



PARENTING

ON PURPOSE

SESSION 3

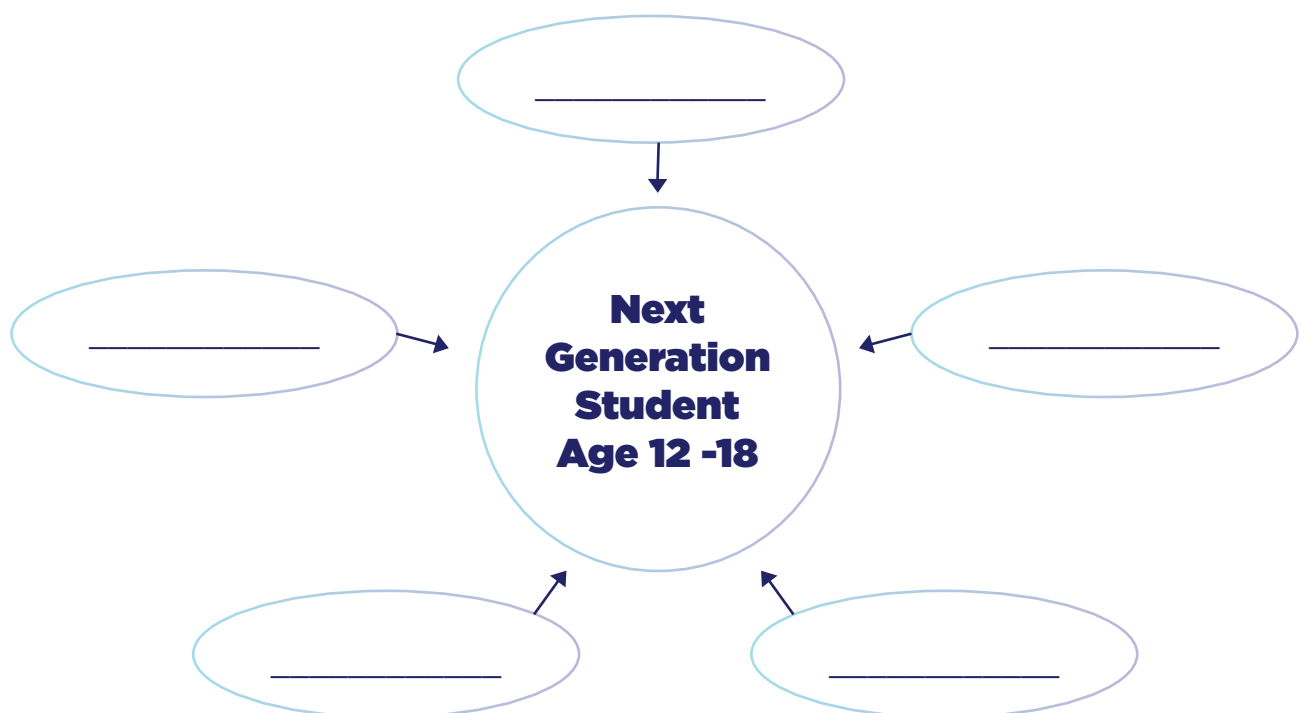
Today's Next Generation: Generation Z

The most optimistic, hopeful generation is viewing the world they live in and their own future as _____ and _____.

“2020 has been a year of _____.’ anyone who expected smooth sailing is in trouble. Gen z needs extra _____ to ensure they’re ready for the wild adventure. Those with unrealistic _____ and no _____ will be miserable. I am suggesting we should be their tour guides.”

- DR. TIM ELMORE

Changes & Challenges



Stages of PsychoSocial Development: Erik Erikson

_____ versus _____

Goal = to form an identity that confidently can answer:

_____ I am.

_____ I am.

_____ I am created for.

MENTAL HEALTH CHALLENGES & COUNSELING ISSUES

SELF-CONCEPT

ANXIETY & DEPRESSION (NUMBERS HAVE TRIPLED SINCE THE PANDEMIC)

SELF-ESTEEM

BULLYING (IN-PERSON, CYBER BULLYING)

PEER-INCLUSION

GRIEF AND LOSS (PANDEMIC-RELATED)

EATING DISORDERS

STRESS

RISK-TAKING BEHAVIORS

SUBSTANCE ABUSE (ALCOHOL, ILLEGAL DRUGS,
OTC MEDICATION, PRESCRIPTION DRUGS)

NON-SUICIDAL SELF-INJURY

LONELINESS & SOCIAL ISOLATION (PANDEMIC-INDUCED)



LET'S DO SOMETHING: HOW WE CAN HELP

COACHING

Our next generation (ages 12-18) is in the _____ stage of Parenting (Andy Stanley)

An effective coach is one who ...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

EXPECTATIONS

OUR _____ WILL FOLLOW _____.

Our students want to be _____ and _____.

Our students want you to be _____ of the world they are living in.

Our students desire _____, and they want one with _____.

*"We need to see our children the way our Heavenly Father sees us:
deeply loved, completely forgiven, fully pleasing, and totally accepted."*

Robert S. McGee, *The Search for Significance: Seeing Your True Worth
Through God's Eyes*



EDUCATION & SUPPORT

- Talk to your child's pediatrician and/or primary care provider
- Initiate counseling education and therapy
- Consider having your student complete an evaluation and assessment with a Child Psychiatrist
- Request a meeting with your student's School Counselor

8 WAYS TO NURTURE A STUDENT'S MENTAL HEALTH AT HOME

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

RESOURCES

Rescue House Church

Katie A. Forbes, LCMHC | 336.909.2606 | katieaforbes@gmail.com

National Suicide Prevention Lifeline: 1-800-273-8255 www.suicidpreventionlifeline.org

Therapist Referrals: Psychology Today, Mental Health America, Primary Care Provider/Mental Health

Talk or Text Therapy: BetterHelp, Talkspace

BOOKS

The Family You've Always Wanted

- Dr. Gary Chapman

Boundaries: When to Say Yes, How to Say No To Take Control of Your Life

- Dr. Henry Cloud & Dr. John Townsend

The Pandemic Population: 8 Strategies to Help Generation Z Rediscover Hope After Coronavirus

- Dr. Tim Elmore

Generation Z Unfiltered: Facing 9 Hidden Challenges of the Most Anxious Population

- Dr. Tim Elmore