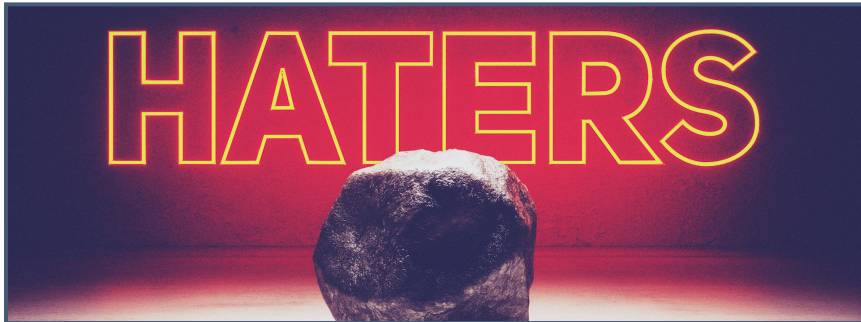




**PARENT  
CUE**



**HIGH SCHOOL**



**WEEK 1**

**JOHN 8:3-11**

It's not our right or responsibility to judge others.

**WEEK 2**

**JOSHUA 2:1-5,  
MATTHEW 1:5**

A person's past doesn't dictate their future.

**WEEK 3**

**PROVERBS 27:6**

Ask for accountability.

**TALK ABOUT THIS**

**WEEK 1:** It's intrinsic to our nature and culture to judge others, for better or for worse. But judgment isn't our job. We're neither equipped for it, nor are we called to do it. Talk to your student about a time you were judged unfairly. Talk about how it made you feel, how it shaped your self-perception, and how you handled it.

**WEEK 2:** "People don't change." We hear this all the time, and yet the Bible is full of contradictory examples. We should be careful not to put people—including ourselves—into permanent moral categories. This week, ask your teen if there's something about themselves they want to change, but don't know where to start. If they ask for your advice, think of a few steps they can take toward making a change.

**WEEK 3:** It's counterintuitive to invite someone's judgment. But, when we actively seek accountability, that's essentially what we're doing. Does your student have someone they can share their struggles with? Someone who isn't you? Ask them. If their answer is no, talk about the qualities that person would need to have, and brainstorm a list of potential candidates.

**REMEMBER THIS**

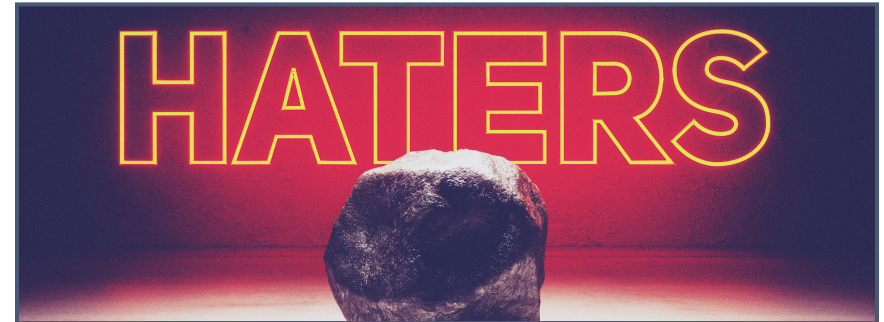
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Romans 12:21 NIV



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HIGH SCHOOL

## DO THIS



### MORNING TIME

There are certain times of day that feel more “sensitive” for teenagers than others. For most, mornings aren’t ideal for heavy conversations or probing questions. Keep mornings light around your house, and write down or text yourself any questions that can wait and bring them up later. Simply asking, “How can I make your day easier?” before they leave will set a calm, positive tone.



### MEAL TIME

Getting your student to sit down for a family dinner can become a real challenge at this phase. One night this month, make family dinner an event they don’t want to miss by asking them to invite a few friends over. Find out what their friends’ favorite foods are and incorporate those foods into the menu. Then make it a fun night to get to know a few of your teenager’s friends a little better.



### THEIR TIME

Send your student a sample text or email that they can pass along to someone they’d be open to meeting with for support and accountability. Asking is usually the hardest part for a teenager. Helping them over this hurdle will make it easier for them to find a mentor they trust and look up to.



### BED TIME

Bedtime is a natural time to mentally backtrack through our day—the good, the bad, and the ugly. But sometimes focusing on what we wish we’d done differently can make sleeping well more difficult. Try leaving a mint or some gum on your student’s pillow along with a note to remind them that the day is over, and that tomorrow is new and fresh start.

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AVAILABLE FOR IOS AND ANDROID DEVICES



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