Small Group Ministry

 Group Session Plan – Parents, Adolescents

**New Rules**

**Materials Needed:**

Journals, Chalice

Strips of colored paper and pens, sparking cider and champagne glasses, easel paper

**Opening Words**

“Adolescence is a tough time for parent and child alike. It is a time between: between childhood and maturity, between parental protection and personal responsibility, between life stage-managed by grown ups and life privately held.”

*Anna Quindlen (CoA, 36)*

**Chalice Lighting:** As Unitarian Universalists we understand the need to not only speak of our beliefs about what is right and true, but to act on them.

**Check in:** This is a time to briefly share how you are doing today, in order to free yourself to be present here. This is a time to listen with full attention to each other and accept each person’s sharing in silence.

**Topic/Activity:**

It is a new year, a great time to re-assess and start afresh. We have two parts to our session today. First we are going to write down on these strips of paper things we are going to *not* do with our teens this year. (For instance, fight about a clean room, comment negatively about clothing –this goes either way.)

Then we are going to work together on how we might establish new rules/guidelines for our teens. (This list might include things like: Meditate to avoid stress, love myself, etc. as well as have a curfew of 10, check in with parents if late, etc.)

After first task, invite participants to tear up the strips of paper and toss them into the air. Happy New Year!

Invite each to make a toast to their teen child.

Begin discussion of new rules. Invite folks to share how they might accomplish adherence to these rules. (Maybe invite youth to work on this list together with parents?)

**Check-out**/**Likes and Wishes**: How was the session for you?

**Closing:**

Help us always to be hopeful gardeners of the spirit

Who know that without darkness nothing comes to birth

As without light nothing flowers. *May Sarton (SLT 691)*

*Parenting Adolescents,* Karen Fisk, Unitarian Universalist Community Church, Augusta, ME

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