

第 3 課 青少年的風暴期

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風暴侵襲、挑戰生命

現今青少年面對的生活風暴

沉迷網絡、性行泛濫、危險駕駛、醉酒荒宴、誤用毒品、刺青穿洞、誤入幫派、憂鬱自殺…

沉迷網絡

- 越早為孩子立定使用電腦的守則，就越早訓練他們自律和節制的力量。
- 讓孩子認同家庭的道德價值觀，就不會從大眾傳媒去尋找自我。
- 父母要以身作則，孩子才會遵守規則。

性行泛濫 (林前 6:18)

- 許多研究資料顯示，青少年男女愈早單獨約會，發生性行為的機率愈大。
- 花時間和孩子玩耍、談心，鼓勵他們關懷家人，讓孩子的情感在“被愛”與“愛人”的環境中平衡成長。

帖撒羅尼迦前書 4: 3-4 神的旨意就是要你們成為聖潔，遠避淫行；要你們各人曉得怎樣用聖潔、尊貴守著自己的身體。

危險駕駛

造成駕駛意外的原因

1. 90%是乘客在車上的行為影響青少年駕駛。
2. 同儕催逼超速駕駛。
3. 駕駛的同時使用手機。
4. 沒有綁上安全帶。
5. 在神智不清的情況下駕駛（喝酒、嗑藥）。

醉酒荒宴

醉酒的害處 (箴 23:31 何 4:11)

箴言書 20:1 酒能使人褻慢，濃酒使人喧嚷；凡因酒錯誤的，就無智慧。

聖經警告醉酒荒宴的後果 (羅 13:13 林前 6:10)

加拉太書 5:21 …醉酒、荒宴等類。我從前告訴你們，現在又告訴你們，行這樣事的人必不能承受神的國。

以弗所書 5:18 不要醉酒，酒能使人放蕩；乃要被聖靈充滿。

誤用毒品

青少年為何會使用毒品？

- 通宵玩樂、逃避挫折、尋求同儕的認同。
- 好奇、無聊和追趕流行。

風暴預備、坦然應對 (太 7:24-27)

建立健康的家庭關係

青少年的風暴期其實是反應了家庭關係。健康家庭的影響力，必能保守孩子平安面對風暴。

培養孩子自律的生活習慣

飯後清洗餐具、起身鋪床、整理自己的房間等，都是訓練孩子自律盡責的生活習慣。

為孩子建立道德社群

鼓勵孩子參與教會的服事和活動，為他們提供一個安全的社群。與一群理念相同、有道德規範的家庭建立友誼，加上良好的家庭關係，這是為青少年得勝風暴很好的預備。

效法天父的教導

- 告訴孩子做不合法事情的後果 (創 2:16-17)
- 當孩子執意犯錯必須管教 (創 3:16-19)

勉勵孩子遵行神的話 (傳 11:9 提前 4:12)

詩篇 119:9 少年人用什麼潔淨他的行為呢？是要遵行你的話！

提摩太後書 2:22 你要逃避少年的私慾，同那清心禱告主的人追求公義、信德、仁愛、和平。

為家庭宣告神話語的能力 (箴 10:25)

馬太福音 6:13 不叫我們遇見試探；救我們脫離兇惡（脫離惡者）。因為國度、權柄、榮耀，全是你的，直到永遠。阿們！

女兒的分享

How to deal with and overcome teenager issues

長女佳怡

Having a close relationship with my parents and younger sister, in the sense that I took priority in spending time with my family over the weekends. How parents can help foster that relationship is through instilling a “family-centered” culture at home. This means taking time (when the kids are younger and maybe not quite at the teenager phase) with your kids. For example, it helped that our weekend routine growing up consisted of attending church together as a family (Friday night fellowship and Sunday morning service), Saturday and Sunday evenings we consistently played badminton together as a family. Having a common hobby helped build our relationship.

It helped that I had a strong group of friends at church, many of whom I grew up with. Even though there were people at school that I knew who were into drugs, cigarette smoking, drinking and partying on the weekends, I still had a group of friends that were not interested in these things and it helped to know that I was not the only teenager that was not interested too.

My parent’s teaching and guidance, yes they were firm in their principles but rather than just saying “no”, they would often explain why they disagree with certain things that teenagers often want to do “stay out late past midnight, or why it is a bad idea to use the computer to chat while trying to do homework”. Understanding why I was not supposed to do something helped me develop my own ability to reason and develop better judgment especially when I left the home for college and there was no one to tell me what to do anymore.

It helped that my parents knew my friends, both at school and at church and took the time to get to know them. The type of friends that your child hangs out with and the types of activities that the friends are involved in may influence your child which can either be positively or negatively.

It is a normal part of adolescent development to what to spend more time with their peers, to be more “self-centered” and think that they are the “center of the universe”. **This is typically in the 10-12/13 age range.** They may also seem like they want more time to themselves, seem more isolated. Recognize that this is normal and that your child is not rebelling or does not want to be a part of the family anymore. Instead try to understand what are the things that they like to do, instead of always saying no, try to engage them and listen to their viewpoint.

From the 14-16 year old range, teenagers are very involved with their peers, their peers opinions WILL matter more than yours (parents) and it is normal. Before they hit this age, try to get to know their friends better. Invite the friends over so you can develop a relationship with them. Because their peers matter so much, showing that you care about their friends will show that you care about them too.

From 16 onward, teenagers are very ambitious and start to develop more adult-like responsibility. Support your child by encouraging them to make day-to-day decisions rather than planning out everything for them. If they are interested in pursuing a certain career, talk to them about it, discuss what colleges or programs they’re interested in rather than you must go to X school. Learn to develop a compromise rather than

saying no, you have to listen to me. In a few years they will be going to college and you can’t make decisions for them for their whole lives so start practicing with them while they are at home so you can support them through a safe learning process.

幼女佳伶

Internet: This was definitely one thing I struggled with during high school. Especially with the tech boom, introduction of Facebook, AIM, and video conferencing, my friends and I would constantly communicate from the moment school got out. I always headed back home after school and so I hardly had much time to hang out with my friends outside of school so I resorted to be in constant communication with them through text, AIM, and Facebook. It definitely helped that I went to such a high achieving school because even though I was spending most of my time chatting away, I was still motivated to get my work done.

Relationships: One of my non-negotiable from the very beginning is that my potential partner would love God more than he loved me. Hardly any of my school friends were Christian at the time and so I never took the step of starting a relationship with anyone in high school. In addition, all the guys that I knew in high school were going through so many changes during high school, that I felt like they needed to be more mature before entering any relationship.

Drugs: I was never curious with experimenting with drugs because I saw my friends who did do drugs and I didn't think that was a good way to spend my high school years.

Drinking: This was a personal conviction of mine that I definitely had more guidance for once I became a college student. Again I wasn't curious about my tolerance for alcohol and I didn't feel like I really needed to know, especially in high school. I thought as a Christian, one way we could honor God was to obey the laws that the government has put in place to protect its citizens. Therefore, the thought of drinking before my 21st birthday never crossed my mind. Once I turned 21, I was very conflicted as to where I stood with alcohol, so I asked my older friends where they stood in this matter. I think one explanation really stuck to me. This guy once told me that if you're not able to be a light while holding a drink in your hand, you should not drink. This made sense to me cause Satan uses different avenues to tempt us and for some people, that avenue maybe alcohol. In addition, I added that if the reason that you're drinking is to escape the world, then you also, should not be drinking.

There are definitely some things that will affect you more than others. I would probably advise you to ask yourself if what you want to do would be something you'd regret 10 years from now. Pertaining to relationships, I understand that it is hard to tell your parents just cause being in a relationship is seen as something that is definitely not allowed, especially in Asian households, but I feel like if you think your relationship could turn into something serious, start off the relationship right by involving your families. The following things that I wrote about above are definitely my own convictions, but I would highly encourage you to reflect by yourself and evaluate where you stand with the issues talked about above and stick with your convictions even when they are challenged.