

"Seek justice, encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow."
- Isaiah 1:17 (NIV)

**TOP 10 FAVORITE
FAST FOOD
CHAINS OF
AMERICANS, 2008**
(SOURCE: *Experian
Simmons 2009*)

1. McDonald's
2. Burger King
3. Subway
4. Taco Bell
5. Wendy's
6. KFC
7. Pizza Hut
8. Arby's
9. "Other"
10. Dairy Queen

**YOUTH CULTURE
HOT QUOTE**

"Music is my home. When I'm trying to find my inner peace, when it seems like everything else is overwhelming, I put music in my ears."

- Jennifer Hudson, *Entertainment Weekly*, April 10, 2009

SAFE OR BRAVE?

BY WALT MUELLER, PRESIDENT, CPYU

With summer approaching fast, your kids will soon be out of school. Many will be teaming up with their peers to get involved in some type of summer missions experience. I believe that outside of crisis and suffering, there's nothing that can grow and cement the faith of a teenager more than serving others. God is a missionary God. He wants us to nurture our kids to embrace and share His heart for missions. And as we do, their lives are changed.

This reality was driven home to me again recently when I read Gary Haugen's challenging little book, *Just Courage*. Haugen tells the story of his friend Sean Litton, a lawyer who decided to put Christ's call - to find one's life by losing it - to the test. Litton walked away from his safe, high-paying and secure job to go to work for Haugen's International Justice Mission, addressing sexual trafficking and child sexual assault in the Philippines. Sean took his wife and two kids along. His life was changed.

But Sean almost didn't go. He says there were four things holding him back. There was his **comfort** that came with his nice house and all the stuff he had accumulated. There was his **security** and freedom

from danger. There was the **control** he had over the circumstances of his life. And finally, there was the **success** he was experiencing in his career. But he let go of comfort, security, control, and success. . . and he took the unsafe option by giving up his life and going to the Philippines.

What happened? Sean Litton found his life. In exchange for what he gave up he got back **adventure, faith, miracles, and a deep knowledge of Jesus**. His faith grew and solidified in ways he could have never imagined.

Are you praying for that type of life for your kids? Are you modeling that kind of lifestyle? Are you doing everything you can to give your kids opportunities to move out of the safety of a comfortable and easy life to risk going deeper with Jesus? Are you raising your children to be safe or brave?

This summer, encourage your kids to give of their time and resources to experience firsthand God's missionary endeavor. And if you would like to take the grand risk of being brave over being safe, do the same.

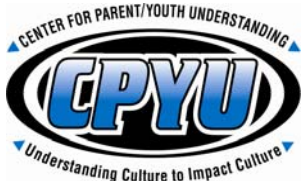
CPYU TREND ALERT: VEGETARIANISM AND EATING DISORDERS

Our children and teens are growing up in a world that values physical appearance. The overwhelming identity message of our culture leads kids to believe that they are who they are based on what they look like, not on who they are on the inside. While health concerns related to the dangers of obesity are warranted, too many of our kids are overly concerned about their appearance.

Now, a new study in the *Journal of the American Dietetic Association* indicates that parents concerned about eating disorders should be concerned if their

kids experiment with a vegetarian diet. The reason? Some kids are now using vegetarian diets as a way to mask an eating disorder since it's now socially acceptable to avoid eating certain foods, and because parents tend to view vegetarian diets as a healthy alternative. The study found that the reason most kids gave for vegetarianism was to lose weight or keep from gaining it.

Parents, this is a trend worth noting if you are concerned about stewardship of the body.



LATEST RESEARCH: DRINKING VS. STUDYING

Here at the Center for Parent/Youth Understanding we are doing all we can to help you help your kids transition from high school to college in God-honoring and healthy ways. We're working hard to help you and your teen understand the realities facing college students as they leave home to pursue higher education.

One of the most prevalent campus pressures is the pressure to drink. A new survey of thirty thousand first-year college students on seventy-six campuses found that nearly half of all college freshmen who drink alcohol spend more

time drinking during the week than they do studying. Students who report having at least one drink in the past fourteen days spent an average of 8.4 hours a week studying, while they spent an average of 10.2 hours a week drinking.

This is a reality that demands our attention if our desire is to see our kids make Godly choices during their campus years. Prepare your kids by discussing the issues related to campus drinking, and visit our website for more information on our College Transition Initiative.



FROM THE WORD

What is your greatest desire for your children? Most parents summarize their desires with the word "success." But what is success? For many, it's a secure job, the accumulation of things, and personal safety. But the Jesus who calls us to "take up your cross and follow me" defines success differently.

When asked by the teacher of the law about which commandment is most important, Jesus defined success. He said, "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength" and "love your neighbor as yourself" (Mark 12:30&31).

True success in life is faithfulness to God and

obedience to his commands, whether your net worth is 10 cents or 10 million dollars. Our desire for our kids should be the same as our heavenly Father's desire for them: that they become like Christ in all things. The parental role we are called to play in the process of leading them to success is this: We must know the truth as it's contained in God's Word, talk about it, live it, model it, experience it, and prayerfully trust God to change our kids' hearts and minds.

C.S. Lewis once said, "If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world." Are you pointing your kids to that other world?

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IN THE NEWS: TRIPLE BIND

Have you ever heard the term "double bind?" It was coined by social scientists in the early 1950s who studied children growing up with contradictory and impossible demands. Now, Dr. Stephen Hinshaw and other social scientists are using the term "triple bind" to explain the impossible and contradictory expectations being placed on teenage girls. The three elements in today's triple bind are a deadly combination our girls hear everyday.

First, be good at all the traditional girl stuff. Second, you now need to be good at all the

traditional guy stuff, including sports and jobs. And third, you must conform to a narrow and unrealistic set of standards that allow for no alternative.

The result, according to Dr. Hinshaw, is that at least one-quarter of all teen girls in the US are suffering from self-mutilation, eating disorders, significant depression, or serious consideration of suicide – or are perpetrating acts of physical violence. Parents, our expectations for our kids must be Godly, not deadly.

