



THE PARENT UPDATE

Woodland Baptist Church

It's already February?

Lance Mayes

This new year is flying by! It's already time to sign up for the Student Spring Break Trip and almost time to sign up for summer camp!

We have a great opportunity on February 13 beginning at 10:00 am: serving at the Widow/Widower's Banquet. The students should wear black pants and a red shirt (or white). We'll begin by helping set up and get everything ready followed by serving and cleaning up. Yes, the students get service hours!



UPCOMING EVENTS

Souper Bowl of Caring & Party

Sunday, February 7, 2016 at 5:30 PM to Sunday, February 7, 2016 at 9:30 PM
Students and their families are invited! Bring sweets and snacks to share.

Serve at Widow/Widower's Banquet

Saturday, February 13, 2016 at 10:00 AM to Saturday, February 13, 2016 at 2:30 PM
Wear black pants and a red (or white) shirt. You get service hours!

Student Spring Break Trip: Bounce!

Sunday, March 13, 2016 at 12:30 PM to Wednesday, March 16, 2016 at 10:00 AM
We will work with Texas Baptist Disaster Recovery in the Wimberley/San Marcos area.

Now What? Study Examines Teen Pornography Attitudes and Use

HomeWord.com

A new study released by the Josh McDowell Ministry has unveiled current findings about teens and young adults, and pornography. According to the ministry's press release, the study is the "most comprehensive, in-depth and wide-ranging study to date on pornography among the American population."

Key findings of the new study included:

- Twice as many young adults ages 25-30 first viewed pornography before puberty than did the previous generation (Gen X).
- Teens aged 13-17 are watching more pornography and seeking it out more than any other generation, with 8% viewing porn daily, 18% weekly, and 17% once or twice a month.
- 8% of teens say they come across porn daily even when they aren't seeking it out, 21% do so weekly, and 21% say they do so once or twice a week.
- When teens talk about pornography with friends, 90% say they do so in an either neutral, accepting, or encouraging way.
- Less than one-third (32%) of teens and young adults say that viewing pornography is "usually or always wrong" compared to more than half (56%) who say not recycling is "usually or always wrong."
- Only one in 10 teens say their friends think viewing pornography is a bad thing.
- Most teens and young adults have been involved in "sexting," with 66% saying they have received a sexually explicit image, and 41% have sent one.

Now What?

- Assume your teen will be exposed to pornography on a regular basis (whether intentionally or unintentionally.)
- Understand the difference between a teen that stumbles upon online pornography and a teen that seeks it out. React appropriately based on behavior.
- Make discussing pornography a topic of discussion with your teens.
- Set clear expectations for online behavior regarding pornography.
- If your teen is regularly viewing pornography consider using an accountability tool such as the ones found on xxxchurch.com.

How to Create a Family Constitution

Jim Burns

The Constitution of the United States of America documents the foundational laws for governing our country. These are the basic, or essential, rules from which our government derives other laws. If a

constitution is important for a country, then why don't more parents create a family constitution for their families? I encourage you to gather your family and create your own family constitution.

How? Here are some ideas and an example of what your family constitution might look like. First, be sure to let your children take an active part in the process. Next, brainstorm a list of your family's values and desires and then find words that describe what you want your family to stand for. Then, when you complete your family constitution, post it on your refrigerator where everyone can be reminded of it. Don't be surprised if from time to time, a family member needs to be reminded of the commitments your family has made to one another to live by the constitution.

Example: The Burns Family Constitution

We, the Burns family, believe that God loves us and has demonstrated His love to us in many ways, including His provision of standards that should guide our own attitudes and behaviors. Therefore, seeking to both please God and to benefit our family, we enter into and agree to pursue the following ideals in our relationships with one another - as well as with those outside of our family.

- We believe in the importance of respecting, honoring, and affirming one another.
- We believe in the importance of expressing warmth and affection towards one another.
- We resolve to believe the best about one another. We will strive to maintain an atmosphere of trust. When trust is broken, we will provide opportunity for trust to be regained.
- We believe in the importance of truth and integrity.
- We shall pursue maturity in our spiritual lives, evidenced by the Fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
- We resolve to provide support and encouragement to one another in both good times and in bad times.
- We value spending time together.
- We believe that everyone in our family must make contributions and at times, even personal sacrifices to benefit the family, keeping us healthy and strong.
- We resolve to display a spirit of generosity towards one another.
- We resolve to maintain our family values and follow our moral code.

Still More Discussion Questions to Get Your Family Talking

Jim Liebelt

Parents often struggle to get more than one- or two-word responses from their kids, especially in families that don't talk much. It's no secret that good communication builds family relationships. But, when the rubber meets the road, how does a parent actually help to get more out of family talk-times? Here are a series of family discussion questions you might find helpful.

The Way I Am / The Way I Was...

In the following group of discussion questions, your kids will talk about the way things are right now in their lives, while parents will talk about the way things were when they were teenagers.

- Talk about what you like (liked) doing most when you are (were) hanging out with your friends.

- Talk about what the biggest fads are (were) in your school.
- Talk about what are (were) the "in" words and phrases students at your school use (used) and what they mean (meant.)
- Who are (were) your favorite music artists? Why?
- Describe your best friend. What are (were) they like? What makes (made) them tick? Why are (was) he/she your best friend?

Family Talk...

Here are more open-ended discussion questions to keep your family talking:

- Describe an embarrassing moment in your life that your family members don't know about.
- Talk about the time you remember being the sickest. What was worst about going through that time?
- What are three of the happiest memories you have from your life? What made them happy experiences?
- Talk about one thing you know you should do differently that would make your family work better.
- What is your biggest fear? Why?
- What do think is the most important thing in your life? Why?
- (For kids) What is one issue you wish your parents would discuss with you? Why?
- (For parents) What is one issue you wish your kids would discuss with you? Why?
- (For kids) What is one area in your life you wish you had more control over? Why?
- (For parents) What is one area in your son's/daughter's life you next plan to give them more control over? Why? What will this look like?