

Eleventh Grade



The phase when there's less drama, more stress, and your very busy teenager answers all your questions with, **"Just trust me."**

WELCOME

Your eleventh grader may impress you.

The rapid influx of hormones has regulated, the fight for peer acceptance has subsided, and the intensity of conflict over independence... well, they've worn you down. You may begin to see glimpses of rationality as your junior finds their voice, fills their calendar, and accomplishes surprising things.

"Accomplish" is the word for this phase.

Eleventh graders often take on AP courses, volunteer activities, leadership roles, SAT prep, or an internship. Whether your teen is caught up in the race to win, or simply trying to survive, eleventh grade is filled with pressure. Navigating all of this pressure is your eleventh grader's major accomplishment.

It can be hard to keep up.

Actually, they don't expect you to keep up. What they really want is for you to trust them. After all, they will be out of the house soon, and you will have to trust them anyway. Let this be a practice year for both of you. Help them prove the ways they can be trusted, choose your battles wisely, and parent them in the areas that seem to be most challenging for them personally.

**It's just a phase,
so don't miss it.**



OVERVIEW

In the Eleventh Grade phase, your role is to mobilize their potential.

Your eleventh grader is ready to live the life they feel they were born to live—and they don't want to wait to get started. Two years is too long! Actually, next semester feels like forever in the future. Your junior is ready to do something, right now. Mobilize their potential by listening, guiding, and encouraging their self-expression.



**High schoolers think
like a philosopher.**

You help them learn
when you...
ask questions.



**High schoolers want
to know, “How can
I matter?”**

You capture their heart
when you...
refine their skills.



**High schoolers
are motivated by
freedom.**

You coach them
when you...
encourage them to
serve others.

DISCOVER

Your eleventh grader is changing.

Physically	Mentally	Socially	Emotionally
Has difficulty falling asleep before 11pm (it's biological) Needs nine hours of sleep and one hour of exercise per day Girls have likely reached adult height and body development Guys may continue to grow in height, and develop muscle mass, body and facial hair	Can be insightful and incisive about complex issues Wired for risk-taking Highly self-aware; may think, "Everybody's watching me" Tends to be opportunistic and idealistic Struggles with long-term thinking More capable of grasping paradox, hyperbole, innuendo, and satire	Dating relationships may become more "committed" Increased interest in sexual expression (54% of eleventh graders report being sexually active) Cares deeply about issues like control, responsibility, and freedom (both personally and globally) Tends to be self-focused, busy, and unavailable	Values humor as a positive point of connection Becoming more at ease with who they are; may become more honest than in previous phases Often takes on more than they can handle May struggle with regulating emotions and social control

RHYTHMS & RESPONSES

Authentic Faith

This year you will **fuel passion** so they will keep pursuing authentic faith and discover a personal mission.

In this phase, your eleventh grader is asking, “How can I matter?” A faith community can help them find significance by giving them opportunities to give, serve, and love others. Your eleventh grader will never get over seeing how God can work through them in meaningful ways. Encourage their personal faith journey by having conversations at home.

Say things like...

There’s nothing you will ever do that could make God stop loving you.

How can I pray for you today / this week?

When do you feel closest to God?

What do you think about church / youth group?

Parent Cue Times



Morning Time

Instill purpose by starting the day with encouraging words.



Meal Time

Connect regularly by scheduling time to eat together (even once a week).



Bed Time

Interpret life when they occasionally open up at the end of the day.



Their Time

Strengthen your relationship by adjusting your plans to show up when they need you.

*EVERY PHASE IS A
TIMEFRAME IN A
KID OR TEENAGER'S
LIFE WHEN YOU
CAN LEVERAGE
DISTINCTIVE
OPPORTUNITIES
TO INFLUENCE
THEIR FUTURE.*

*
You have
approximately
104 weeks and
counting...

 PARENT CUE IT'S JUST A PHASE

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