



**PARENT
CUE**



HIGH SCHOOL

STUCK



WEEK 1

ACTS 15:36-40

Paul and Barnabas go separate ways, but still cheer for each other.

WEEK 2

ECCLESIASTES 3:1-8

There is a time for everything and even tough times will pass.

WEEK 3

EPHESIANS 4:22-23

We can ask God to change our minds in the moment.

TALK ABOUT THIS

WEEK 1: Friendships change. Couples break up. We know it's part of life, but for a teenager, it can be tempting to stay in a relationship longer than is healthy because it feels like the right thing to do. When you see a friendship start to fade, it can be helpful to remind your kid, "You're not as stuck as you think you are."

WEEK 2: Sometimes it's hard for a high schooler to see that today's reality won't be tomorrow's. Everything feels like it's forever. So it can be helpful to remind them, "No matter what happens today, it isn't as forever as it feels."

WEEK 3: At this phase, teenagers like to look like they have everything under control. So when a habit gets out of control, they may not bring it up. Try asking, "What's one thing you wish you could stop doing?" Or, "What's one thing you wish you were better at?" Then remind them that you're always here to help, and they don't have to figure it out alone.

REMEMBER THIS

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7 NIV



**PARENT
CUE**



HIGH SCHOOL

STUCK



WEEK 1

ACTS 15:36-40

Paul and Barnabas go separate ways, but still cheer for each other.

WEEK 2

ECCLESIASTES 3:1-8

There is a time for everything and even tough times will pass.

WEEK 3

EPHESIANS 4:22-23

We can ask God to change our minds in the moment.

TALK ABOUT THIS

WEEK 1: Friendships change. Couples break up. We know it's part of life, but for a teenager, it can be tempting to stay in a relationship longer than is healthy because it feels like the right thing to do. When you see a friendship start to fade, it can be helpful to remind your kid, "You're not as stuck as you think you are."

WEEK 2: Sometimes it's hard for a high schooler to see that today's reality won't be tomorrow's. Everything feels like it's forever. So it can be helpful to remind them, "No matter what happens today, it isn't as forever as it feels."

WEEK 3: At this phase, teenagers like to look like they have everything under control. So when a habit gets out of control, they may not bring it up. Try asking, "What's one thing you wish you could stop doing?" Or, "What's one thing you wish you were better at?" Then remind them that you're always here to help, and they don't have to figure it out alone.

REMEMBER THIS

For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. 2 Timothy 1:7 NIV



PARENT CUE



HIGH SCHOOL

DO THIS



MORNING TIME

Before a big test or a tough day, put a sticky note on your kid's lunch that says, "No matter what happens today, you'll get through it. It's not as forever as it feels."



MEAL TIME

Sometimes teenagers feel stuck in relationships but they don't know how to get out. This week as you grab a bite together ask, "Who are the three most important friends to you?" And, "What is it about them that makes you like hanging out with them?" The answers may be enlightening to you and to them.



THEIR TIME

Chances are your teenager won't tell you if they're stuck in a bad habit. You'll discover it on your own. If you happen to discover your teenager has a habit (like smoking, drugs, lying, or pornography) that you wish they didn't, remember that they may wish they could stop, but feel like they can't. So instead of freaking out, calmly offer to help them kick the habit.



BED TIME

Before your teenager falls asleep, drop in and ask, "What's one thing you hope will happen at school tomorrow?" And, "What's one thing you hope doesn't happen?"

Download the free [Parent Cue App](#)

AVAILABLE FOR IOS AND ANDROID DEVICES



PARENT CUE



HIGH SCHOOL

DO THIS



MORNING TIME

Before a big test or a tough day, put a sticky note on your kid's lunch that says, "No matter what happens today, you'll get through it. It's not as forever as it feels."



MEAL TIME

Sometimes teenagers feel stuck in relationships but they don't know how to get out. This week as you grab a bite together ask, "Who are the three most important friends to you?" And, "What is it about them that makes you like hanging out with them?" The answers may be enlightening to you and to them.



THEIR TIME

Chances are your teenager won't tell you if they're stuck in a bad habit. You'll discover it on your own. If you happen to discover your teenager has a habit (like smoking, drugs, lying, or pornography) that you wish they didn't, remember that they may wish they could stop, but feel like they can't. So instead of freaking out, calmly offer to help them kick the habit.



BED TIME

Before your teenager falls asleep, drop in and ask, "What's one thing you hope will happen at school tomorrow?" And, "What's one thing you hope doesn't happen?"

Download the free [Parent Cue App](#)

AVAILABLE FOR IOS AND ANDROID DEVICES