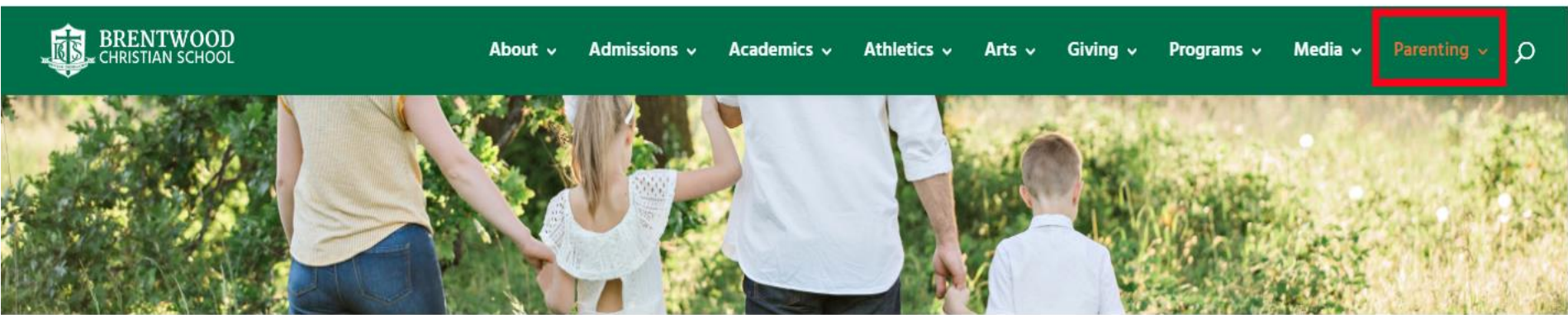


purposeful parenting

with Jay Burcham





PARENTING

They say it takes a village to raise a child and anyone with children knows this is true. Welcome to our parenting pro-tips page! Information on this page will include parenting blogs, recipes, media guides and more.

- BEHAVIORAL >
- EVENTS >
- HELPFUL APPS >
- MEDIA >
- RECIPES >
- ADDITIONAL INFO >

- Parenting
- Behavioral Resources
- Events
- Helpful Apps
- Media
- Recipes
- Additional Resources

We are always looking to add to our page so if you have a favorite parenting site or

PARENTING with a PURPOSE



**Keeping My Child, Tween, and Teen Safe - Technology,
Bullying, Dating, and the World**

March 5: Development and Discipline

Adverse Childhood Experiences

Traumatic events that can have negative, lasting effects on health and well-being.



People with 6+ ACEs can die
20 yrs
earlier than those
who have none.



1/8 of the population
have more than 4 ACEs

4 or more ACEs

3x the levels of lung disease and adult smoking



11x the level of intravenous drug abuse



14x the number of suicide attempts



4x as likely to have begun intercourse by age 15

4.5x more likely to develop depression



2x the level of liver disease



“ Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today. ”

Dr. Robert Block, the former President of the American Academy of Pediatrics

67%
of the population
have at least 1 ACE



“ Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today ”

Dr. Robert Block, the former President of the American Academy of Pediatrics

Risky Behavior In Teenagers

1. Sex, Alcohol, And Drugs
2. Increased Use Of Communication Devices And Social Media
3. Mood Swings
4. Aggression
5. Lying Or Hiding Facts
6. Defying Rules And Arguing
7. Drastic Changes In Appearance
8. Decreased Communication
9. Spending More Time With Friends
10. Indecisiveness



Top 5 Dangers Facing Tweens

- Risk Taking
- Substance Abuse
- Depression & Anxiety
- Self Esteem Issues
- Inadequate Supervision



From Tween to Teen

- Mental Health – highly stressful time, overt and covert physical changes, emotional instability
- Sexuality – physical changes lead to emotional upheaval, more questions than answers – answers delayed, growing into your body – physically and emotionally
- Socially – the move from authority based affirmation to peer based affirmation
- Asset Building – taking stock of who they can and cannot turn to with questions, problems, and for direction

tween
to
teen
aus

The Perils of Parenting – Protecting Your Child

Physically

- know the threats
- train yourself to look for threats
- train your child to react to threats
- be a fearless and tireless guardian



1 Timothy 5:8

If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever.

U.S. Consumer Product Safety Commission
the "Top Five Hidden Home Hazards"

Unforeseen Household Dangers

1. Magnets

8 million magnetic toys recalled.

2. Recalled Products

Each year there about 400 recalls.

3. Tip-Overs

Average of 22 deaths per year and an estimated 3,000 injuries.

4. Windows & Coverings

Average of 12 deaths annually from window cords;
Average of 9 deaths and an estimated 3,700 injuries to children annually from window falls.

5. Pool / Spa Drains

15 injuries, 2 fatalities from 2002-2004.



Buckets of Standing Water

75 young children have drowned in buckets with
10 other 30 hospitalized

Toilets & Baths

7 children a year drown in toilets with an additional
30 per year drowning in bathtubs

Scalding Water Temperatures

20° water will scald and scar a young child

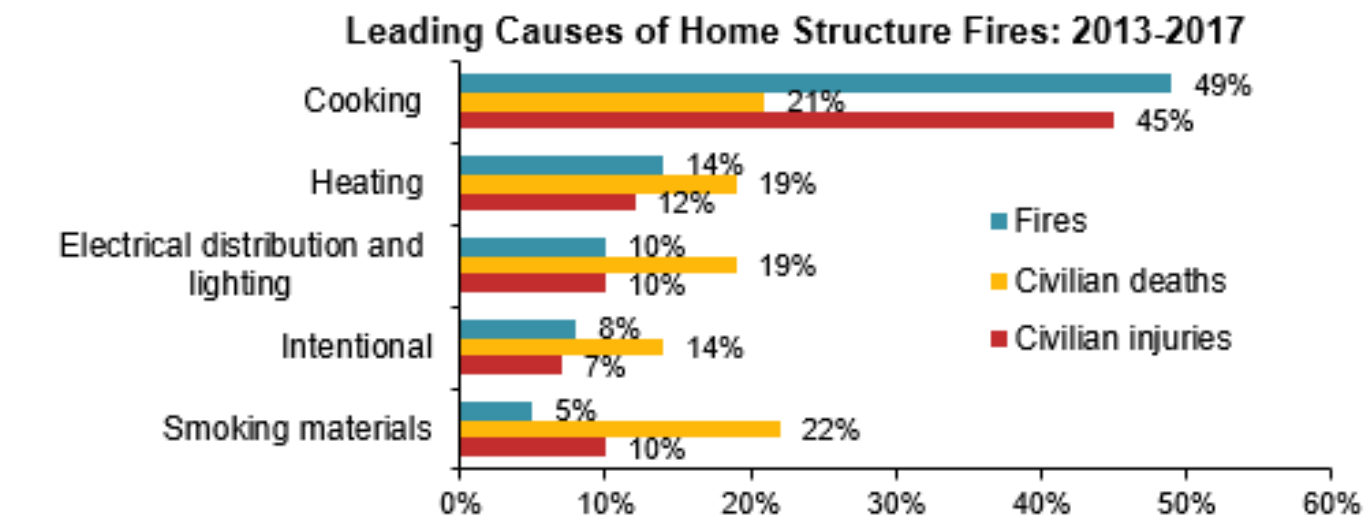
Drapery / Blind Cords

early 100 small children die from strangulation by
drapery or blind cords

Balloons

5 children per year under the age of 3 choke to death
1 balloons

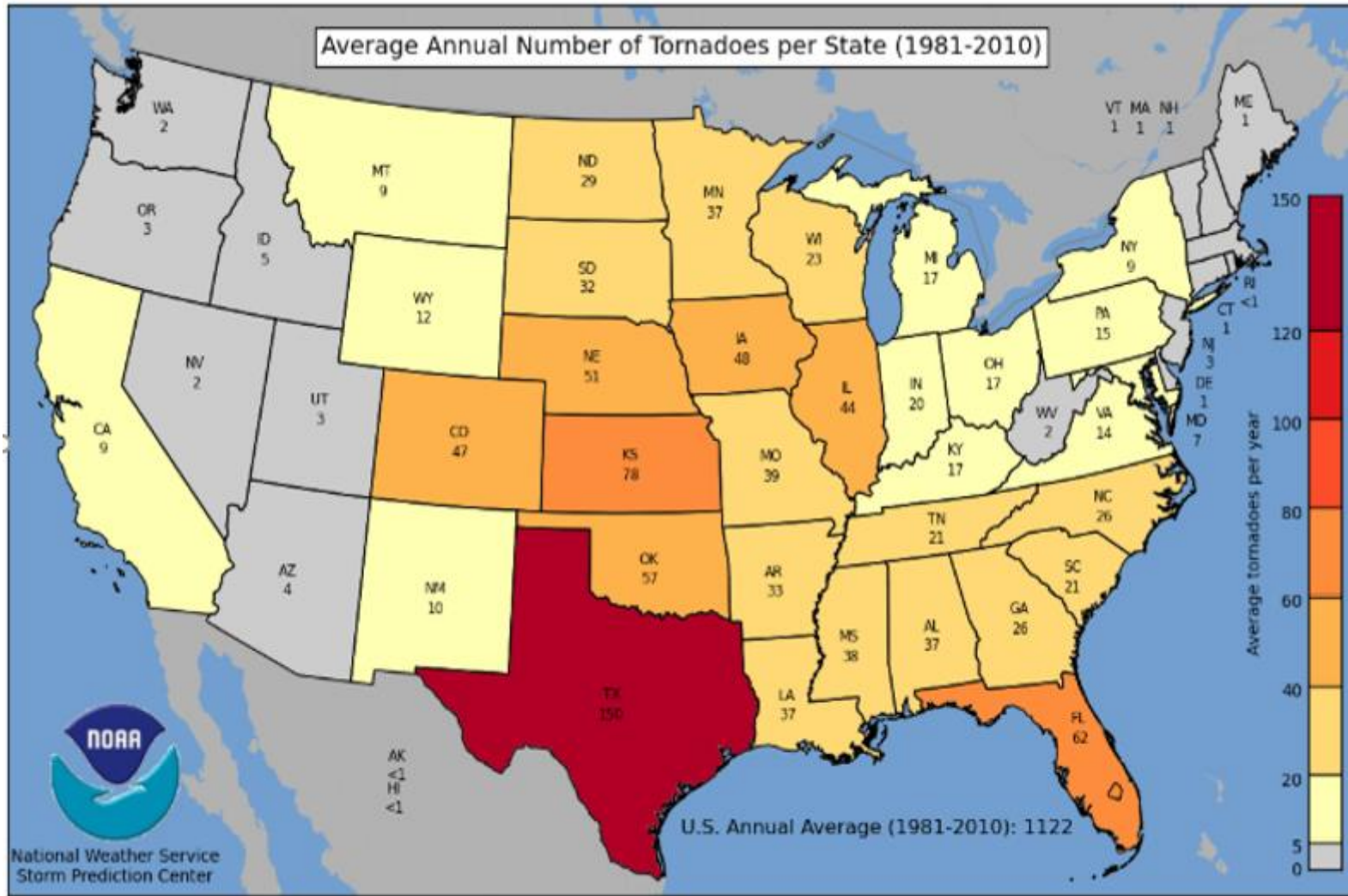
According to the National **Fire** Protection Association, an estimated 374,000 U.S. **homes catch fire** annually. The cumulative damage is jaw-dropping. The price tag: Almost \$8 billion annually. According to Global Reconstruction, 2,600 lives are lost from **house fires** each **year**.



More than one-quarter (27%) of reported **fires** occurred in **homes**. Even worse, four of every five (79%) **fire** deaths and three-quarters (73%) of all reported injuries were caused by **home fires**.

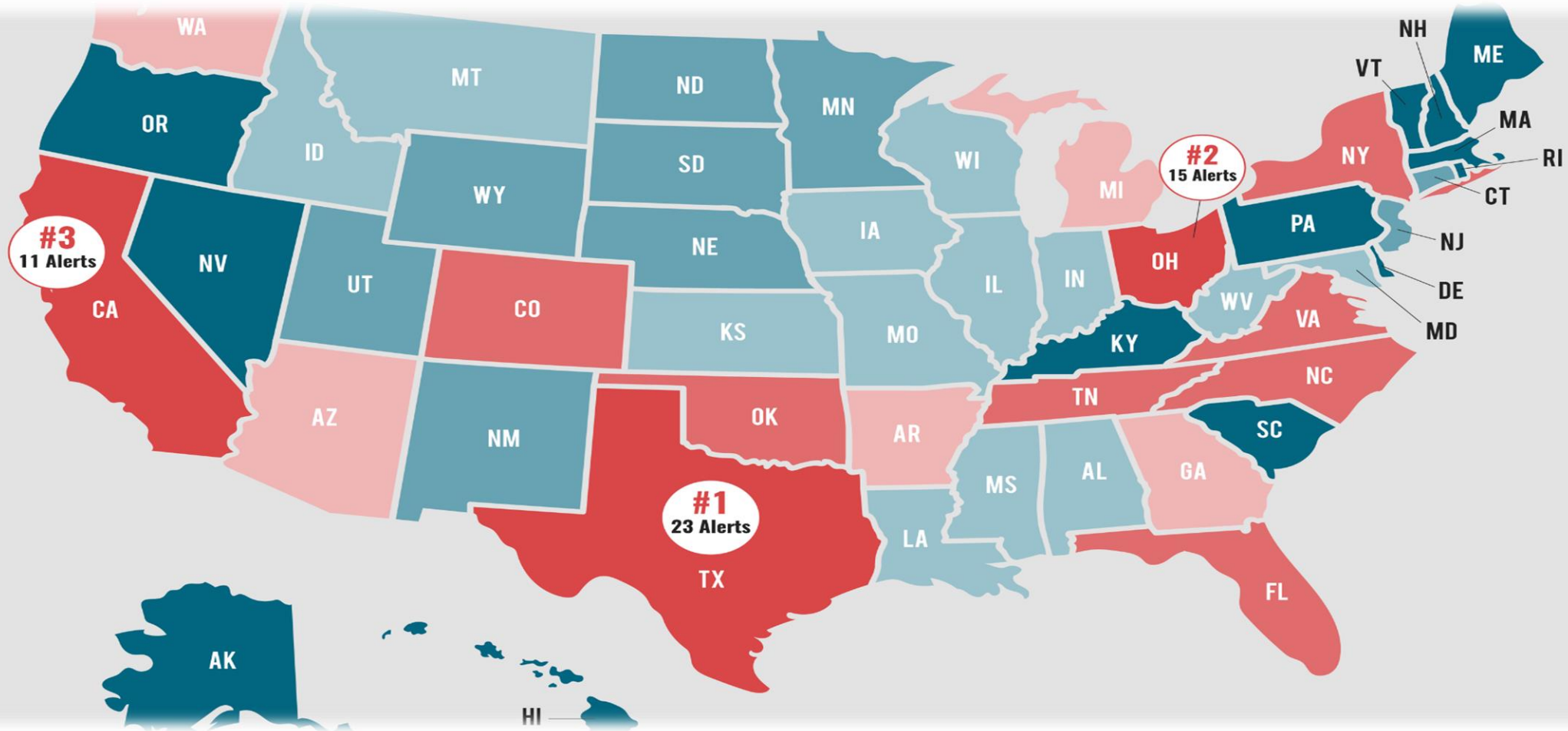


*An average of 132 tornadoes touch
Texas soil each year.*



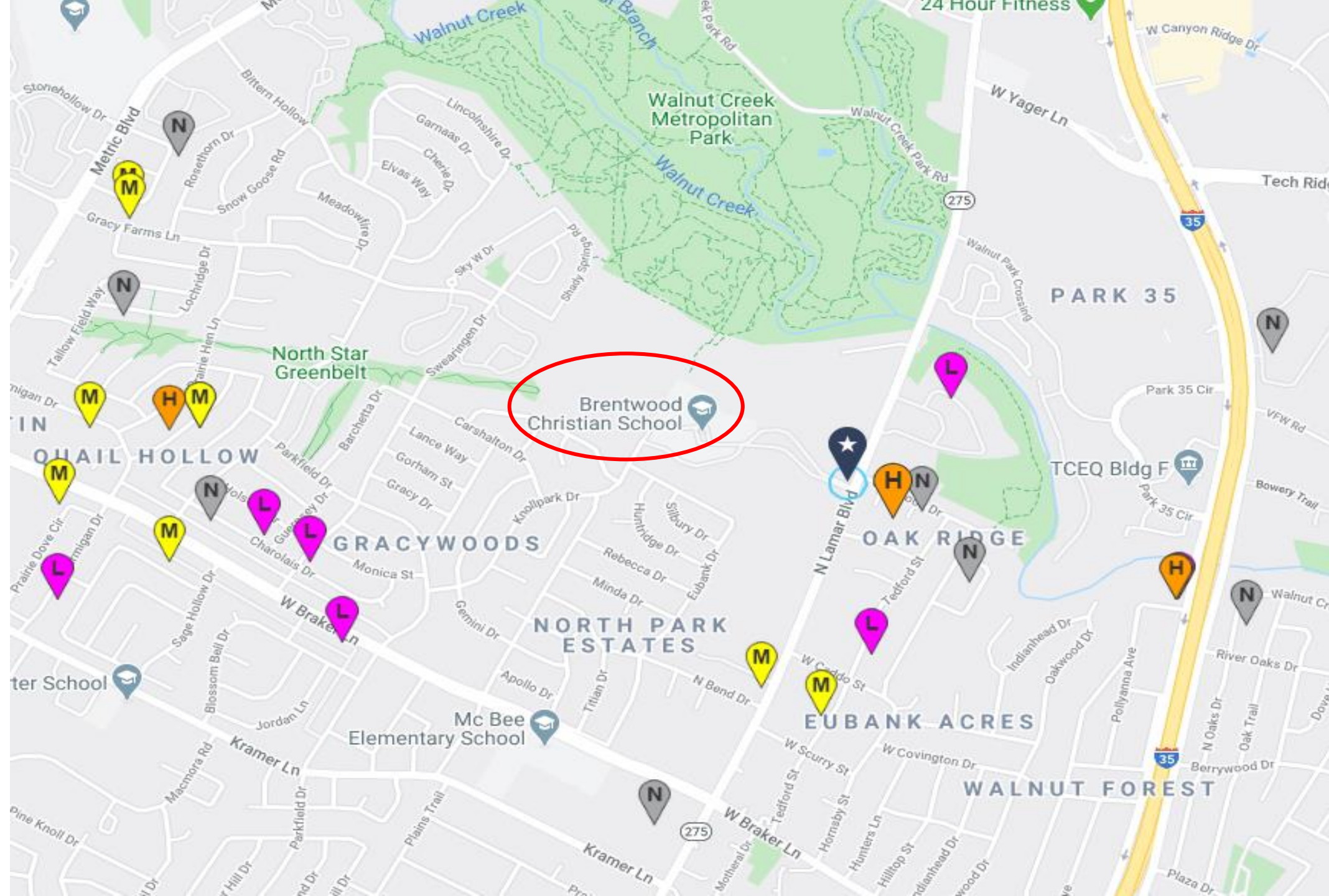
Texas has the highest average annual number of tornadoes in the US!

Texas leads nation in AMBER Alerts issued



A graphic from the National Center for Missing and Exploited Children 2018 AMBER Alert Report shows Texas had the most alerts in the country that year.

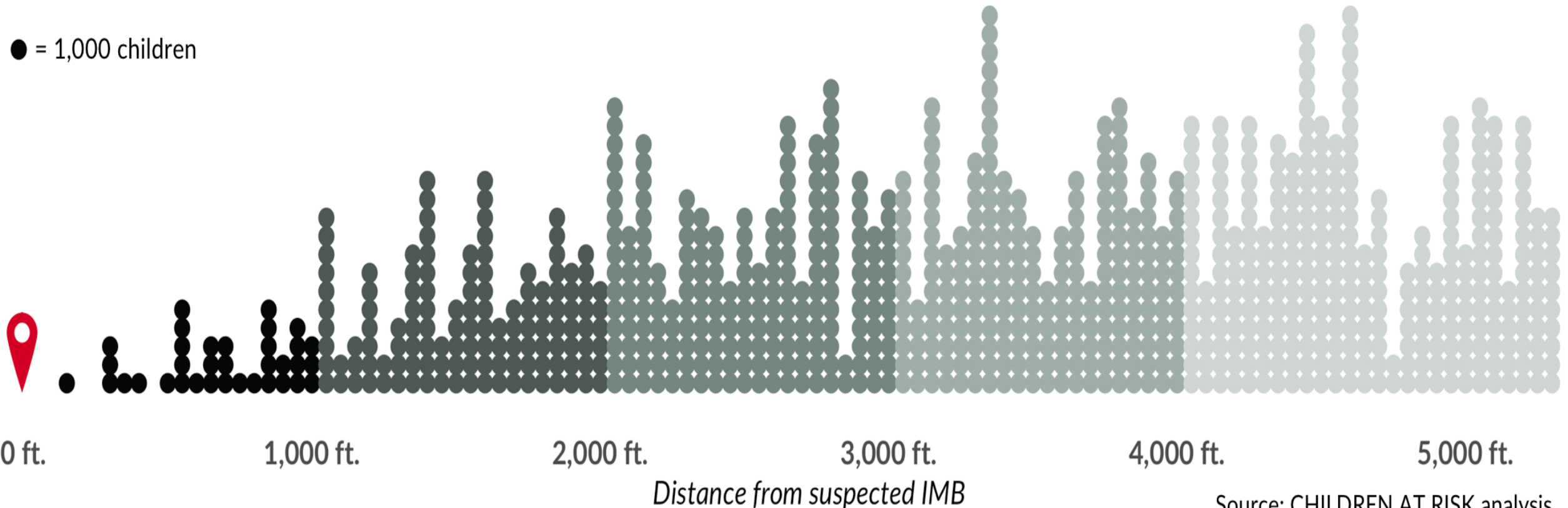
In 2018, there were 23 AMBER Alerts in Texas, 14 percent of the alerts in the United States.



35,000 Texas children attend school within 1,000 feet of a suspected illegal massage business (IMB)

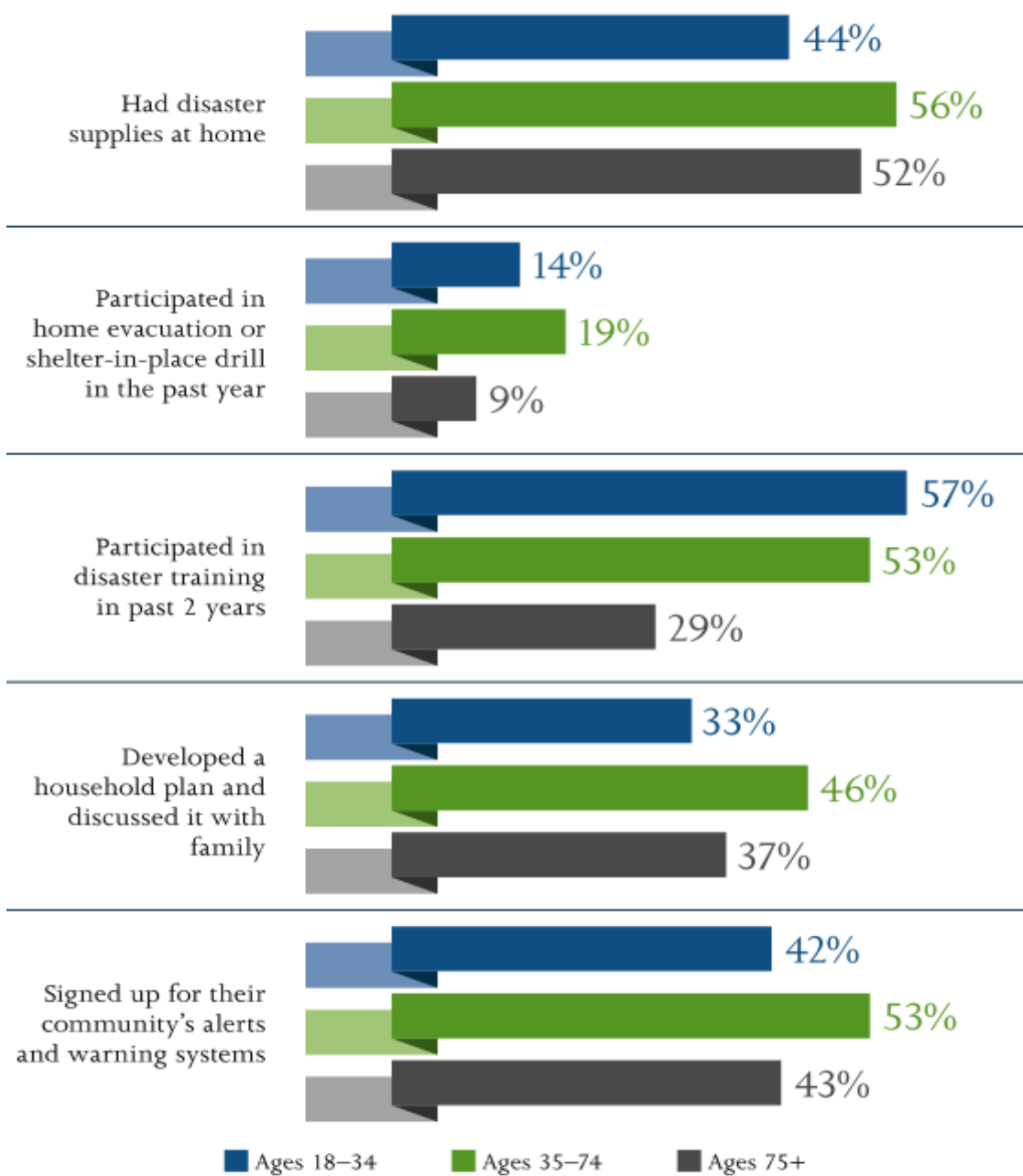
900,000 children attend school within a mile of a suspected front for human trafficking

● = 1,000 children

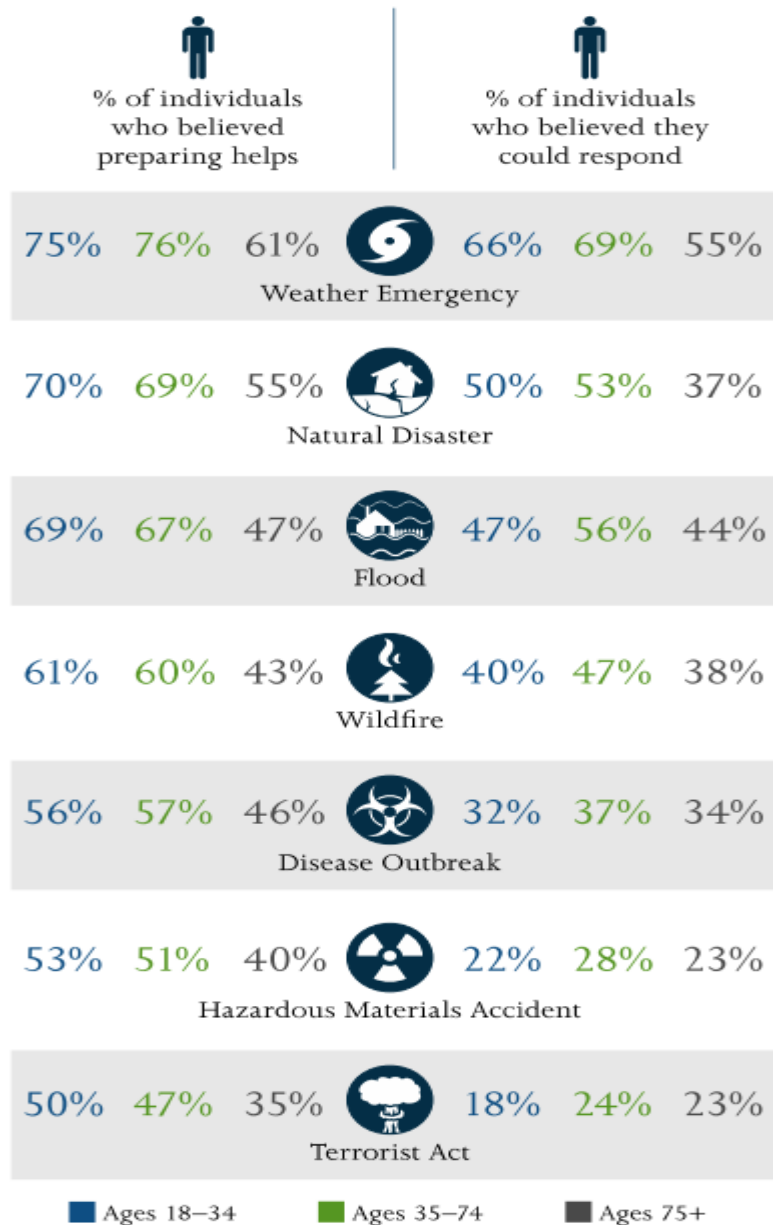


Source: CHILDREN AT RISK analysis of data from RubMaps.com

Preparedness Behaviors



Perceived Efficacy: Preparing Helps and I Can Respond



The Perils of Parenting – Protecting Your Child

Physically

- know the threats
- train yourself to look for threats
- train your child to react to threats
- be a fearless and tireless guardian



1 Timothy 5:8

If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever.

The Perils of Parenting – Protecting Your Child

Physically

- build an emergency supply kit
- establish a financial emergency plan
- organize and protect important documents
- have a game plan for home and away
- prepare your kids



1 Timothy 5:8

If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever.

The Perils of Parenting – Protecting Your Child

Emotionally

- build emotional security for your child
- constantly assure your child of his/her worth
- know the emotional risks
- know the emotional pressures
- fervently guard your child's well being

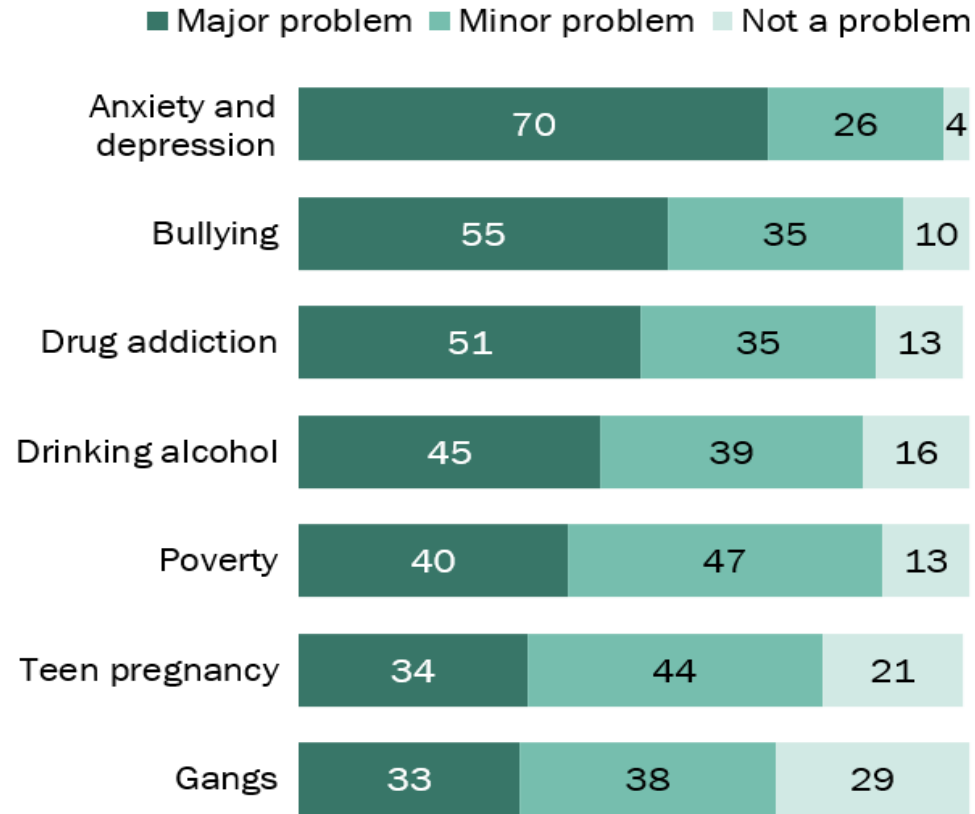


Colossians 3:21

Fathers, do not embitter your children, or they will become discouraged

Anxiety and depression top list of problems teens see among their peers

% of teens saying each of the following is a ____ among people their age in the community where they live



Note: Share of respondents who didn't offer an answer not shown.
Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

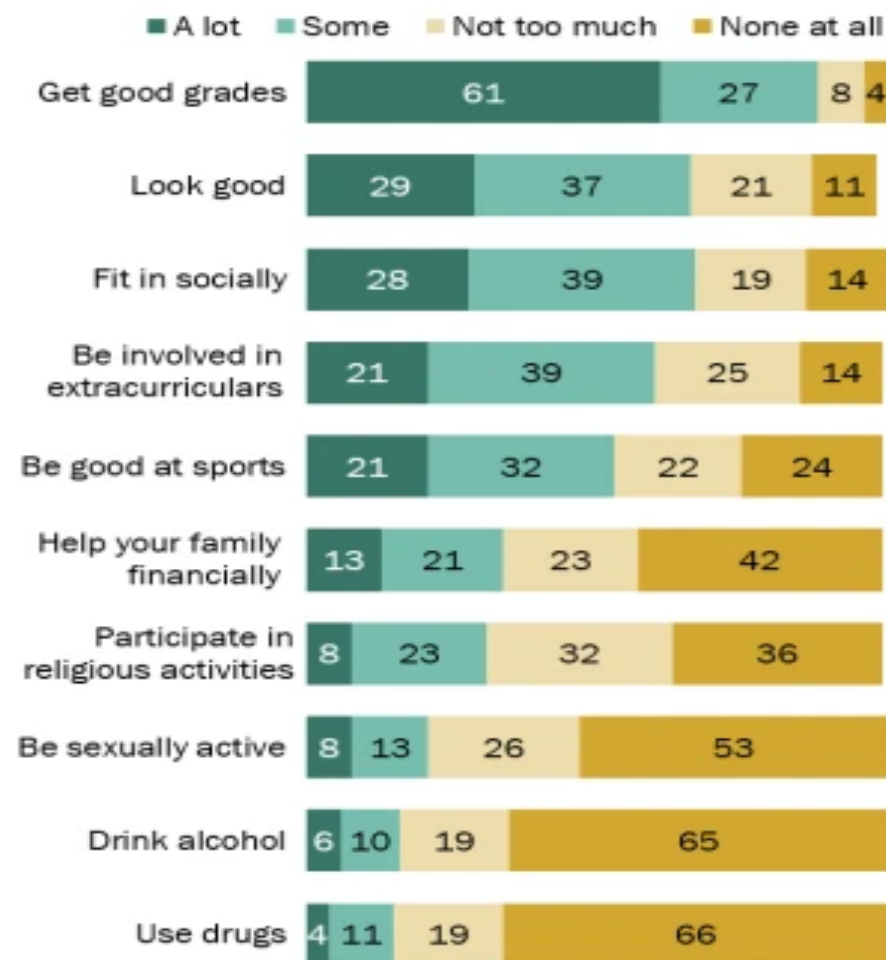
"Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"

PEW RESEARCH CENTER



About six-in-ten teens say they feel a lot of pressure to get good grades

% of teens saying they personally feel ____ pressure to ...



Note: Share of respondents who didn't offer an answer not shown.
Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

"Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"

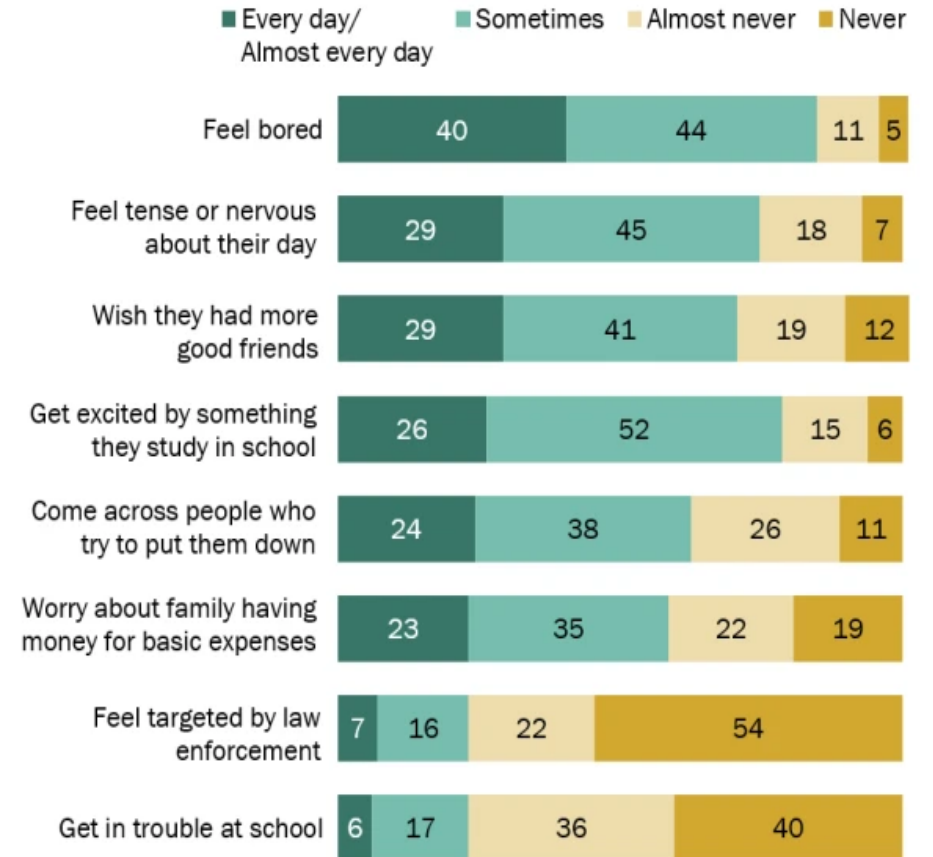
PEW RESEARCH CENTER



About three-in-ten teens feel tense or nervous, wish they had more good friends almost daily

About three-in-ten teens feel tense or nervous, wish they had more good friends almost daily

% of teens saying they experience each of the following ...



Note: Share of respondents who didn't offer an answer not shown.

Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 17-Nov. 25, 2018.

"Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers"

PEW RESEARCH CENTER

The poll was taken by 35,878 teens spread throughout the United States. Questions asked included:

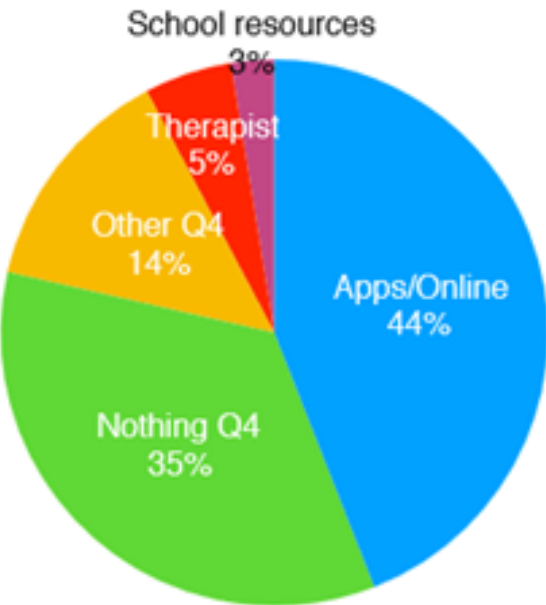
- How often are you stressed?
- What stresses you out the most?
- What are you most likely to do when stressed?
- What resources do you use to help?

-
- 44.88% of teens feel stressed “all the time,” 12.18% “rarely” stressed, and 6.3% who are “never” stressed.
 - Relationships (27.22%) and teachers (24.55%) were the most popular answers to “what stresses you out the most,” followed by parents (13.46%), and friends (4.21%).
 - Most teens seek to cope with stress by talking to friends (22.43%)
 - Over one-third of teens (34.53%) responded that they do “nothing” to try to manage their stress.

| What are you most likely to do when you're stressed? | | |
|--|-------|------------|
| Response | Total | Percentage |
| Talk to Friends | 7,469 | 22.43% |
| Eat | 6,545 | 19.65% |
| Nothing Q3 | 5,618 | 16.87% |
| Other Q3 | 5,273 | 15.83% |
| Work-out | 4,806 | 14.43% |
| Drugs/Drinking | 3,595 | 10.79% |



| What resources do you use to help? | | |
|------------------------------------|--------|------------|
| Response | Total | Percentage |
| Apps/Online | 14,135 | 44.04% |
| Nothing Q4 | 11,082 | 34.53% |
| Other Q4 | 4,399 | 13.71% |
| Therapist | 1,663 | 5.18% |
| School resources | 816 | 2.54% |



The Perils of Parenting – Protecting Your Child

Emotionally

- build emotional connection
- constantly assure your child of his/her worth
- know the emotional risks
- know the emotional pressures
- fervently guard your child's well being



Colossians 3:21

Fathers, do not embitter your children, or they will become discouraged

The Perils of Parenting – Protecting Your Child

Emotionally

- build emotional connection
- promote healthy risk-taking
- Resist urge to fix it – ask questions instead
- teach problem-solving skills
- label emotions
- demonstrate coping skills
- embrace mistakes – theirs and yours
- promote the bright side – every experience has one
- model resiliency
- go outside



The Perils of Parenting – Protecting Your Child

Socially

- know your child
- know your child's friends
- know your child's communications
- be a constant in your child's life
- be willing to be disruptive



Proverbs 22:6

Train a child in the way he should go, and when he is old he will
not depart from it

Teen Peer Pressure

by the Numbers



19%

19% of teens report they would give up using a cell phone while driving if their friends did the same.

Source: Teen Driver Source



23%

23% of teen girls feel pressured to have sex.

Source: The Body: The Complete HIV/AIDS Resource



33%

33% of teen boys ages 15-17 feel pressured to have sex.

Source: The Body: The Complete HIV/AIDS Resource



55%

55% of teens tried drugs for the first time because they felt pressured by their friends.

Source: Foundation for a Drug-Free World



70%

70% of teens who smoke say they started smoking because their friends smoke or they felt peer pressure to try smoking.

Source: Canadian Lung Association

AMERICANS AGES 13 TO 18 SPEND MORE THAN
72 HOURS A WEEK USING ELECTRONIC MEDIA
— DEFINED AS THE INTERNET, CELL PHONES,
TELEVISION, MUSIC AND VIDEO GAMES.

PARENTS



87%
OF ALL TEENS ARE ONLINE.

47 PERCENT OF FAMILIES SAY PORNOGRAPHY IS
A PROBLEM IN THEIR HOME.

1 IN 7 YOUTHS RECEIVE
SEXUAL SOLICITATION ONLINE.

AVERAGE AGE OF FIRST
INTERNET EXPOSURE TO
PORNOGRAPHY IS **11 YEARS**
OLD.

8-16 YEAR OLDS HAVING
VIEWED PORN ONLINE
(MOST WHILE DOING HOMEWORK). **90%**

7-17 YEAR OLDS WHO
WOULD FREELY GIVE
OUT HOME ADDRESS

29
PERCENT

26 CHILDREN'S CHARACTER NAMES
LINKED TO THOUSANDS OF PORN
LINKS (INCLUDING POKEMON AND
ACTION MAN).

80%
PERCENT OF 15-17 YEAR
OLDS HAVE HAD MULTIPLE
HARD-CORE EXPOSURES

7-17 YEAR OLDS WHO WOULD
FREELY GIVE OUT EMAIL ADDRESS

14 PERCENT

CYBERBULLYING

ACCORDING TO CYBERBULLYING STATISTICS
FROM THE I-SAFE FOUNDATION:

over
50%

Over half of adolescents and teens have been bullied online, and about the same number have engaged in cyber bullying.



More than 1 in 3 young people have experienced cyberthreats online.

over
25%

Over 25 percent of teenagers and teens have been bullied repeatedly through their cell phones or the Internet.

54%

FACEBOOK USERS



21%

YOUTUBE USERS



28%

TWITTER USERS



26%

WHATSAPP USERS



EXPERIENCED CYBERBULLYING

22%

VIBER USERS



89%

SKYPE USERS



24%

INSTAGRAM USERS



The American Justice Department Statistics on Bullying

- 77% of students are bullied mentally, verbally, and/or physically
- 1 out of 5 kids admits to being a bully, or doing some "Bullying."
- **8% of students miss 1 day of class per month for fear of Bullies**
- **28% of youths who carry weapons see violence at home**
- 282,000 students are attacked in middle schools each month.
- Playground statistics - Every 7 minutes a child is bullied.
- Adult intervention - 4%. Peer intervention - 11%
- **No intervention - 85%.**

What Parents Can Do

- Listen to your child.
- Tell your child that he/she has done the right thing by talking about what has happened.
- Advise your child to report all bullying incidents.
- Collaborate with school personnel to address the problem.
- Keep written records.
- Role-play assertive behavior with your child.





UNDERAGE DRINKING STATS

Nearly 1/3 of all drunk driving deaths happen to people ages 16-20.

1/3 drunk driving deaths:
16-20 YEAR OLDS



There are about 10.8 million underage drinkers in the United States.



10.8
MILLION

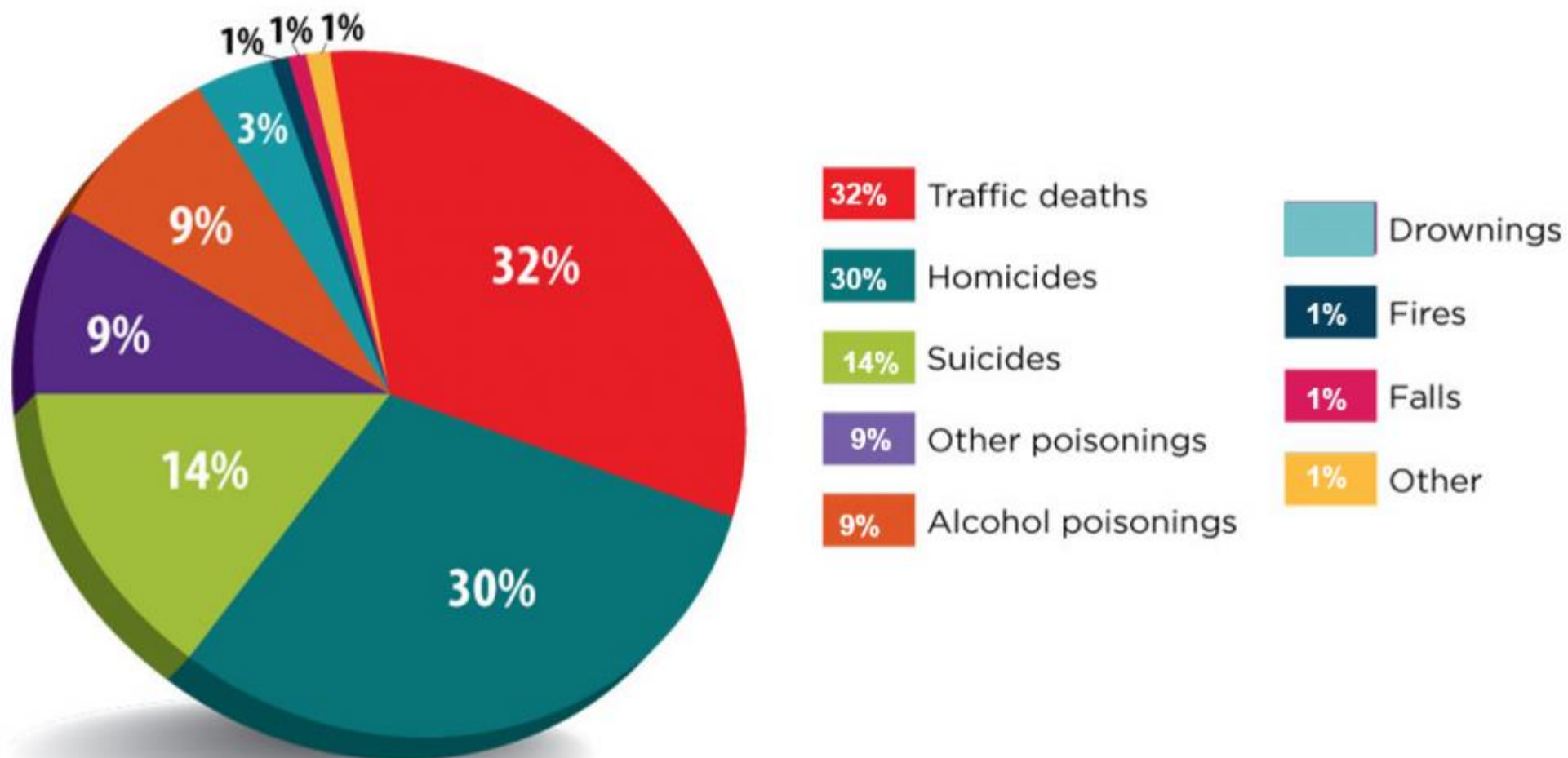
One in six teens binge drinks.



Only 1 in 100 parents believes his or her teen binge drinks.

100 PARENTS

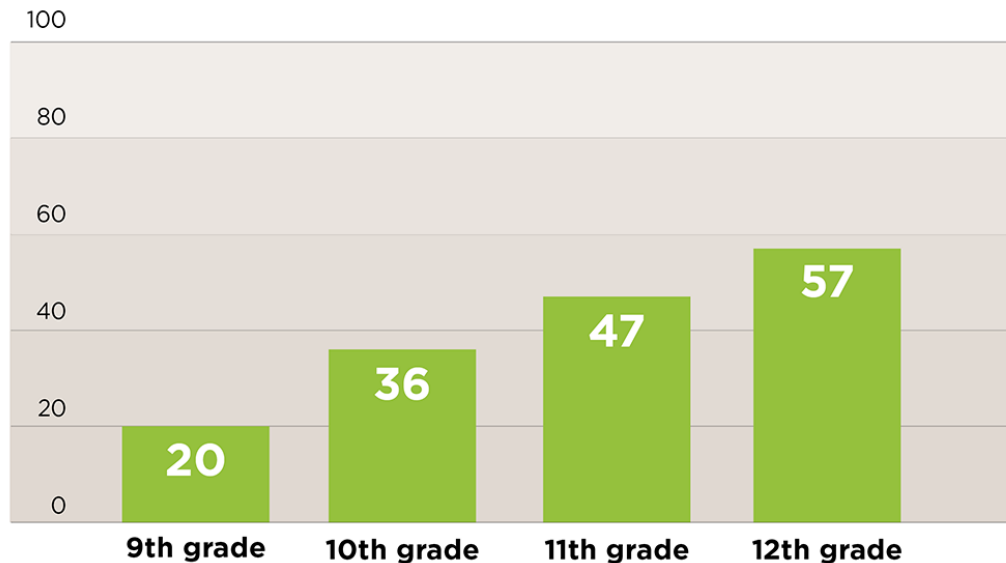
Underage Drinking Related Deaths



Estimates come from FBI, CDC and NHTSA data. Data is for deaths involving 15 to 20 year-old underage drinkers. Details at madd.org.

By the time they are in 12th grade, the majority of U.S. high school students have had sexual intercourse

% of students in 2017 who have ever had sex



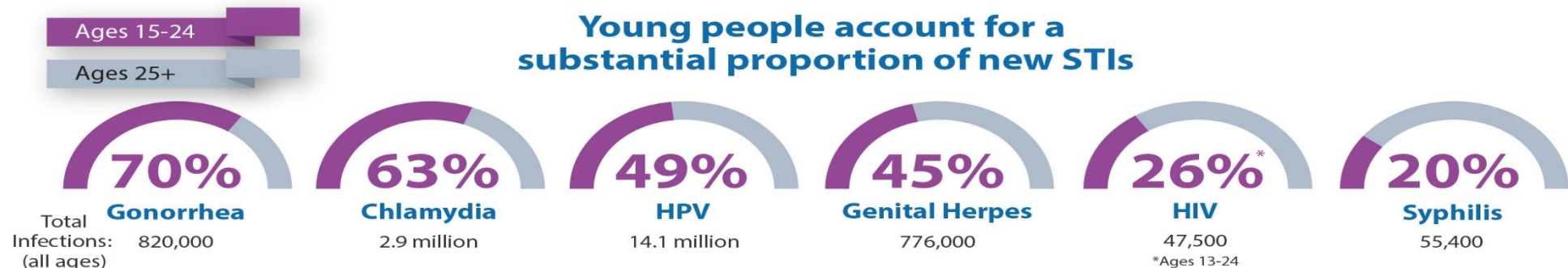
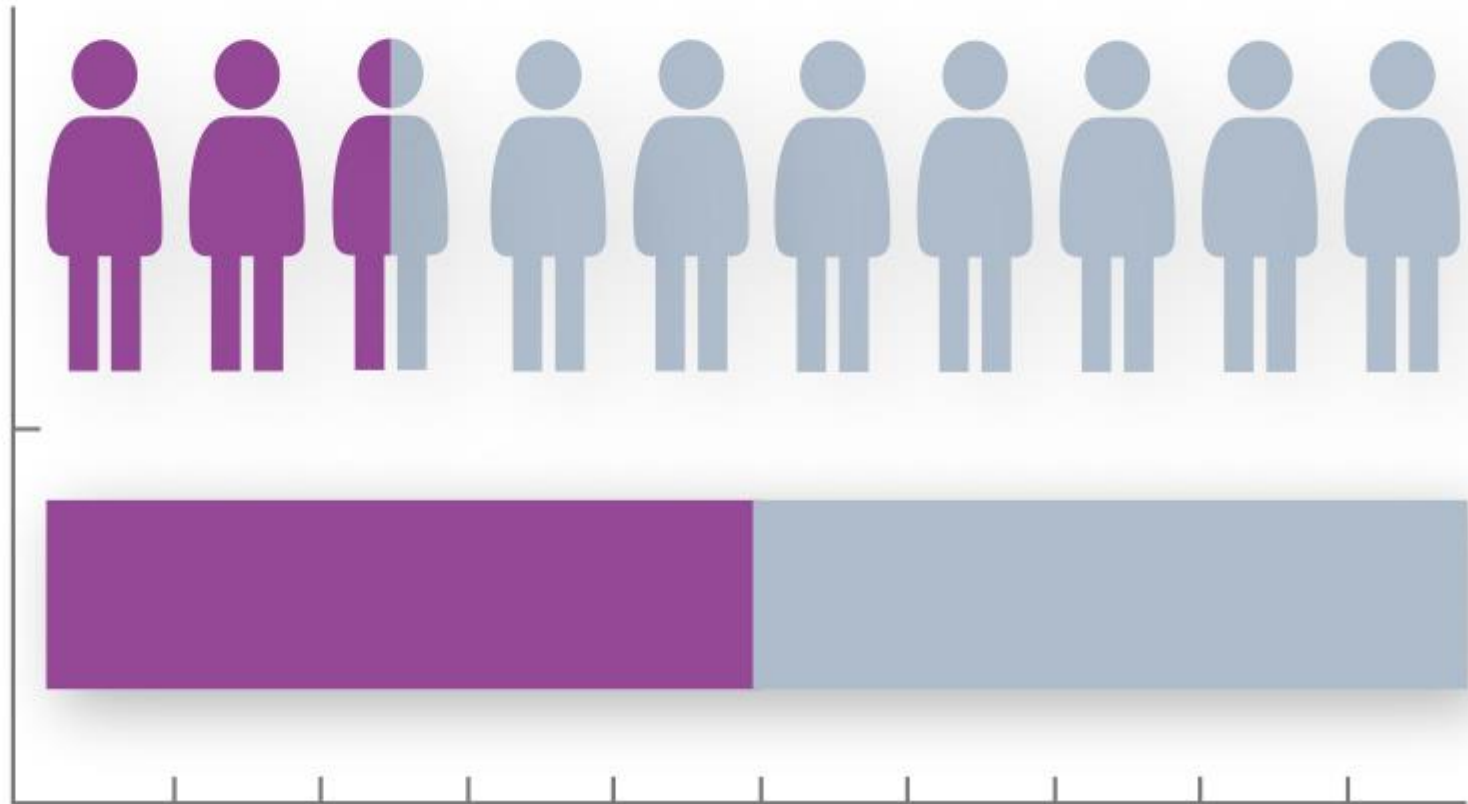
1 Timothy 4:12

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity.

Youth bear disproportionate share of STIs

Americans ages 15-24 make up just **27%** of the sexually active **population**

But account for **50%** of the **20M** new **STIs** in the U.S. each year





Teen Dating Violence

72%

8th and 9th graders
are in a dating
relationship

Nearly 1.5 Million

High school students experience
physical abuse from a dating partner
in the United States **each year**.

1 in 3

High school relationships
involve some sort of physical,
emotional, or sexual abuse

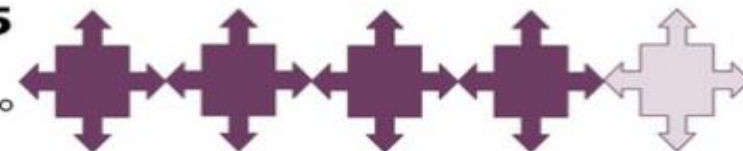


Nearly 2 out of 3

Teens in an abusive relationship
Never tell anyone about the abuse

Nearly 4 out of 5

Girls who have been
physically abused continue to
date their abuser.



**Nearly
1 in 9**
female teens



reported experiencing
physical dating violence
in the last year.

**About
1 in 13**
male teens



**Approximately
1 in 7** female teens
and **1 in 19** male teens



reported experiencing sexual
dating violence in the last year.

**23% of women
and
14% of men**

experienced intimate partner
violence for the first time
before age 18.



The Perils of Parenting – Protecting Your Child

Socially

- know your child
- know your child's friends
- know your child's communications
- be a constant in your child's life
- be willing to be disruptive



Proverbs 22:6

Train a child in the way he should go, and when he is old he will
not depart from it

Social Pressure



- Recognize that negative peer pressure reaches its greatest intensity during the adolescent years.
- Along with the rest of the youth population, the youths you know and love are going through the natural adolescent shift in social focus from family to peer group.
- As part of their growth toward self-sufficiency and independence, teenagers are prone to no longer see their family as the center of their social universe.
- Teens begin to disengage from the family while forming more and more meaningful relationships with same-sex and opposite-sex peers.
- Consequently, teens will sometimes look for the guidance and direction typically sought from Dad and Mom from their peers and culture.

Social Basics - Recapturing Our Values: Purity & Innocence

Environment – defining normalcy

Dress – purpose of choice - advertising

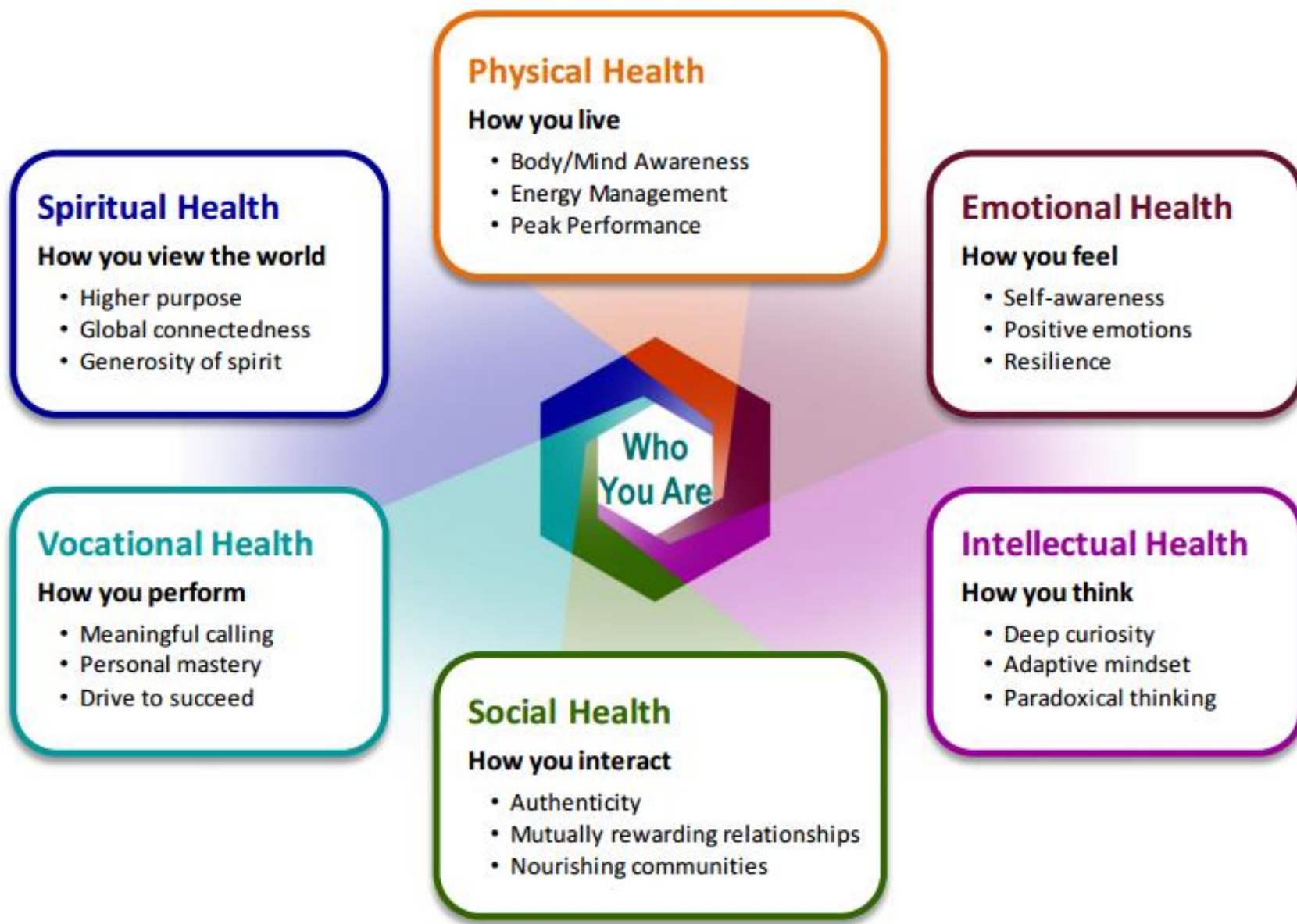
Priorities – contributing or feeling owed

Talk – language, manners, subject

Friends – the influencers

Goals – where is God?





The Perils of Parenting – Protecting Your Child

Spiritually

- knowing God matters
- values matter
- forgiveness matters
- grace and mercy matter
- hope matters



Proverbs 22:6

Train a child in the way he should go, and when he is old he will
not depart from it

According to the World Health Organization:

“**spiritual health** refers to that part of the individual which reaches out and strives for meaning and purpose in life. It is the intangible “something” that transcends physiology and psychology”

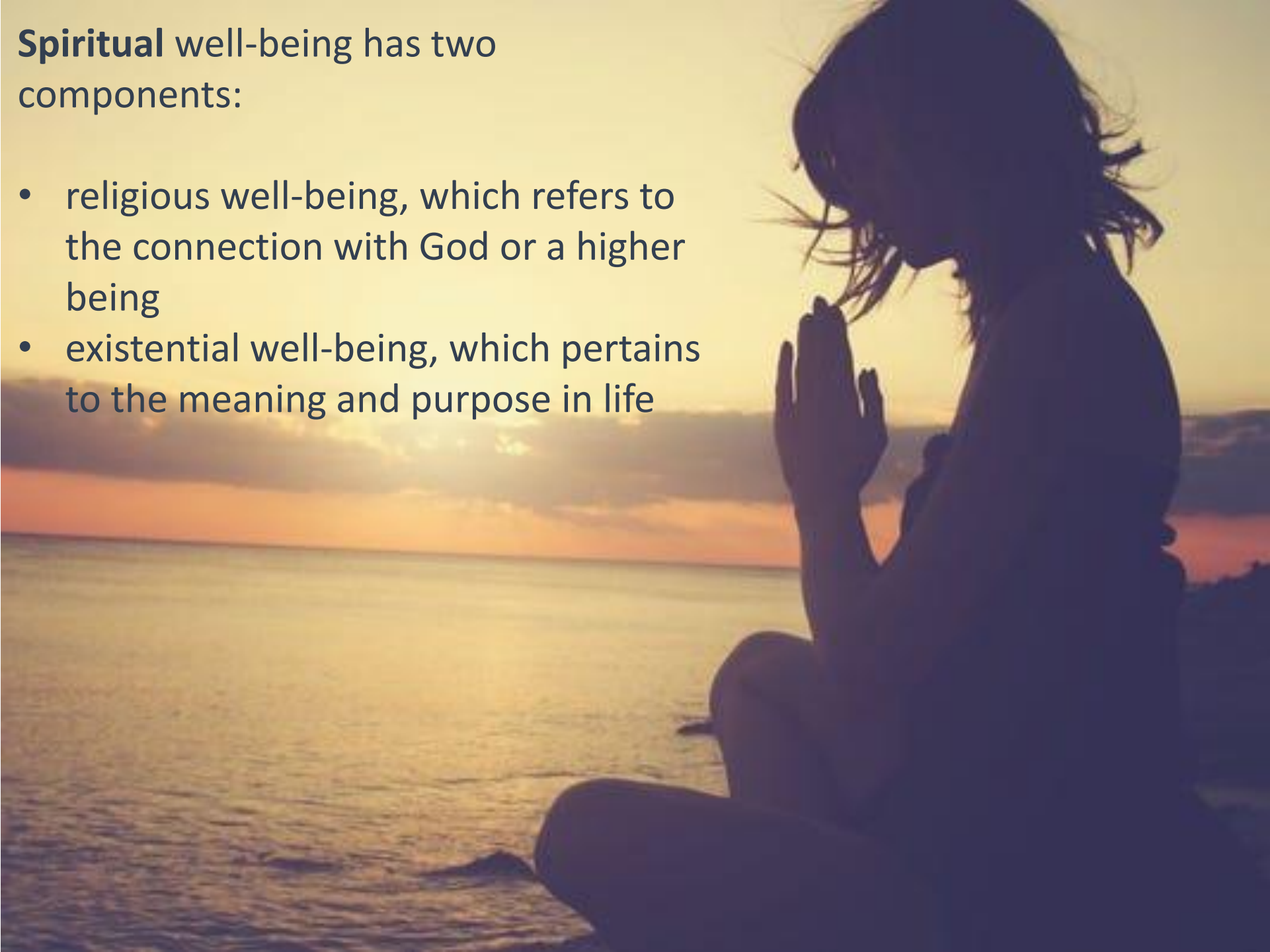


Spirituality is that part of yourself that helps you find meaning, connectedness and purpose in **your life**. ... Research shows that **spirituality** is related to better health outcomes. **Spirituality** seems to help people cope with illness, suffering and death.



Spiritual well-being has two components:

- religious well-being, which refers to the connection with God or a higher being
- existential well-being, which pertains to the meaning and purpose in life



The Perils of Parenting – Protecting Your Child

Spiritually

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

1 Corinthians 13:4-7

1 Corinthians 13:13

And now these three remain: faith, hope and love. But the greatest of these is love



Finally, brothers and sisters, whatever is true,
whatever is noble, whatever is right, whatever is
pure, whatever is lovely, whatever is admirable
—if anything is excellent or praiseworthy—
think about such things.

Philippians 4:8



PARENTING with a PURPOSE



March 5: Development and Discipline