

THE
PARENT
INSIDER

Summer 2018

flip2ide
student ministry

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A Surprising Antidote for Sibling Rivalry

Teaching your children to help others is a lifetime gift to them and to everyone they encounter.

By Brett Johnston

After pouring over my information for years really, something hit me. Almost all sibling rivalry problems are rooted in one thing. That one thing is selfishness.

Greed, jealousy, needing attention, and inability to understand others all have roots in being selfish. "I want it my way and no one else matters."

I wondered what could be done in my children's lives to affect their tendency to act this way. Then I came across the story of six-year-old Zach Bonne. He is an ordinary kid from Florida. He heard on the radio that people in New Orleans needed water after Hurricane Katrina hit. He set

out with a red wagon into his neighborhood to collect water to send to Louisiana. He ended up sending 27 truckloads of water.

Zach has since walked 280 miles to raise money for food in his hometown and done countless other things for his community and the people who live in it. His actions are the epitome of unselfish behavior.

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Teen Fast Stats

94% of U.S. adults ages 18-24 use YouTube while 56% of those aged 50+ use the video platform. (Pew Research Center)

Teens from "average-income families" spend 21% of their money on food while spending 19% on clothing. (Piper Jaffray's Taking Stock With Teens, Spring 2018 Study)

In the News: CLUSTER SUICIDES AND INTERVENTION

Over the course of a six-month period between last August and January, six teenagers from one Ohio school district took their own lives. Three of the suicides occurred over the span of eleven days in January. The local police chief reported in January that over the span of just five days, his officers had responded to more than two dozen calls regarding potential suicide possibilities and concerns. Sadly, these stories are not unusual. Suicide, depression, and anxiety are rampant in today's youth culture. Parents, youth workers, and teachers must be aware of this trend and do everything they can to educate themselves to recognize and respond when a teenager is pondering taking their own life. If you suspect someone may be at risk, ask them. Do not leave the person alone. Remove any possible methods that could be used in an attempt. And finally, get them professional help. We recommend a qualified Christian counselor who has experience dealing with teens and risk.

Latest Research: Pot, Alcohol, and the Future

Researchers at the University of Connecticut are confirming the fact that smoking pot and drinking alcohol during the teen years does, in fact, affect a person's future. The researchers studied almost 1,200 people over the course of their teenage years and into early adulthood. They looked to discover how heavy drug and alcohol use might impact adult milestones, including working fulltime, completing their education, and getting married. Those who used lots of pot were less likely to hit these milestones, as were teenagers who drank a lot. The effects were greater on boys than on girls. Parents, don't for a minute believe that drugs and alcohol do not have an effect on the vulnerable and developing teen brain. More and more research is being conducted on the effects of drugs and alcohol on brain development and there is increased cause for concern. Teach your kids to honor and glorify God through substance-abuse free bodies and behaviors.



SPORTS SPECIALIZATION

One of the greatest pressures our children and teens feel in today's world is the pressure to excel at athletics. This pressure has led many parents and coaches to push their kids into specializing in just one sport beginning at a very young age. Consequently, there's been much discussion around whether or not this kind of specialization is a good thing. A recent study looking at sports specialization among professional baseball players found that among those surveyed, 49% of them were specializing in baseball by the age of nine. Those who specialized experienced a significant injury in their career at a higher rate than those who didn't specialize. In addition, over 63% say that their specialization did not help them get to the pro level. Players also said that specialization should not be necessary before the high school level. Parents, pushing your kids can be harmful in many different ways. Pull back on the pressure.



Source: CPYU

Trending: Socially Prescribed Perfectionism

If you've never heard the term "socially prescribed perfectionism," it's now time to sit up, take notice, and respond to a new type of pressure being felt by our children and teens. Socially prescribed perfectionists believe that other people expect them to be perfect and that these other people will become critical and even unloving if they fail to meet their expectations. Imagine how much pressure our kids feel when, for example, they believe that mom and dad will only show love, praise, affection, and acceptance when some

high level of accomplishment is achieved? Psychologists are calling this the most debilitating form of perfectionism. When our kids feel like they've let others down by getting a low test score, missing a winning shot, or being rejected by a college, it oftentimes leads to anxiety and depression. Parents, God desires us to expect the best from our kids. But it should be their best and not some socially prescribed best. Raise your kids to pursue Godliness above all else.

Digital Self-Harm

If you remember anything at all about your own teenage years, it's that gnawing pressure to fit in. Some things never change. And with social media making this pressure an ever present 24/7 reality for today's kids, the emphasis on fitting in has never been greater. New research is now showing that some teens are going to strange lengths to fit in by actually cyberbullying themselves online. Called digital self-harm, the victim of nasty anonymous online messages is also the perpetrator, directing the abuse at themselves. Of course, some kids admit doing this just to be funny. But for others, it's a sign of deep seated emotional turmoil. Not only is it a cry for attention, but we must interpret this behavior as a cry for help. Mental health professionals call this a maladaptive coping mechanism. With seven percent of our boys and just over five percent of our girls admitting to digital-self-harm, we suggest that you monitor your kids, and lead them to find their identity in Christ.



Featured Films: Coming this Fall

Opens June 15, 2018



Cast: Craig T. Nelson, Holly Hunter, Sarah Vowell, Samuel L. Jackson, Huck Milner

PG- action sequences and some brief mild language.

Plot Summary

This time Helen is in the spotlight, leaving Bob at home with Violet and Dash to navigate the day-to-day heroics of "normal" life. It's a tough transition for everyone, made tougher by the fact that the family is still unaware of baby Jack-Jack's emerging superpowers. When a new villain hatches a brilliant and dangerous plot, the family and Frozone must find a way to work together again which is easier said than done, even when they're all Incredible.

Opens June 22, 2018



Cast: Chris Pratt, Bryce Dallas Howard, Jeff Goldblum, BD Wong, James Cromwell

PG-13- for intense sequences of science-fiction violence and peril

Plot Summary

Isla Nublar now sits abandoned by humans while the surviving dinosaurs fend for themselves in the jungles. When the island's dormant volcano begins roaring to life, Owen and Claire mount a campaign to rescue the remaining dinosaurs from this extinction-level event. Arriving on the unstable island as lava begins raining down, their expedition uncovers a conspiracy that could return our entire planet to a perilous order not seen since prehistoric times.

Check out
www.
pluggedin.com
for more
information
on new movie
releases

Other
Movies
coming
to
Theaters
This
Summer

Title	Rating	Red Flags	Genre	Starring
Oceans 8	PG-13 Opens June 8	Language, drug use, and some suggestive content	Comedy	Sandra Bullock, Cate Blanchett, Anne Hathaway, Helena Bonham Carter
Zoo	PG Opens June 8	Thematic elements, some war action and language	Family	Art Parkinson, Penelope Wilton, Toby Jones, Amy Huberman
The First Purge	R Opens July 4	language throughout, some drug content and non-stop disturbing violence including some graphic injury images	Horror	Y'lan Noel, Lex Scott Davis, Luna Lauren Velez, Marisa Tomei
Skyscraper	PG-13 Opens July 13	Sequences of gun violence and action, and for brief strong language	Action	Dwayne Johnson, Neve Campbell, Chin Han Ng, Roland Moller, Byron Mann, Pablo Schreiber
The Darkest Minds	NR Opens Aug. 3	N/A	Sci-Fi	Amandla Stenberg, Harris Dickinson, Mandy Moore
Slender Man	NR Opens Aug. 24	N/A	Horror	Joey King, Javier Botet, Julia Goldani Telles

Working and giving alongside our children

I believe we can change the hearts of our children by actively giving our time to others. In fact, this has become a real passion in my home. My kids might never become another Zach, but they don't have to either. Doing small things for others is really what I'm after.

There is much anecdotal evidence of children who take the time to volunteer having a very high degree of love for each other and everyone around them. There are abundant acts of charity our children can participate in *with* us. *With* is emphasized because parents must model the new behavior by working alongside their children. It also provides us with fun, heartwarming tasks to accomplish as a family.

There are so many positive benefits to charity work! Not only are you helping an individual, family, or group in need, but the benefits to you and your family are immeasurable. Your time is probably the best contribution you can make to another human being.

It is this kind of generosity, shared by parents and their children, that leads to a generation of youngsters with strong, caring souls.

Here are some initial ideas of charitable tasks parents and their children can do together.

- Buy and distribute gifts or food during the holidays to needy families.
- Take a few new stuffed animals or balloons to a local children's hospital. If you really want to go crazy, help your kids save money to hire a clown for a few hours in a children's unit. The kids will forget they are even in the hospital! Call the pediatric department for more ideas. Tell them, "My children and I want to do something for the kids in the hospital. Do you have any ideas?" Whatever you decide to do though, *check with the recipient before you actually show up.*
- Take some used but not used-up toys to a pediatric oncologist's office (or any pediatrician's office) for their waiting room.
- Draw pictures and mail them to a children's hospital or to overseas military personnel.
- Color a picture or card for the retired, single person down the street.
- Check with your church for activities they have already started. There are always charitable events taking place there.

What if you were to choose only one action item to accomplish each quarter with your children? That is a few hours once every three months! Consider how much time we spend developing our kids' bodies by taking them to soccer, gymnastics, basketball ... on and on. Then we help develop their minds with school, music

lessons, and reading. Again, on and on. This is all perfectly okay! But let's not entirely skip over arguably the most important element of the human experience: *their souls*.

Traditionally we, as parents, don't take the time to help develop this priceless part of a child, and it shows in the world around us.

I hear it already. Some people will say, "We take our kids to church every Sunday. Isn't that enough?"

It is a great start. But the next step is to apply those principles we learn inside the church walls to our lives outside of them. Practically all religions have elements of giving in them. Is there an excuse for any of us to learn and believe in things we are not willing to practice?

Charity encourages sibling closeness

Ultimately, the benefit of giving things away is beyond measure! When kids learn to give to the less fortunate on a consistent basis, something in their hearts click. They care less about the small possessions they used to fight over. Children become more likely to share with their brothers and sisters. As adults, they are more likely to give to the community and be involved in helping those around them. This is truly a lifetime gift to your children and everyone they come in contact with. Please, just give it a try.

Also, I really did not even mention how these acts of goodwill help the recipients. There are people in every city, town, and community that need real help today. It is not the government's job or someone else's job to improve their lives or give them hope; it is our job. Sometimes, a simple thought from another person can totally change the outcome of a person's day, week, or month. Good deeds have a way of lingering on. So, please, start planning ways to reach out to somebody in your community today.

The bond created by the family who donates their time is unbreakable. In my opinion, husband and wife with brother and sister helping in their community unites their hearts and souls to each other.

Article found at www.familylife.com

FlipSide Events this Winter

June

3rd– Summer Kickoff– We will be having our summer kickoff starting at 5 pm, meeting in the back of FFC at the amphitheater. We will start off with our lesson and worship time, along with games, smores and more! All of this will be followed by attending the Get Down Tour, taking place at FFC at 7 pm. We will head inside right before 7 pm to see Finding Favour, JJ Weeks Band and Hush Harbour. There is no cost for this event to the youth.

8th– Annual Trivia Night– Our annual Trivia Night will take place on June 8th with doors opening at 6 pm and trivia starting at 6:30 pm. The cost is \$10 per person, with 8 person teams. All the proceeds benefit FlipSide. Contact the office or go to guest services to sign up. Also, for any student participating in the Mission Week, they will be asked to serve during the Trivia Night.

11th–15th– Grad Banquet Setup– During the afternoon and evenings, we will be setting up for Grad Banquet. A schedule will be available in the youth room.

16th– Grad Banquet– We will be honoring our graduating seniors on June 16th. Youth attendees can arrive at 6:15 pm. Seniors will be arriving at 7 pm. Cost for non seniors is \$5 and they must be signed up in the youth room. During the evening we will eat dinner and celebrate our seniors.

17th– No FlipSide– Father's Day.

25th-29th– VBS– Our Vacation Bible School will be taking place each morning from 9 am to 12 pm. We need volunteers! If you or your teen would like to help, contact Pastor Josh.

July

8th-13th– Mission Week– Our annual mission trip is taking place in Cincinnati. We will be serving by assisting Matthew 25 ministries, BLOC ministries, Habitat for Humanity, FFC Homeless ministry and more!

15th– Water Wars– Come to FlipSide for our “normal” night followed by Water Wars. Make sure to bring change of clothes and a towel!

21st– 27th– Summer Camp– Talk to Pastor Josh for more info!

August

5th– Scavenger Hunt– We will be having our back to school hunt! Starts at 5 pm followed by FlipSide!

*Pick up a full summer schedule in the youth room.

Coming in 2018

Fall Retreat– Oct. 19-21

What are we learning at FlipSide?

June 3 – Summer Kickoff- Playlist- Love, Witness, Sacrifice

June 10 – Playlist- Truth, Unity, Honor, Love

June 17 – No FlipSide

June 24 – Playlist- Joy, Attitude, Hope

July 1– Hooked- Temptation

July 8 – No FlipSide

July 15 – Hooked- Everyone is Tempted

July 22 – Hooked- The Effects of Sin

July 29 – Hooked- Forgiveness and Grace

August 5 – Back to School Scavenger Hunt- Roar- The Gospel for All

August 12 – Roar – Obedience

August 19 – Roar- Contextualizing the Message

August 26 - Roar- The Importance of Follow-up

J U N E 2 0 1 8

S U N	M O N	T U E	W E D	T H U	F R I	S A T
	1	2	3	4	1	2
3ss @ 9:30 am FlipSide Kickoff @ 5 pm	4	5	6	7	8 Trivia Night at 6 pm	9
10 ss @ 9:30 am FlipSide @ 6 pm	11	12	13	14	15 Summer Movie Night	16 Grad Banquet @ 6:15 pm
17 SS @ 9:30 am No FlipSide	18	19	20	21	22	23
24 SS @ 9:30 am FlipSide @ 6 pm	25 VBS	26 VBS	27 VBS	28 VBS	29 VBS	30

J U L Y 2 0 1 8

S U N	M O N	T U E	W E D	T H U	F R I	S A T
1 SS @ 9:30 am FlipSide @ 6 pm	2	3 July 3rd Fireworks	4	5	6 Summer Movie Night	7
8 SS @ 9:30 am No FlipSide	9 Mission Week	10 Mission Week	11 Mission Week	12 Mission Week	13 Mission Week	14
15 SS @ 9:30 am FlipSide @ 6 pm	16	17	18	19	20 Summer Movie Night	21 Summer Camp
22 Summer Camp FlipSide @ 6 pm	23 Summer Camp	24 Summer Camp	25 Summer Camp	26 Summer Camp	27 Summer Camp	28
29 SS @ 9:30 am FlipSide @ 6 pm	30	31				

A U G U S T 2 0 1 8

S U N	M O N	T U E	W E D	T H U	F R I	S A T
			1	2	3	4
5 SS @ 9:30 am Scavenger Hunt	6	7	8	9	10	11
12 SS @ 9:30 am FlipSide @ 6	13	14	15	16	17	18
19 SS @ 9:30 am FlipSide @ 6	20	21	22	23	24	25
26 SS @ 9:30 am FlipSide @ 6	27	28	29	30	31	

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