

HOME TEAM

Play Card

Commitment for High School

BEST USE

As a discussion starter as your teen begins high school

PURPOSE

To set expectations and commitments for both you as the parent and your teen during high school

ADVANCE PREPARATION

Plan a time to take your teen on a date sometime during the summer between 8th and 9th grade. Consider dressing up and eating a fancier dinner than normal to make the moment special.

PLAY ACTION

Open your time in prayer by asking God to direct your conversation and your planning.

Use the questions on the back to discuss the kind of high school experience your teen is interested in having. Allow them to dream wildly about the next four years. Listen closely to their answers. You might even want to take notes!

1. Four years from now, what do you want each of these areas of your life to look like: *(Depending on your teen, some of these areas will bring more conversation than others.)*
 - **Physically** (For example: physical fitness, appearance, dress, modesty, makeup, tattoos/piercings, etc.)
 - **Spiritually** (For example: Biblical knowledge, attending mission/outreach/camp opportunities, spending time with God, attending church, talking about faith at home, etc.)
 - **Emotionally** (For example: stability/moodiness, dependence, depression, counseling, joy, use drugs or alcohol, etc.)
 - **Relationally** (For Example: type of friendships, boyfriend/girlfriends, mentors, mentees, parents, siblings, etc.)
 - **Academically** (For Example: types of classes, grades earned, definition of success, extra-curricular interest, etc.)
2. After they have dreamed in all five categories, respond to what they shared by answering the following questions:
 - What hopes were you excited about and what do you believe they will be great at?
 - What hopes were you concerned about and believe they will need extra support to achieve?
3. Together, decide on 2 goals to accomplish in each of the areas over the next four years. Make sure they are measurable and achievable, but also challenging and can stretch over the course of the entire four years. (For example, instead of “try out for the soccer team”, try “stay physically active for 30 minutes twice a week.” Or instead of “have a good relationship with family”, try “eat dinner together twice a week and resolve conflict before we go to bed.”)
4. Discuss what responsibility both the parent and teen have in achieving each of the goals. Write or print the goals and everyone’s responsibilities on a piece of paper to be signed by the parent(s) and teen. Then hang in a prominent location in the house as a reminder for the next four years.
5. Close in prayer, asking God to give you and your teen strength and wisdom in pursuing these commitments.