

***On a notecard, write down  
one thing a teenager has said  
to you at church or camp  
that caught you by  
surprise or shocked you.***

**(CAN BE FUNNY OR SERIOUS)**



# Hello.



Jesus got close enough for  
long enough to see what was  
**really** going on in the lives  
of those around Him.



**The key to handling sensitive human conversations well is to **expect them.****



- **1 in 3 teens** report struggling with **mental health**.
- **61% of teenagers** report that adults in their life do not know how deeply they are struggling with mental health.
- **52% of young people** have no trust in organized religion.
- **1 in 5 teens** identify as something other than heterosexual-cisgender, and **5 in 5 teens** have a friend or parent or relative who is in this category.

- During the pandemic, **more than half** report experiencing **emotional** abuse
- **1 in 10** admitted to experiencing **physical** abuse.
- In 2020, the number of **self-harm insurance claims for teenagers rose by 99%**
- **1 in 5** have considered suicide.
- **1 in 10** have attempted suicide



It makes sense that you and I  
**pre-decide** what we will do.



***“I need to talk to you.”***  
***“Can I tell you something?”***

And **then** what?

**What do you do when a teen  
gets the courage to tell you  
something that may be hard  
to **hear** or hard to **say**?**

1

---

Watch your **face**.

**93%** of what we **believe**, what we **learn**, what we **understand** about another person comes from something other than the **words coming out of your mouth.**

# 2

---

Have a **plan** for  
what you will **say**.

***“Thank you for telling me.  
That was really brave.”***

***“Wow. That must be hard.  
I am so sorry.”***

***“I don’t know, but we’re going  
to figure this out together.”***

***“I love you and nothing you  
tell me will change that.”***





**Prioritize safety**  
**Give time and space to breath**  
**Talk immediate next steps**

**But in that moment is **not the time.****

---

**Are they in a safe place?**

**Do they have the care they need?**

# 3

---

**Have a plan for **who else**  
you're going to talk to.**

**There are times when you'll need  
to talk to more than the parent...**



# THE THREE HURTS

If you ever find out a teenager is...

- Hurting **themselves**.
- Being hurt **by someone**.
- Hurting **someone else**.

If you **trust** me enough to  
tell me, **trust** me enough to  
do the right thing.



Your response is  
the Church's response



Do you think I'll be okay?

Do you think I still have value?

Are you and I still good even though  
you know this?



***“I’m going to stop you right there  
because if you say any more I’m  
going to have to tell someone else.”***



“I believe you. And because I believe you and I take you seriously, I can’t keep this to myself. But here’s my promise to you: Whatever happens next, and whoever we talk to after this, **I’ll be right beside you.** You don’t have to handle this alone anymore.”



**Some of you will **not** have  
these conversations this week...**



- Snow cones
- Pool rules
- Curfew
- Bikinis and Speedos
- Girls
- Guys
- What's for lunch?
- What was lunch?