

Tips For Parents - Today's Pillars of Pressure:

Peer Pressure... “a feeling that one must do the same things as other people of one's age and social group in order to be liked or respected by them.” Peer groups are where our children get their primary validation in life. If they feel they are not liked or respected by their peers, they could become stressed or be filled with anxiety. If these feelings are not addressed, they could lead to depression and, for some, harmful behavior.

Tip... Talk with your child about what validates them and where they should look for acceptance. Encourage them to get their validation from a constant source. Share the Word of God by showing them what the scripture says about them as a follower of Jesus. They are...

Accepted by Jesus (Rom 15:7);

Chosen by God holy and loved (Eph 1:4, Col 3:12);

a Child of God (John 1:12, Rom 8:17);

Blameless before God (Eph 1:4), the Apple of his eye, (Zech 2:8);

They are or given by the grace of Christ (Eph 1:7);

Set free in Jesus (Gal 5:1), the Peace of God is guarding them (Phil 4:7);

God is always with them (Josh 1:9).

We would love to hear from you! If you have a specific topic you would like to receive “tips”, please send an email to rdorazio@fca.org.

Just Say No: Your Superpower comes from the Lord

[The Story begins with you](#) "Isn't it liberating to know that, rather than being dependent on a dozen unknown forces, the Lord gives you the power to keep yourself safe? visit www.justsayno.org

Shaping Talent:

[Local People Uplifting Stories, Tom Ryan](#)

Tips for Parents...

Peer Pressure (cont): 90% admitted to feeling it!

90 percent of teenagers surveyed by Parent Further said that they had been influenced by peer pressure. Among those surveyed, 28 percent agreed that giving in to peer pressure improved their social standing and nearly half of those surveyed admitted to picking on someone only after a friend picked on that person. Typical comments from these teens were things like... “My friends smoke/get high/etc., and I thought it was cool.”

Tip... When the pressure hits and teens are receiving multiple messages (i.e., 27 texts to do “it” now – you can fill in the ‘it’), having a solid foundation for decision-making beforehand will help guide your child into making an informed decision as the pressure escalates. Think if your child could just pause, stop and think and ask a few simple questions.

Here are some transformational devotions from author and motivational speaker Zig Ziglar:

· **Is it morally and ethically right?** It is always the right time to do the right thing. Kids need a compass to go by. The Word of God is an absolute moral and ethical compass that is unchanging.

· **Will it get you closer or farther away from your goals and the person you want to become?** Have a discussion with your child about the person they want to become. This can help them determine if what they are looking to do contributes to who they want to become.

It is written... “See that no one renders evil for evil to anyone, but always pursue what is good both for yourselves and for all.” I Thessalonians 5:15

Positive Peer Pressure - Get connected to *like-minded friends*! For teens to go against peer pressure, it could make them feel lonely and isolated at times. That is why it is key to encourage your child to find *like-minded friends*. Like-minded friends are vital when giving and receiving positive peer pressure. Ask your child to consider what God says about friends in Proverbs 13:2, “Walk with the wise and become wise, for a companion of fools suffers harm.”

Also, remember that God will always go with you.

As it is written in Josh 1:9, "Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

Just Say No! In his grace, God has given us different gifts for doing certain things well. Rom 12:6

[Finding Your Guitar](#) The war on drugs, binge drinking, and tobacco doesn't end with you. It begins with you and the talents the Lord has given you!
visit www.justsayno.org

Shaping Talent: LIFE LESSONS THROUGH SPORTS

[Jack Curran](#)

Tips for Parents: Pressure of Performance...

“We live in a culture that celebrates talent more than integrity, we got it backwards. Talent depreciates overtime so does intellect and appearance.” Mark Batterson. We are a culture that values high performance, high scoring, and getting that personal best. We say it is not about performance, but we pay for tutors and trainers and put a high emphasis on winning and winning performances. We measure everything, we even have state ranking of 4th grade basketball players. Performing your best at a level of excellence is a wonderful pursuit, but we need to do what we can to insure it does not come at a high cost.

Tip... Consider helping kids realize that their performance in a sport is not what defines who they are. Hard work is expected, but helping your athlete to understand that there are many factors that go into performance, that they can only really control the effort they put in and the attitude they do it with. Maybe point them to what God says about performance... “To act justly and to love mercy and to walk humbly with your God: (Micah 6:8). Review with them... “what does the Lord your God require of you, but to fear the Lord your God, to walk in all His ways and to love Him, to serve the Lord your God with all your heart and with all your soul, ¹³ and to keep the commandments of the Lord” Deut 10:12-13.

Think of a team where all the players give maximum effort with a positive attitude, with all their heart and soul and then Surrender the outcome to God!

What further Topics would you like to hear Tips on? Send to rdorazio@fca.org

Just Say No! For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. John 3:1

Every Story Needs a Hero Consider Jesus as your hero and all He has for you when you read this! visit www.justsayno.org

Shaping Talent: Silver Medalist In The Zone! [Lea Ann Parsley](#)

Tips For Parents.....

Our goal is to equip you with information to help you be a Positive, Praying and Persevering Parent. Here is how you can help your children deal with today's "Pillars of Pressure".

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Shaping Talent: [FCA - Pat Street 2.pdf](#)

Today's Pillar of Pressure: Playing Time...

How much did you play today? You should have played more... We many times as parents put so much value on playing time that it can become the focal point of the sport and how your child athlete values themselves and their sports experience. A parent once said this, right in front of their son, to my brother coaching 7th grade Junior High School basketball, "I drove all the way across town for an hour in heavy traffic and my son only played 2 minutes, what a waste of time, what is wrong with you coach." My brother said the athlete's shoulders and head immediately went down.

Tip... What if the parent would have said... "Coach thank you so much as it was so good to see my son play. I drove all the way across town just to get here to see him."

For the athlete who seeks more playing time, the book *The High School Sports Parent* says for the athlete only to approach the coach and ask. "Coach, I'd really like to play more. Do you have any suggestions for things I can do to be able to play more?"

Kevin Eastman NBA Personal Skills Trainer says, "players who question their playing time should first question their quality of practice time."

Encourage your child to Be a Competitor for Christ... "I am a Christian first and last. I am created in the likeness of God Almighty to bring Him glory. I am a member of Team Jesus Christ. I wear the colors of the cross... I give my all – all of the time. I do not give up. I do not give in. I do not give out. I am the Lord's warrior – a competitor by conviction and a disciple of determination. I am confident beyond reason because my confidence lies in Christ. The results of my efforts must result in His glory." [Search 'Competitors Creed' for the full version.](#)

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