



Communication with Teenagers

與青少年溝通



May 15, 2022

蕭道生醫生

親子教育-信仰的傳承

Passing on the faith

以色列阿、你要聽。耶和華我們 神是獨一的主。

你要盡心、盡性、盡力、愛耶和華你的神。

我今日所吩咐你的話、都要記在心上。

也要殷勤教訓你的兒女、無論你坐在家裡、行在路上、躺下、起來、都要談論。

也要繫在手上為記號、戴在額上為經文。
又要寫在你房屋的門框上、並你的城門上。

青少年期要學的「功課」

Learning objective of Adolescence

- 自我定位，逐漸獨立 (Searching for identity, gain independence)
- 發現，嘗試 (Exploration & experimentation, Erik Erikson)
- 建立道德觀 (Formulate moral code)
- 價值的確定 (Internalize values)
- 從青少年進入成年階段 (Preparing for career as an adult)

偶像—物質主義

Our Idol: achievement & success

3 B' s:

1. Bigger—house, cars, wardrobe… 五子登科
2. Better—school district, grades, degree, jobs…
3. Busier—one of the worst hindrance of godly parenting 忙 「沒時間」是現今建立屬靈精兵最大的阻礙之一

- 世界量度成功的標準 (It is the only way the world measures success)
- 神沒叫(召)我們去成功— “God has not told us to succeed, but to work; **it is of our work that He requires an account, and not of our success** -- why then concern ourselves with it?” Theodore Monod

精英，精兵


Elite versus soldier

- 智育，德育，靈育要平衡Academic versus character formation
- 為了造就精英，缺乏靈的培育是危險的
- Preoccupation about children's academic achievement and superiority (even with good intension), without a balance of spiritual development, is dangerous

培養「管家」的心態

Develop an mentality of Stewardship

- ▶ 不要愛世界、和世界上的事。人若愛世界、愛父的心就不在他裡面了。
- ▶ 因為凡世界上的事、就像肉體的情慾、眼目的情慾、並今生的驕傲、都不是從父來的、乃是從世界來的。這世界、和其上的情慾、都要過去。惟獨遵行神旨意的、是永遠常存。
(約翰一書 2:15-17)
- ▶ 以利二子之劣行 Materialism corrupts (I Sam 2:12, 4:17, 8:1-4)
- ▶ 「屬靈的遺產」勝於「物質的遺產」



培養管家的心態

Attitude of Stewardship

父母「需要」儿女们「需要」他们
As parents, our need is to be needed;

做青少年的，他们「需要」独立，
不再「需要」父母帮助
as teenagers their need is not to need
us.

Haim Ginott



培養管家的心態

Attitude of Stewardship

Parent as manager and steward

A good manager:

- ▶ knows the **goals** for his/her team (children) and leads the team **intentionally**
- ▶ clearly **communicate** the goal to team member, monitor and supervise team



培養管家的心態

Attitude of Stewardship

Parent as **manager** and **steward**

- is **fair** and **courteous**, is **encouraging** but **firm** in aligning the team towards the goal
- gives **positive feedback** as well as **constructive criticism**
- **understand** team member's ability (strength and weakness), play their strength and work on their weakness—catch them while they are good
- **lead by example**: demonstrate the power of the Gospel rather than spoon feed Gospel to our children

父母的裝備

父母建愛巢，婚姻居首要

- The first responsibility of parents is to **provide a loving and happy home**. And the most important relationship in the home is the marriage bond, which takes primacy over the parent-child relationship.
- The security of the teenager and the quality of the parent-child bonding are largely dependent on the quality of the marital bonding.”

(Campbell)

夫妻同作戰，面對青少年

- “...stress will come into every marriage. Whether the stress hurts and destroys the marriage, or enhances it, depends on the response of husband and wife.” (Campbell)

父母的裝備

父母也是罪人

- “The teen years are hard for us because they tend to bring out the worst in us...the teen years expose our self-righteousness, , our impatience, our unforgiving spirit, our lack of servant love, the weakness of our faith, and our craving for comfort and ease.” (Age of Opportunity, Paul Tripp)

失控？得著？

- parents need to learn to loose control, but rather mentor our teens into adulthood

青少年的特徵

Characteristics of Teenagers

- 青少年的愚昧（不智慧）： Little capacity for wisdom—may not learn from mistakes, do not anticipate well. Make the taste of correction sweet and something to be desired

- 青少年牴觸： Defensive
parents should learn to：
 1. pick the right time,
 2. watch our own attitudes,
 3. avoid unnecessary confrontation.
 4. Pick your battle.

青少年的特徵

Characteristics of Teenagers

分心：Short Attention Span

- ▶ avoid long lectures,
- ▶ Catch the right opportunity to teach them

短視（只看目前）：Present focused—

- ▶ need to learn from real live experience rather than verbal instruction,
- ▶ allow them, after warning, to walk their paths and bear the consequences of their choice;
- ▶ they will learn and grow through their mistakes, eventually

青少年的特徵

Characteristics of Teenagers

三面轉機

3 doors of opportunity

1. Teenage Insecurity 青少年缺乏安全感
2. Teenage Rebellion 青少年的反叛
3. Teenager's widening worldview 青少年不斷地擴展他們的世界觀

青少年的特徵

Characteristics of Teenagers

1. Teenage Insecurity 青少年缺乏安全感

- Teens constantly ask the question, “Who am I? Do you love me?”
- An opportunity to bring God into their world and help them define their worth Biblically
- 幫助青少年以聖經的教導來自我定位——不要看自己過於所當看的。要照著神所分給各人信心的大小、看得合乎中道。(羅馬書12:3)

青少年的特徵

Characteristics of Teenagers

2. Teenage Rebellion 青少年的反叛

- Exertion of independence, a sign of teens wanting to establish themselves in their world
- Filling their emotional tank with unconditional love, then apply loving discipline
- Pointing out to teens that rebellion is a sin

3. Teenager's widening worldview

青少年不斷地擴展他們的世界觀


- Grow with them, keep the lines of communication open, stay involved with their school, interests, and friends

有效的親子教育-- 溝通

- 一個好的溝通者不單只能表明自己的想法，而是能引導他人說出心中的話來。
- 聚精會神的聽：眼光接觸，親近
- 要知道怎樣「講話」子女才會「聽」，並且怎樣「聽」子女才會「說」。

Dr. Haim G. Ginott Between Parent & Teenager

- 等待，be available: be patient during periods of non-communication—do not force a conversation



溝通：四大錯誤

1. 隨時隨處，自發地，討論兒女的問題 (Spontaneous problem discussion)
2. 指責不休，不斷地批評 (Nagging)
3. 想當年 (Insight transplants / lecturing)
4. 爭論 (Arguing)



願意花時間在兒女上

1. 避免忙亂，追求簡樸
2. 避免時間被搶奪：TV, video game, excessive screen time.
3. 暴光(影響)監測與經營：
Monitoring and Management
their Exposure

適當的管教

- 需要耐心，尤其作為父親
- 你們作父親的、不要惹兒女的氣(**provoke your children to anger**)、只要照著主的教訓和警戒、養育他們。(Eph 6:4)
- 你們作父親的、不要惹兒女的氣、恐怕他們失了志氣。父親們不要讓你的兒女受苦，他們將因此而泄氣 (Col 3:21)
- 你們也曉得我們怎樣勸勉(**encouraging**)你們、安慰 (**comforting**)你們、囑咐(**urging**)你們各人、好像父親待自己的兒女一樣

適當的管教

- 使人歸正 **Correction the Godly way** (Paul Tripp)
- 管教的目的是在於教，不在於罰 **Make wisdom appealing, make the taste of correction sweet**
- 你們各人要快快的聽、慢慢的說、慢慢的動怒。因為人的怒氣、並不成就 神的義
- **Demeaning words is correction make unnecessarily bitter (point out the behavior, and its roots to sin, insert the Gospel)**

適當的管教

- 順服？ 控制？ In the name of bring our children to submission, our desire to “control” our children may lead to **unnecessary confrontation**.
- 教訓、督責、使人歸正、教導人學義： Teaching, rebuking, correcting and training in righteousness. (2 Tim 3:16)
- 建立對話： Encourage teenagers to speak for themselves. Let them practice public speaking. Watch and listen affirmatively as they communicate with others.

隱藏的危險 / Pitfalls

- 精英？ 精兵？ (Is the church of Christ raising soldiers for the Kingdom or simply building a generation of social elite?)
- 父母的限制成為孩子們的限制
- 夫婦關係不和表現在兒女的行為上
- 避免僅僅改變外表的行為，忽略了處理內心的態度



從青少年進入成年，投身社會

KOG Readiness

- Many of today's adolescents are not ready to face the adult world and are not ready for career life, and will have difficult transition to adult work life (Levine M. M.D. Ready or not, here life comes)
- Immigrant parents are “survivors” of natural selection, but our teenage children may be “victim” of over-protection. The selection pressure does not exist for our teenagers.
- Resourceful parents → unchallenged child/teenager:

從青少年進入成年，投身社會 神國裝備？

- 父母替青少年解決問題：When parents solve their child/adolescent's problem, they deprive them the opportunity to learn (conflict resolution, stress management, negotiation).
- 父母搞定：Some parents plan and execute for the child, with little participation by their teenager, allowing little room for mistakes.
- My father solves all his problems with money, I have to use my brain (quote from SS)
- 智慧，經驗轉移：parent unable to transplant our life experience to teenager

從青少年進入成年，投身社會 神國裝備？

- ▶ 要討兒女的歡心：parents need to win their child's approval → unable to establish authority
- ▶ 即時滿足：prevalent culture (主流文化) stresses **instant rewards** (video games, fast food) instead of **delay gratification**
- ▶ Academic excellence \neq adult work world readiness
- ▶ SAT score do not reflect a teenager's readiness for the adult world world

IQ 智商, Emotional 情商 Quotient, Adversity Quotient 逆商, Spiritual Quotient 靈商




Bibliography

- Campbell, Ross. How to Really Love Your Teenager (Victor Books), 1981.
- Canfield, Ken. The 7 Secrets of Effective Fathers. (Tyndale House Publishers, Inc., Wheaton, Illinois) 1992
- Faber, Adele and Elaine Mazlish. How To Talk So Kids Will Listen & Listen So Kids will Talk (New York: Avon Books), 1980.
- Ginott, Haim G. Between Parent & Teenager, Avon, 1969
- Gottman, John M. The Relationship Cure (Three Rivers Press New York, 2001)
- Levine, Mel. Ready or NOT, Here Life Comes (Simon & Schuster, New York), 2005
- McDowell, Josh. Right from Wrong: What you need to know to help youth make right choices (Word Publishing, 1994
- Phelan, Thomas W. Surviving Your Adolescents: How to manage and let go of your 13-18 Year Olds (Child Management Inc.), 1993
- Tripp, Paul. Age of Opportunity (Phillipsburg: Presbyterian & Reformed), 1997



Communication with Teenagers

與青少年溝通



May 15, 2022

蕭道生醫生