

Checklist for Parents of Adolescents/Ages 13-18

HOW PARENTS NURTURE FAITH

For each item rate yourself or your family on a scale of 1 (low) to 5 (high).

Helping Teens *Experience* Faith

- _____ 1. Choose parenting styles and discipline which promote self-accountability and responsibility.
- _____ 2. Encourage teens to choose other adult mentors who are good role models of Christian faith.
- _____ 3. Affirm teens' effort and success; avoid unnecessary criticism and pressure to excel or compete.
- _____ 4. Model and teach good decision-making skills which apply Catholic/Christian values and principles to family and personal decisions.
- _____ 5. Participate in parish activities for families and teens.
- _____ 6. Encourage teens to participate in spiritual renewal and development programs for adolescents (Quest, lock-ins, retreats, TEC, CLI, etc.)

Helping Teens *Learn About* Faith

- _____ 1. Listen openly to teens' questions and criticisms about religion.
- _____ 2. Explain personal and family decisions in terms of your faith and moral values.
- _____ 3. Discuss TV and media, current events, social and political issues in terms of Catholic/Christian values, principles and convictions.
- _____ 4. Discuss Catholic/Christian values related to human sexuality, money, time, and social justice.
- _____ 5. Encourage young adolescents to enroll in youth formation programs in the parish.
- _____ 6. Encourage teens to choose other adult mentors (teachers, coaches, godparents, friends' parents) who are good role models of Christian faith.

Helping Teens *Express* Faith

- _____ 1. Allow teens to participate in family prayer, religious customs, and church rituals in ways which are not embarrassing or uncomfortable.
- _____ 2. Participate as a family in Sunday Eucharist and Reconciliation.
- _____ 3. Invite teens to consider celebrating the Sacrament of Confirmation; participate in their preparation.
- _____ 4. Observe religious seasons such as Advent and Lent, and feast days in your family.
- _____ 5. Encourage teens to participate in prayer and liturgy with their peers.
- _____ 6. Encourage teens to participate in programs, retreats, and renewal experiences for young adults.
- _____ 7. Encourage teens to participate in liturgical ministries and other parish leadership opportunities.
- _____ 8. Identify and model positive ways to express powerful emotions like anger, fear, grief and sorrow.
- _____ 9. Encourage teens to create and use a spiritual journal.

Helping Teens *Act on* Faith

- _____ 1. Encourage teens to be good stewards of their time, material possessions, talent, and money.
- _____ 2. Support teens' participation in service and social justice projects at school, in the parish or community.
- _____ 3. Support and encourage teens to develop respectful and responsible male-female relationships.
- _____ 4. Encourage teens to explore career options which will allow them to be useful, responsible adults.
- _____ 5. Help young adults understand and appreciate the responsibilities and rewards of marriage and parenting.
- _____ 6. Clearly define limits and explain the consequences of inappropriate sexuality, alcohol and drug use.
- _____ 7. Help teens find professional counseling or spiritual direction when necessary or helpful.