



# THE PARENT UPDATE

## Delphi UMC Teen Ministry

### April News for Parents!

*Micah Hudson*

We have some new activities happening this month! I have included 3 of our next events and details in this pdf. We also have over 40 students signing up for Summer Camp on June 26-July 1. It is not too late for your child to join us! Talk to Micah asap if your child would like to attend. Also, if you are having any difficulties with your teen, I would be happy to talk to you and pray with you about the situation. God's Spirit is powerful as we take things to Him in prayer!



### UPCOMING EVENTS

#### Seusical the Musical

*Friday, April 8, 2016 at 7:00 PM to Friday, April 8, 2016 at 9:00 PM*

Over 10 of our HS teens are performing in the Delphi Musical "Seusical the Musical". This is the opening night, also performing Saturday at 2pm and 7pm. Please consider bringing your family to support our teens! Cost is \$5 per person at the door!

#### Car Wash Fundraiser

*Saturday, April 16, 2016 at 9:00 AM to Saturday, April 16, 2016 at 12:00 PM*

We need as many 6th to 12th grade students as possible to wash cars at the church. We want to raise money and awareness for International Justice Mission (fighting slavery) and our teens attending Jamaica Mission Trip! We need a few adults too!

#### Youth Sunday

*Sunday, May 1, 2016 at 8:30 AM to Sunday, May 1, 2016 at 12:30 PM*

The Teens are in charge of leading both services on Sunday, May 1. If your 6th to 12th grade student would like to help in some way (usher, greeter, announcements, worship, etc.), please let Micah know. We would love to have all the teens present!

# Social Media Update: Teens and "Finstas"

*HomeWord.com*

For some teens, one Instagram account isn't enough these days. They are turning to secret Instagram accounts termed "Finstas" (a combination of the words, "fake" and "Instagram") in order to share more private images and videos with their closest friends.

A recent panel of teenagers attending Business Insider's IGNITION conference explained why "Finstas" are popular. "You'll have a regular Instagram, and you'll have hundreds of followers there, and on your Finsta you'll have a fake username and it'll just be your best friends, the people you're friends with, and you post funny or embarrassing pictures," one teen on the panel said.

The normal Instagram account is carefully managed to present a polished image of a teen's more public digital self, while the Finsta allows teens to share unfiltered content with a small circle of closest friends.

"It's not that I necessarily like [Finsta]," a teen named Dylan said at the teens panel at Business Insider's Ignition conference. "It's just that it's required when you're on Instagram. You put stuff up on Instagram you want people to see and your finsta is just for photos that your close friends enjoy."

What this means for parents:

- Do you know if your teenager has a Finsta? If not, ask your teen.
- Remember that part of adolescence has always included teens sharing semi-private or private information with their closest friends. Finstas are a modern method for kids to do this in the digital age.
- Discuss social media with kids. Focus on both the positive and negative aspects of using picture/video-based apps, as well as the importance of protecting one's reputation – even when posting content among their closest friends.
- The expectations you've set with your teen regarding social media still apply. If you haven't set any expectations, get the process started. There's no time like the present.
- Keep current on what picture and video apps are on your teen's phone, tablet, or computer.
- Make sure your kids appropriately use the Instagram app privacy settings.

## Now What? Good News for Parents of Moody Teens: It Will Pass

*HomeWord.com*

The recent results of a long-term study of adolescents has some reassuring news for parents of moody teens. Researchers have found that most mood swings will decline as teens get older.

"We found that early adolescence is the period of the greatest volatility, but adolescents gradually

stabilize in their moods," according to Hans M. Koot, professor of developmental psychology at VU University Amsterdam and the EMGO Institute for Health and Care Research, a coauthor of the study. "An important message to teens, parents, and teachers is that temporary mood swings during early adolescence might actually be normal and aren't necessarily a reason to worry."

The study found that over adolescent years, teens' moods of happiness, anger, and sadness became more stable. Anxiety was the only mood that did not align with the overall pattern of stabilization, fluctuating between seasons of more and less anxiety.

The researchers suggest that teens who continue to demonstrate extreme mood swings as they age may need to be monitored more closely, as the lack of mood stabilization may be an indicator of emotional, behavioral, and interpersonal problems.

#### Now What?

- Adolescence is a season of life when teens experience intense emotions. In a real way, they are experiencing "new" adult-like emotions. Emotions like anxiety, worry, frustration, anger, inferiority, passion, and fear can occur with ferocious intensity. It will take time for your kids to learn how to handle and manage these emotions. Be patient.
- Try not to overreact to your teen's extreme mood swings, but do make the effort to help her or him to understand their emotions and to channel them in healthy ways.
- Do your best to be a healthy role model of emotional stability and consistency. Provide opportunities for your teens to get an insider's look at how you handle your emotions.
- Be a good listener. Become the emotional "safe place" that your teen needs to share and process their feelings.
- If your teen continues to experience extreme mood swings as he or she gets older, don't hesitate to seek an evaluation from a healthcare professional.