



WEEK 1

1 JOHN 3:1

Regardless of what the world calls us, God calls us loved because we are His.

WEEK 2

PROVERBS 15:4

Peaceful words bring life.
Lies bring brokenness.

WEEK 3

PROVERBS 28:13

Hiding our mistakes helps nothing, while honesty brings relief and forgiveness.

TALK ABOUT THIS

WEEK 1: This week we talk about who we *really* are—not who our friends say we are or even who our parents say we are. Talk to your student about a misconception you had about yourself at their age. Discuss the origin of those thoughts and any experiences you had that encouraged your false belief.

WEEK 2: It's not surprising that we can be our own worst critic. But sometimes we take our negative self-talk too far and begin to believe the nasty things we say or think about ourselves. This week, any time you hear your teenager say something they dislike about themselves, encourage them to say two things they *like* about themselves, too.

WEEK 3: Not all high school students have a deep, dark secret that they're hiding from their parents. But many *do* hold onto hurt and guilt about something they've done or said. Share something that you've done in the past that you had to wrestle with remorse over. Talk about how you came to peace through confession.

REMEMBER THIS

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. 1 John 3:1 NIV



**PARENT
CUE**



HIGH SCHOOL

DO THIS



MORNING TIME

One morning this week, leave a sticky note on your high schooler's mirror or steering wheel that lists several adjectives describing who you know they really are.



MEAL TIME

One night this week, set up a dinner for your high schooler and another adult that both of you trust. There doesn't need to be a set agenda or end result, but it can be helpful for your student to have other trusted adults—like mentors, coaches, and small group leaders—to connect with.



THEIR TIME

Being a teenager can feel heavy and difficult at times. Everything seems to be high-stakes. Lighten the mood around your house by sending your student a few funny memes throughout the week. Don't be afraid to look like a dork—the effort to connect with their humor won't go unnoticed.



BED TIME

In this phase, students are beginning to shed their aversion to physical touch from their parents. Before bed one night, make an effort to hug your teenager or pat them on the shoulder. You may think they've outgrown the need for physical affection, but sometimes it can send a powerful message that words just can't.

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