

TRENDING

WEEK ONE
PROVERBS 4:6-7;
JAMES 1:5

We can ask
God for wisdom.



**REMEMBER
THIS:**

"For the Lord gives
wisdom; from his mouth
come knowledge and
understanding."

PROVERBS 2:6 NIV



THINK ABOUT THIS:

Trending is a standalone talk designed to help middle schoolers know how to navigate things like drugs, alcohol, and other substances. Remember that at this age, kids will have a variety of responses to this kind of conversation. Some may feel guilt or shame, some may be curious, and some may feel judgmental toward others they know are dealing with this issue. As a parent, know that no matter how your kid responds to the conversation, you're planting seeds that will help them navigate issues like this one both now and in the future.

DO THIS:



MORNING TIME

Contact your kid's school or a local community organization that's educating students on substance issues. Ask them what they're teaching or talking about with kids in this phase when it comes to things like drugs, alcohol, vaping, and other substances.



MEAL TIME

Boundaries are key when it comes to facing things like drugs, alcohol, vaping, and other substances. Talk with your kid about what kind of boundaries they want to have to help them avoid trouble in this specific area. Help them come up with a list so that the next time they find themselves tempted, they'll know what to do!



DRIVE TIME

It's important for middle schoolers to know that even adults have dealt with, been tempted by, or had questions about drugs, alcohol, or other substances. This week, make a point to share a story from your own life about how any of those things may have impacted you. Use your best judgment on what to share, and be sure to keep it middle school appropriate!



BED TIME

Make sure that your home is a safe space for your kid to talk with you or ask questions about things like substance use. Create a code word that your middle schooler can text or say to let you know they need to have an honest conversation with you about an issue like this. Make sure to follow up and initiate the conversation in a safe and healthy way.