I HAVE QUESTIONS

What Should We Do About Self-Harm?

WEEK 1

PHILIPPIANS 4:8
What you think about and
dwell on impacts your life.

TALK ABOUT THIS

WEEK 1: With grades, athletics, social media, college admissions, most teenagers are under a lot of pressure these days. And when teens are stressed out, they often look for a way to cope. This week, ask your teenager: "Hey, I know there's a lot going on in your world these days. Is there anything I can do for you to take some stress off or help you manage the pressure? I'm here for you, you know!"

REMEMBER THIS

"A person standing alone can be attacked and defeated,
but two can stand back-to-back and conquer."
Ecclesiastes 4:12a NLT

DO THIS

MORNING TIME

One morning this week (or this weekend), make your teenager their favorite breakfast—or even take them out to breakfast! Sometimes teenagers don't realize how much they have going on in their world until they're encouraged to slow down and take a breath. A good breakfast can be the "slow down" moment they need this week.

MEAL TIME

Ask your teenager to share their high and low from the day or week. Make sure you affirm the high and low—don't minimize! Then ask follow-up questions. This not only gives you a glimpse into their world, but also encourages your teen to process the good and bad that's happening in their world right now.

THEIR TIME

Being a teenager can be stressful at times. Everything seems to be high-stakes. Lighten the mood around your house by sending your kid a few funny gifs throughout the week. Don't be afraid to look like a dork—your effort to lighten things up might be just what your student needs that day.

BED TIME

Ask your teenage son or daughter if they've ever thought about hurting themselves. Let them know that you love them and aren't looking to shame them—you simply want to make sure they're safe and okay. Whether or not it's something they're dealing with right now, remind your kid that you're always available and willing to get them help if they need it.

Download the free Parent Cue App
AVAILABLE FOR IOS AND ANDROID DEVICES