

Eagle's Landing Students



Heather Tyson leads out middle schoolers in a hands on
discipleship activity during the lifegroup hour.

HANDLING RISKY BEHAVIOR IN YOUR TEEN



Also Inside:

Hold a Family Treasure Hunt
Lovely event highlight
October schedule
Serve The City Opportunity

Wednesday Thrive

Wednesday Activities 6:30PM - 7:45PM
(Open Gym will be at 6:00PM)

8th-12th grade ladies
Lovely



Sunday Lifegroups

Meet in the Link at 9:45AM before breaking into
classes for each grade/gender.

HAPPENINGS

Dig Deeper Resources

ARTICLES

[How to Know When Your Teen Needs Help \(Christian Family Solutions\)](#).

[You Can Save Your Child's Life \(Love and Logic\)](#).

- Love and Logic has many other resources you may find helpful including articles, books, and webinars/classes

[Teen Suicide: What Parents Need to Know \(Mayo Clinic\)](#).

WAYS TO EXPAND RESPONSIBILITY

[These 17 Skills Will Teach Your Teen Responsibility \(LifeHack.org\)](#).

[How to Make Your Teenager Responsible \(The Reluctant Cowgirl parenting blog\)](#).

WAYS TO PRIORITIZE HEALTH

Apps can help with exercise, water tracking, mental health, and sleep (some are free!)

- FitOn, Nike Training Club, Waterlogged, Headspace, Blogilates, Map My Run, habit trackers, etc.

[Sleep Hygiene for Teens \(Children's Healthcare of Chicago\)](#).

BOOKS

[Your Teenager is Not Crazy by Dr. Jeremy Clark and Jerusha Clark](#)

- Related Focus on the Family talk series on YouTube: [Part 1](#) [Part 2](#)

Need links? Check your email for the digital version of this newsletter.

Handling Risky Behavior in Teens

Some of the most frequently googled questions by parents of teens involve risky behavior. Why do teens smoke, drink, cut, and participate in various other forms of potentially harmful behavior? Statistically use of drugs, alcohol, and self-harm are on the rise among middle and high schoolers, so it needs to be on every parent's radar

What motivates risky behavior?

Some of the reasons teens indulge in risky behavior include:

- wanting some control of their life
- not knowing how to handle big emotions, particularly negative ones
- peer pressure or a desire to be "normal"
- the thrill of risk and challenge
- a desire to be more "adult" or do forbidden "grown up" things
- anxiety, depression, or other mental health issues

How can parents help?

Allow your student room to take safe risks. Giving teens space to make their own choices and take their own chances without shielding them

from the consequences let's your child learn about risk. Giving them responsibility in your chosen areas will remove some of the temptation to take freedom in other areas. Be sure to check in after and discuss any lessons learned.

Listen calmly. This can be difficult as sometimes teens say things we don't want to hear. Knowing they can tell you their problems or respectfully discuss a decision they disagree with will make them more likely to come to you if they are struggling with the temptations of risky behavior. *See our [September Newsletter](#) for suggestions on how to check in with your student.*

Make health a priority. This goes beyond making them eat their vegetables and get off the couch every once in a while. Most teens also don't get enough sleep. Social, emotional, and mental health can be key factors in a teen choosing to indulge in risky behavior. If your child tells you they struggle with one of these unseen issues, listen. Don't be afraid to enlist professional help if necessary.

Family Fun Feature

Are your kids too old for trick or treating or fall festivals? Looking for an alternative fun activity? Try a treasure hunt!

1. **Determine a set of locations** These can be all at one house or require you to drive around if you wish.
2. **Make your clues.** Google family treasure hunt for clue ideas.
3. **Keep the first clue but hide the others.** Include small treats with each clue - remember these don't have to be candy or even food related!
4. **Give your child the first clue and enjoy the hunt!**



Contact Us

Instagram: @thrive_students

Web: eagleslanding.org/students/

(This account is private. Please message us when requesting access so that we know you are a student or parent.)

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Upcoming Events

October 2 - Serve the City

October 3 - 6th/7th Girls Breakfast

October 13 - Family Fun Night

October 16 - College Game Day

*October 27 - Hollywood Night at
Southern Belle Farms*

Ministry Opportunity



October 2, 2021

Gather at the church at 8:30AM

Opportunities for lifegroups, families, and students.

Visit eagleslanding.org for details.