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 embarassing 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.