The 7 A’s
Building Relationships That Transform

University of Montreal Study
“... 45% of Teens consider their parents . . . their sexual role models.”

Revealed that 32% of teens relied on the guidance of friends.
Only 15% cared about what celebrities thought

“Parents are the most important role models for teens.”
Jean-Yves Frappier
Professor of Pediatrics at the University of Montreal and President of Canadian Pediatric Society

Professor Frappier’s belief
“parents need to stay involved in their kid’s lives even if they perceive their teens would prefer they get lost.”

78% of mothers believe their kids looked to friends for guidance on sexual behavior.
Studies show that Teens who look to their parents for guidance on sexual health … fewer are sexually active.

Sexual activity of Teens who DO consider their parents as role models
- 17% boys
- 22% girls

Sexual activity of Teens who DO NOT consider their parents as role models
- 40% boys
- 39% girls

1/3 of teens have NO role models
These teens are more likely to be sexually active than those who look to their parents . . .

1/3 of teens have NO role models.
... But are less likely to be sexually active than those who do not see their parents as role models.

The Bottom Line
“The more sexuality is discussed... ... the less teens are sexually active.”
**Affirmation**

“For they are sad, share their sorrow.”
(Romans 12:15 NLT)

**Affirmation**

“Rejoice with those who rejoice, weep with those who weep.”
(Romans 12:15 ESV)

**Affirmation**

“When others are happy, be happy with them . . .”
(Romans 12:15 NLT)

**Acceptance**

“So accept each other just as Christ has accepted you; then God will be glorified.”
(Romans 15:7 NLT)
Appreciation

“Significance is the feeling or thought that you’ve ‘done’ or ‘said’ something worthwhile.”

Mark Twain

Appreciation

“And a voice from heaven said, ‘This is my beloved Son, and I am fully pleased with him.’”

(Matthew 3:17 NLT)

Appreciation

“The sweetest of all sounds is praise.”

Xenophon

Availability

Sense of importance
Availability

“Some parents brought their children to Jesus so he could lay His hands on them and pray for them. But the disciples scolded the parents for bothering Him.”

Availability

...But Jesus said, ‘Let the children come to me. Don’t stop them! For the Kingdom of Heaven belongs to such as these.” (Matthew 19:13-14 NLT)

Affection

Sense of lovability

“I command you to love each other in the same way that I love you.” (John 15:12 NLT)

Affection

1. Verbally express affection
2. Express appropriate physical affection

Approach their world

sense of relativity
Approach
their world
“Love does not demand its own way. Love is not irritable, and it keeps no record of when it has been wronged.”
(1 Corinthians 13:5 NLT)

Accountability
“Sense of Responsibility

Accountability
“Yes, each of us will have to give a personal account to God.”
(Romans 14:12 NLT)

3X More Drunk Teens
“The teens least prone to heavy drinking had parents who scored high on both accountability and warmth.”

3X More Drunk Teens
“New study shows that teens are likely to have non-drinking friends if their parents scored high on warmth and accountability.”

3X More Drunk Teens
“So-called ‘indulgent’ parents
– low on accountability & high on warmth
– nearly tripled the risk of their teens participating in heavy drinking.”
**3X More Drunk Teens**

‘Strict parents’

- high on accountability & low on warmth
- more than doubled their teen’s risk of heavy drinking.”

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“Without adult guidance, their natural desire for connectedness and an equally natural interest in sex will often lead to bad decisions.”

(Bush 89)

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“…parents who keep setting boundaries make a huge difference.”

Alannah Levine, PhD.
American Academy of Pediatrics

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“…kids whose parents set any time or content limits were plugged in for three hours less each day.”

Vicky Rideout
Researcher with Kaiser

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“Teen drivers whose parents set and enforced rules were...

more likely to wear seat belts...”

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And less likely to ...

- Speed
- get in crashes
- drink and drive
- use cell phones while driving.”

Pediatrics September 2009
“…the most effective parents were those researchers call ‘authoritative.’

They set firm rules but explain and enforce them in a warm, supportive way.”

“…Parents who set no rules fail to enforce them or rule with a ‘because I said so’ iron grip are less effective.”

“…a strong connection with parents and feeling connected and successful at school are the primary factors that….  

protect the 80%...of young teens who have not had sexual intercourse and who will delay first sex until much later.”

“…it is impossible for them to make fully mature judgment decisions until their mid-twenties, when their brains are finally mature.”

“Adolescent brains can be positively molded by structure, guidance, and discipline provided by caring parents and other adults.”
“…majority of teens who talked to their parents about sex rely on their parents rather than peers for information about sex.”

“Until an individual reaches his mid-twenties, he is not fully equipped to make the most mature behavioral decisions.”

“…studies clearly show that parental involvement has a definite impact on a young person’s behavior choices

“When the young person receives and wisely heeds this appropriate guidance, his or her brain is actually being…

“…molded to almost habitually make behavior decisions that will facilitate their dreams and desires.”

“…studies show parents who keep setting boundaries make a huge difference.”

American Academy of Pediatrics
“Teenagers enter unsafe situations not because they are drawn to dangerous or risky situations, but rather because they aren’t informed enough about the odds of the consequences of their actions.”

Agnieszka Tumula, Ph.D.
New York University

“Adolescent’s risk-taking behavior is driven by tolerance to ambiguity.”

U.S. National Academy of Sciences
August 28, 2012

“Parents do a lot more than make sure a child has food and shelter.”

“They play a critical role in brain development.”

More than a decade of research on children raised in institutions shows that “neglect is awful on the brain.”

Without someone who is a reliable source of attention, affection, and stimulation,”

“the wiring of the brain goes awry.”