

# CPYU PARENT PAGE

visit us on the web at [www.cpyu.org](http://www.cpyu.org)

"... even the darkness is not dark to you..."

- Psalm 139:12

## GOOD ADVICE

BY WALT MUELLER, PRESIDENT, CPYU

### TOP 10 ANDROID APPS USED BY 18-24 YEAR OLDS SOURCE: NIELSEN

1. **Android Market**
2. **Facebook**
3. **Google Search**
4. **Gmail**
5. **Google Maps**
6. **YouTube**
7. **Pandora Radio**
8. **Advanced Task Killer Free**
9. **Words With Friends**
10. **Angry Birds**

### YOUTH CULTURE HOT QUOTE

"I'm not going to lie. I was self-medicating. I was doing things like drinking and using [drugs], like a lot of teens do to numb their pain."

- Actress and Singer Demi Lovato, speaking about her past, in an interview for the February 2012 issue of *Seventeen* magazine, [www.seventeen.com](http://www.seventeen.com)

"Can you help me out with something?" I can't tell you how many times I've been asked that question by a struggling and confused parent over the years. In addition, I can't count the times I've been the one asking the question. Raising children and teens is confusing and difficult. There are no easy answers. But many years ago - before I was even married and had children - a respected friend gave me the best parenting and all-around life advice I've ever heard. His advice offered me a good foundation and starting point. It was this: "Always, always, always remain a student of God's Word."

I know that the issues and problems our kids face in today's world are sometimes incredibly complex. But each of those problems is a manifestation of the brokenness that exists in our world because of our rebellion against God. What our kids are ultimately crying out for is a restored relationship with their Creator. If the over-riding goal of our parenting is to point our kids to that relationship and what it means to live in it, we must be in that relationship ourselves, growing in our knowledge of the Redeemer. We must maintain a single-minded commitment to be a student of the Word - a commitment that involves three crucial and complementary elements that are essential to spiritual vitality.

First, we must prayerfully grow closer to the living incarnate Word, Jesus Christ. The avenue to intimacy with Jesus comes through the disciplines of reading God's Word, reflecting on God's Word, and prayer. I've

been around long enough to recognize what happens when I flounder in this area. I become less effective as a dad when I ignore my need to stay connected to Christ. I must remain committed to nurturing my relationship with Him.

Second, I need to rely on those who know the Bible well to guide me in my study of God's Word. For me, it's been the preaching of my pastor and immersion in good books written by those who know and love God's Word. The failure to know and study the Scriptures as the foundation for *all* of life is a horrible mistake that serves as a recipe for parenting ignorance and ineffectiveness.

Third, I need to consciously guard against the temptation to reinvent, redefine, or rewrite God's Word in my own image. God's truth is God's truth. Try as hard as I may, I can't change it. It is what it is and I must trust it. My attempts to take away from it or add to it are foolish. I must trust God at His Word. This commitment has served me well, especially in times of great parenting confusion and difficulty.

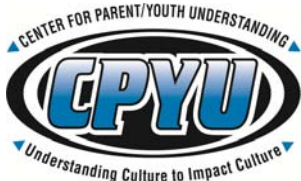
I'm not sure exactly how it works, but I do know that the study of God's Word is used by God's Spirit to transform us. I also know that we can't live, share or communicate that which we ourselves do not have or know.

Do your kids a favor. . . and follow my friends life-giving advice!

## CPYU TREND ALERT: ADDICTION RECOVERY PROGRAMS

One sobering sign of the times is just how many college students are not staying sober. In fact, the Substance Abuse and Mental Health Services Administration reports that between 1999 and 2009 there was a 141% increase in the admissions of 18-24 year old students to addiction recovery programs in the United States. College is a very difficult place for a young person who wants or needs to stay sober. One University of Kansas student who had to drop out laments, "I couldn't get away from the booze and drugs."

Now, several colleges and universities are establishing courses, scholarships, and support centers for students in recovery from alcohol and drug addiction. Not only do these students need help with counseling and other issues, but they need to be able to live in an environment where the temptations and pressures are eliminated. This new development reminds us of how important it is for us to institute drug prevention in our homes when our kids are still young.



## LATEST RESEARCH: INCREASE IN TEENS USING TWITTER

Twitter is the microblogging social media platform that allows users to send out frequent yet brief updates of 140 characters or less. Studies from a few years back concluded that – for the most part – teens have not been using the platform. However, new data from the Pew Internet and American Life Project found that in July, 16% of our online teens had used Twitter. That's double the 8% who were using Twitter back in September of 2009. In addition, teenage girls are more than twice as likely as their male counterparts to use the service. Another interesting find-

ing is that black Internet users were more than three times as likely as whites to use Twitter.

Teens using Twitter is a trend that bears watching. With more and more teens using Twitter, we are reminded of our need to teach kids how to use social media redemptively. And, with Twitter serving as a social media platform uniquely structured to promote and feed narcissism, we need to help our kids learn how to use Twitter in God-honoring rather than self-promoting ways.



## FROM THE WORD

One of the most comforting messages for parents is found in Psalm 139. Because parenting is not “a piece of cake,” it is essential that we know that we are not alone. As we wade through the confusing maze of raising children and teens in a rapidly changing and powerful culture, it's comforting to know that God is with us. David ponders the nature and extent of this reality in Psalm 139. There are two phrases in the Psalm that parents should grasp and never let go.

First, David writes “You know. . .” What follows is a descriptor of God's all-encompassing knowledge. God knows everything about us. . . our hearts, our motives, our actions, our needs, our thoughts, our ways. . . everything! There is nothing that God does not know about us. When we struggle with our children or with our own inadequacies as moms and dads, it's reassuring

that God knows our struggles even better than we know them ourselves.

Second, David writes, a series of “If. . . then. . .” statements. Each of them reveals the fact that never is there a moment when God is not present and “there” with us. We cannot flee from His presence. No matter what situation we may find ourselves in, God is there with us, leading us and holding us.

Incredibly reassuring, isn't it? We must never forget that while we are involved in the process of parenting our kids, God is parenting us. And while we might be tempted to believe the false notion that God is a hard-handed disciplinarian, the reality is that He is the most loving, grace-filled, and wise parent we could ever ask for or imagine. He is the parent who is with us even in the midst of our most difficult and trying times.



**Want more information about your kids and their world? Visit us on the web at [www.cpyu.org](http://www.cpyu.org) and subscribe to our free weekly e-Update!**



## IN THE NEWS: INDOOR TANNING BAN

Over the years, CPYU has been monitoring the dangers associated with indoor tanning beds. All of us are aware of the growing amount of concern regarding tanning, sunlight, and risks for cancer. These concerns are warranted as cases of skin cancer and knowledge about its causes are both growing. In recent years, some states have disallowed minors from indoor tanning beds if they don't have parental permission. Now, some states, including California, are enacting legislation to ban the use of tanning beds by all minors, even if they have parental permis-

sion. This is a great move, as research now points to the fact that using an indoor tanning bed raises the risk of developing melanoma by seventy-four percent. We need to remember that when we were young our sense of adolescent adventure coupled with our sense of invulnerability in a mix that led us to indulge in many risky behaviors. Add today's appearance pressure and it's no wonder kids are drawn to tanning. Let's step in and remind them to make healthy, God-honoring decisions.

