

Sixth Grade



The phase when there's never enough groceries, too many hormones, and a dramatic kid that needs someone to prove: **"Who cares?"**

WELCOME

No phase has less consistency.

Your sixth grader may still want to sleep with their stuffed animal—and also their new cell phone. They may appear sloppy and unkempt one moment and preppy and overdressed the next. They may be silly, sad, mean, or affectionate. That's what makes every day (or hour) a new opportunity to discover who this growing person is now.

In 52 weeks, your sixth grader may grow three inches and gain ten pounds.

The place you're most likely to notice the growth is in your grocery bill. Buy in bulk. Keep carbs handy. This might be a good year to shop the discount aisle.

There will be tears (both yours and theirs).

Doors will slam. Drama will happen. But amid all the ups and downs, now is the time to lean in even more closely. When they push, prove you can't be pushed away. When they change, prove you will love them consistently. When they break your trust, prove you are someone who can be trusted. It may be challenging, but keep showing up so there's never any reason to wonder, "Who cares?"

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



OVERVIEW

In the Sixth Grade phase, your role is to affirm their personal journey.

Sixth grade is a crisis. For many, this is the first year of middle school, which means an entirely new social context: lockers, health class, and dating couples. Regardless of their particular school, every sixth grader has an increased social and self-awareness. When you consistently affirm their journey through this sometimes-turbulent season, you help them gain stability.



Middle schoolers think like an engineer.

You help them learn when you...
connect the dots.



Middle schoolers want to know, “Who do I like?”

You capture their heart when you...
provide stability.



Middle schoolers are motivated by.

You coach them when you...
affirm their value.

DISCOVER

Your sixth grader is changing.

Physically	Mentally	Socially	Emotionally
Needs lots of food and 9-11 hours of sleep each night	Enjoys learning new skills and being challenged	Seeks peer approval and conformity	Often masks emotions in order to fit in
Girls begin outpacing guys in development	Increasingly able to grasp abstract concepts like "justice"	Often displays worst behavior at home (especially with mom)	Benefits from talking about what they are feeling and why
Guys experience changes in height and weight, an increase in hormones, and possible acne	Growing ability to see the world from different perspectives	Values non-parental adult influences	Struggles with decision-making
Girls experience changes in height and body shape; may begin menstruation (10-16 years)	Differentiates actions from motives and tries to discern motives (although they frequently misinterpret those motives)	May have romantic interests and experiment with physical affection	Lies more than in any other phase
	Sudden brain growth may lead to forgetfulness		May become preoccupied with perceived abilities and undervalue persistence, effort, and practice
			Debates often, but argues more from emotion than logic

RHYTHMS & RESPONSES

Authentic Faith

This year you will **provoke discovery** so your sixth grader will own their faith and value a faith community.

Your sixth grader needs consistent, positive friends and mentors—now more than ever before.

This year, help them strengthen their church relationships, and stay engaged in their personal faith journey by having conversations at home.

Say things like...

That's a great question. I don't know, but we can find out.

Can we pray about this together?

The way you live can show others who Jesus is.

Parent Cue Times



Morning Time

Instill purpose when you start the day with encouraging words.



Drive Time

Interpret life during informal conversation as you travel.



Meal Time

Establish values with intentional conversations while you eat together.



Bed Time

Listen to their heart by staying available—just in case.

*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
364 weeks
and counting...



PARENT CUE

IT'S JUST A
PHASE

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