**

- Plan and lead an entire church service
- Plan a Women's Day of Prayer
- Princess tea for younger girls in the church
- Mission trip
- Offer free childcare once a month
- Helping with VBS
- Teach older people technology and social med

