



21st Century Families

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What's today about?

- Equipping
- Empowering
- Encouraging the church to...
- Engage



The Challenge

- How have families changed?
- What's the problem?
- What does this mean for young people?
- How can we practically offer support?



By train or by car?

We used to know where we were going and how we were going to get there.



- What's the problem?

- 70% of children rate their experience of parental separation as 'bad' or 'very bad'.

72% of children said they needed someone to talk to about their feelings.

Kids in the Middle Report 2008



- 10% of 5 - 16 year olds have clinically significant 'mental health' difficulties.

A Good Childhood Layard 2009



“Mental health is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community” .

World Health Organisation October 2011



Let me introduce you to John



“realizes his potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”.



What does this mean for young people?



Research

“Conflict between parents adversely influences children’s psychological development, social competence and academic achievement”.

(Cummings et al, 2000; Harold et al, 2004 cited in Tranter 2008)



Research

“Sustained parental conflict increases risk of anxiety and depression, aggression, hostility and anti-social behaviour”

Cummings and Davies 2002; Harold, Shelton, Goeke-Morey and Cummings 2004 cited in Trinder 2008



- What does this mean for John?



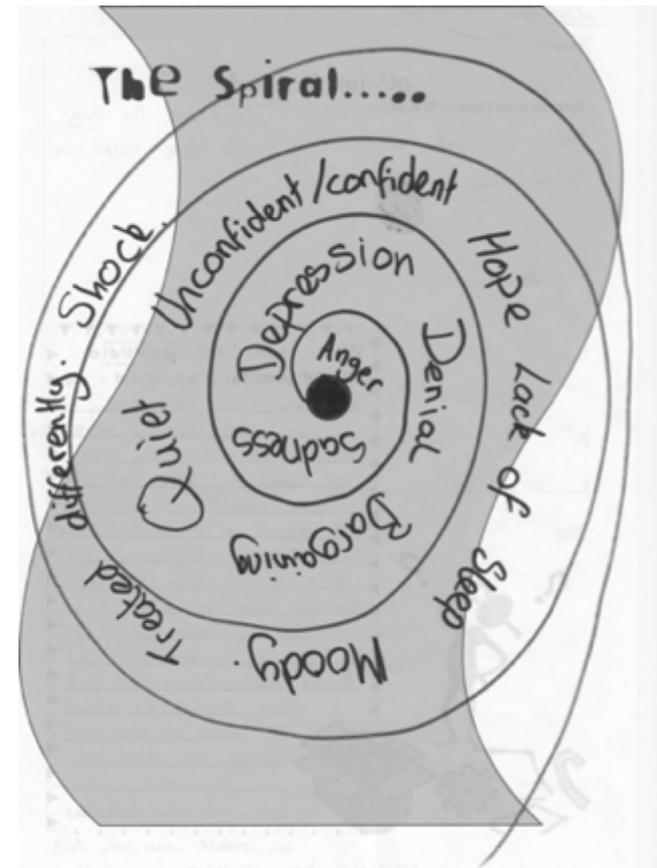
“My fault!”
“Relief”
“Live where?”
“Football kit washing”?



Upset tummy
Feel sick
Can't eat but
feel 'empty'
Tensed up



Emotions





Parents separating

- Arrangements for the children
- Money
- Emotional & physical availability
- Adjusting to change
- Loss
- Conflict and parental alliance



Let's throw in some normal teenage development too!





A time of significant change

PHysical

Academic

Social

Emotional

Sexual





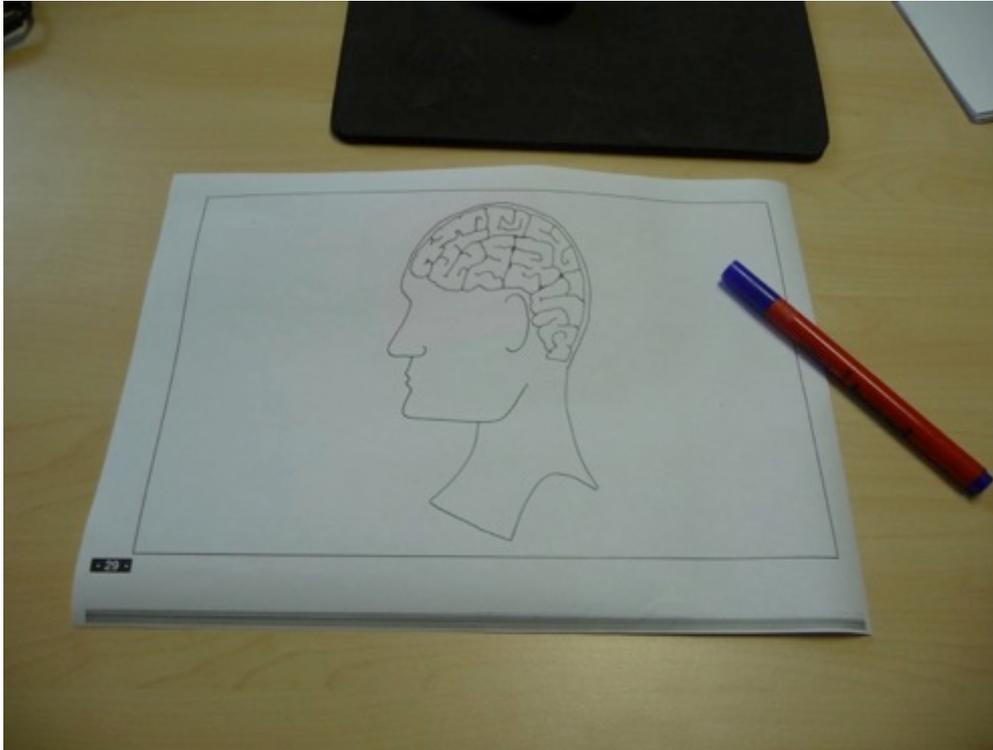
Resilience affects ability to cope

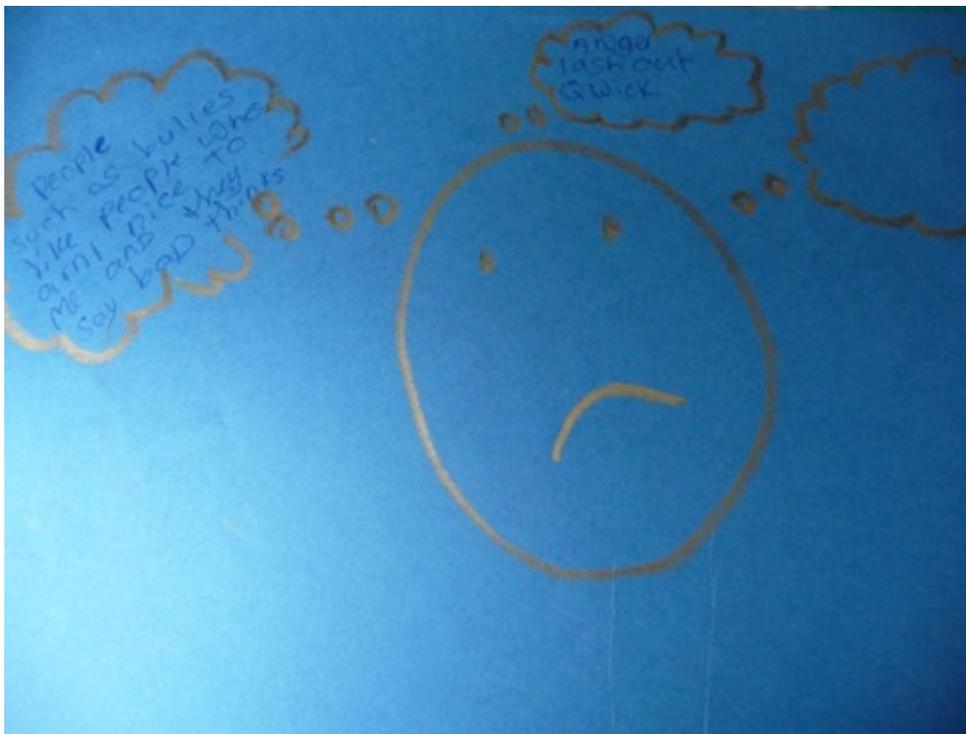
- I can...
- I have...
- I am...

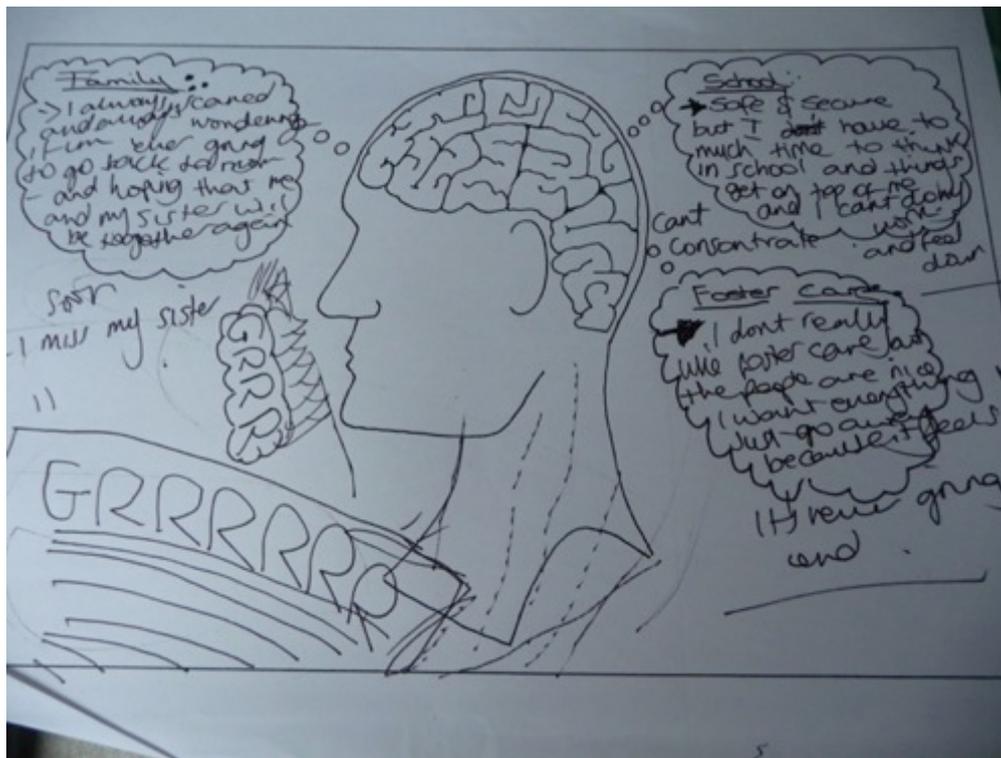




- How can we practically offer support?

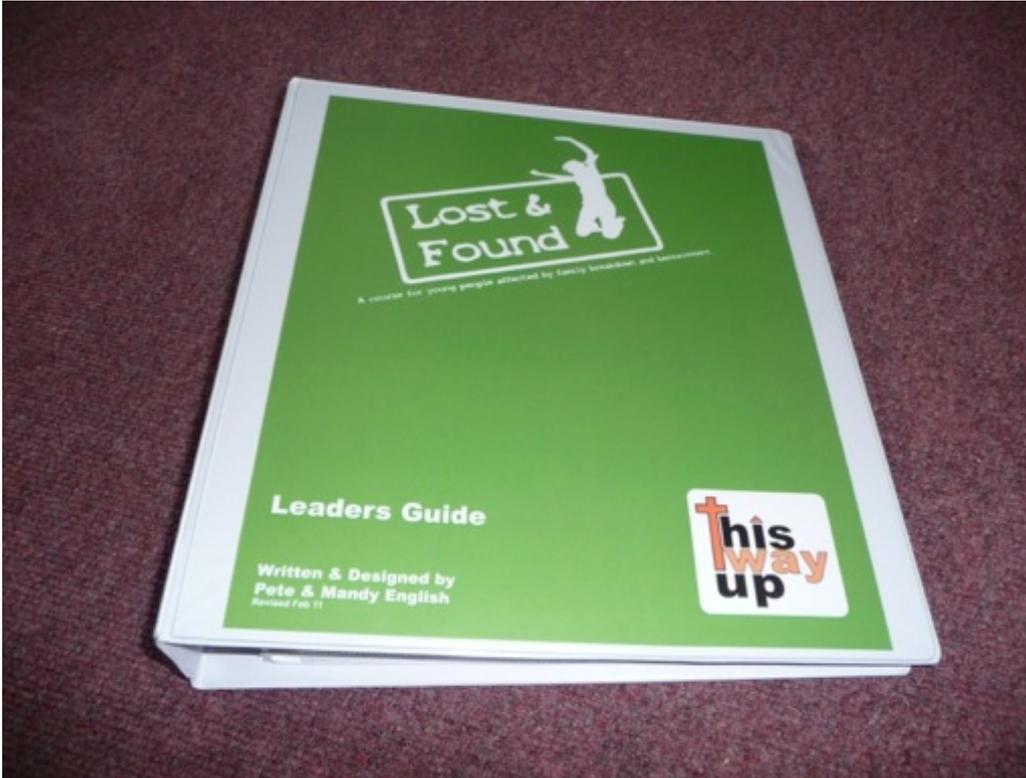


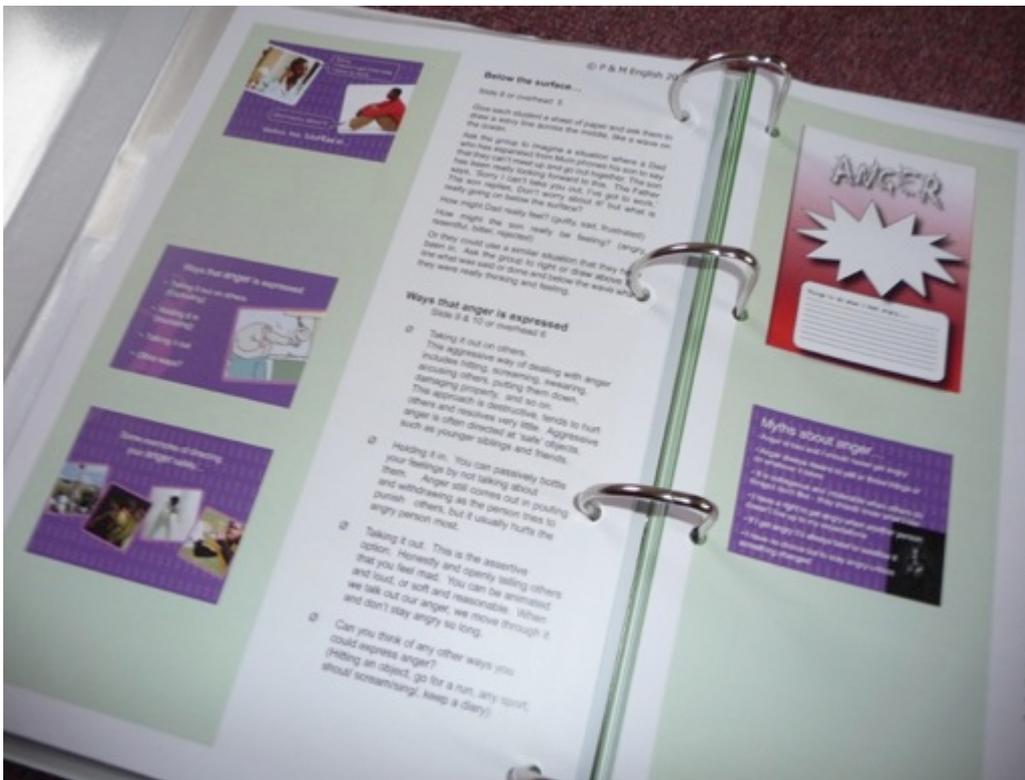




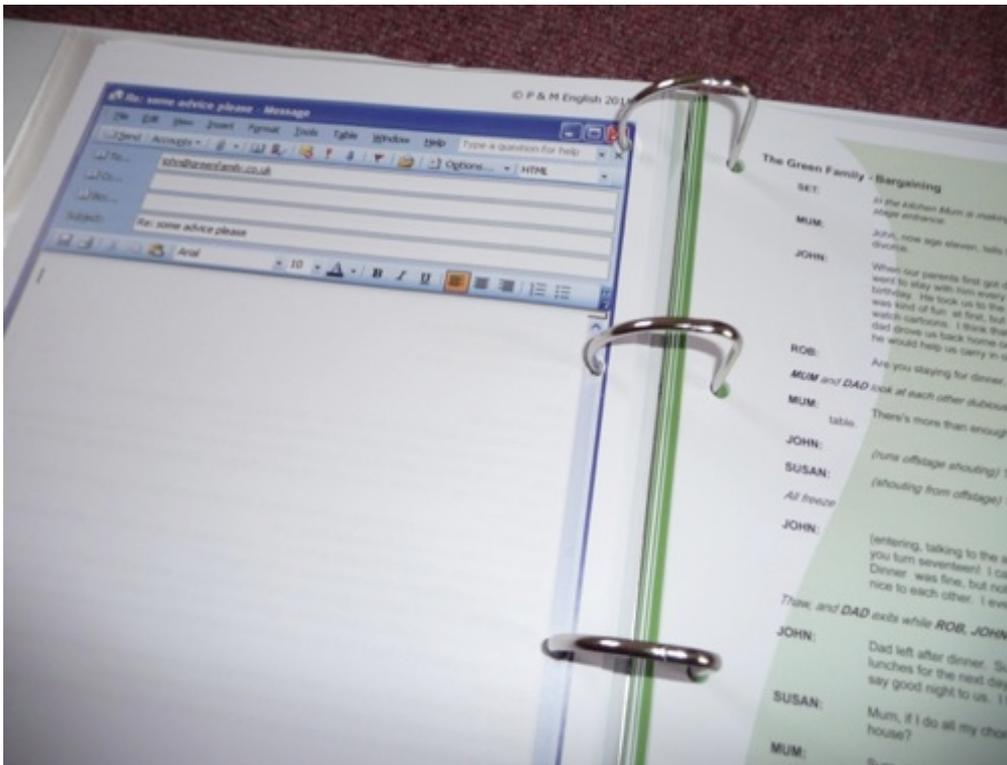


Lost & Found small groups





Anger



Bargaining



Swaziland





Changing lives





Get in touch...

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