



# Staying Connected:

## A Workshop for Parents of High Schoolers

### Core Components

#### Participants

*Staying Connected* is designed for parents of high school-aged teens (15-18). The program can be presented to 100 parents at a time.

#### Purpose

To assist parents of teens in living out the faith, in spite of the challenges posed by society.

#### Program

One two-and-a-half-hour session (or an extended 4-hour Saturday format) that consists (in part) of an introduction of the role parents play in their teens' choices and how to make the most of that influence, followed by opportunities for questions and role-play scenarios. Scheduling is based on host site preference.

#### Materials

Include a parent activity handout and other downloadable resources for each parent to use for future reference and reflection.

#### Location

Parish or school setting where parents can come together to learn and discuss how to guide teens in virtue and respond with confidence as to what the Church teaches and why on issues of sexual morality.

#### Presenters

*Staying Connected* is presented by one man and one woman who are trained and certified Family Honor presenters. All Family Honor presenters have completed a college-level course on the Church's teachings of marriage, sexuality and family life, as well as participation in a teaching practicum. The expertise and guidance presenters bring is a hallmark of the unique dynamism of a Family Honor program.

### Help & Support for Parents of Older Teens

“What is most important is the ability lovingly to help them [children] grow in freedom, maturity, overall discipline and real autonomy. Only in this way will children come to possess the wherewithal needed to fend for themselves and to act intelligently and prudently whenever they meet with difficulties. The real question, then, is ... where they are existentially, where they stand in terms of their convictions, goals, desires and dreams. The questions I would put to parents are these: “Do we seek to understand ‘where’ our children really are in their journey? Where is their soul, do we really know? And above all, do we want to know?” -Amoris-Laetitia (The Joy of Love), Pope Francis, March, 2016, # 261

Just as parents are called to be the primary educators of their young children, forming them in virtue from an early age, so, too, parents of teens are also charged with the responsibility of staying connected with them, continuing to provide loving guidance and leading by example even as those teens grow towards independence.

This responsibility often comes with a painful price, however. Parents worry that media, music, peers and drugs will gain a foot hold in their adolescent's life, and that the parents' concern for their teen will fall on deaf ears. Parents are looking for help, for tools, and for support from other parents as well. But where to find it?

Family Honor's *Staying Connected* workshop will help parents to reflect on how they are communicating with their teens, and what adjustments may be helpful. They will get an opportunity to consider how they are doing in discussing the issue of sex, and how they can enhance their efforts in this regard. They'll get the chance to ask questions and hear from other parents as they ponder real-life situations and how they might respond effectively.

*Staying Connected* will also offer parents a means of explaining the “why” of the Church's teachings on the hot-button topics in our society today to teens in a simple, objective fashion that will provide the teens with clarity and a means of responding to challenges to their faith.

The *Staying Connected* program content includes:

- *What is ‘chastity’ and why is it important for my teen to understand this?*
- *Communicating with high schoolers; how we can constructively change our approach as they change*
- *What exactly DOES the Church teach on all these issues of sexual morality and why?*
- *Tackling the tough issues with teens with Truth, grace, and authentic love*
- *Opportunities for questions and real-life role-play scenarios to help empower parents*

For more information, visit [www.familyhonor.org](http://www.familyhonor.org) or call us at 803.929.0858.