

Biblical Example

The definition for drama is a situation or sequence of events that is highly emotional, tragic, or turbulent. Ok, I think that encompasses most of the teenage years! What part isn't emotional or turbulent or, in their eyes, even tragic? Just about everything is!

Drama in our teens lives can be a very real monster. If we aren't careful, we can react to it in a way that doesn't help our teenagers at all. Could this event be a way to teach our teenagers how to handle difficult situations in a wise manner? Could it be a way to show our teens that we trust them to make the tough decisions without getting involved?

One of the Biblical characters that I have the hardest time not setting on a pedestal is Mary, the mother of Jesus! How can I not characterize her as the most perfect mom ever? But that would be so unfair to her. She was just a person, and a very young woman when she started the journey of motherhood.

One of my biggest questions I have about her was how did she handle all of the drama that surrounded her son? Did she constantly defend Him? Did she teach Him how to handle conflict, or did she insert herself into everything until He was grown and gone? What kind of mother was Mary when it came to the drama in her Son's life?

Let drama be a tool that can draw you and your teen together because you are a team just like Mary and Jesus were. You may not always do it right, but God picked you to parent your teen just as He picked Mary to parent His son!

Source: ministrytoparents.com

Just Say NO to

Teen Drama



Teen Drama

We can't avoid dealing with the drama! It's very much a part of our teenager's daily lives. There are varying degrees of drama. You have the friend drama, boy/girl drama, school drama, weight drama, acne drama, hair drama... need I go on? You get the point. But then you have drama that really can affect your teenager in a drastic way, from the death of a friend, to abuse, to the breakup of a family. You see, the way they view drama is completely different than our perspective. And it's our job, as their parent, to help them learn how to view drama, how to handle drama, and even how to step away from drama when possible.

Our job is to teach our teens how to discern the truth of a matter. For them to learn that discernment, sometimes we have to let them handle it themselves, without our interference, which can be difficult. If we are always interfering, how will they ever learn to do it for themselves?

Between facebook, instagram, snap chat, and a ton of other social media sites, drama has taken center stage in our teens lives (as if they didn't already have enough!) And I'm not talking *West Side Story* or *Sound of Music*. I am talking serious teenage drama that is demeaning, discouraging, and even sometimes dangerous.

How do we, as parents, determine when to step in and get involved in the drama and also know when we should allow our teen to deal with it themselves? That's a really good question with lots of different answers.

Step Back or Step In?

Our default reaction when it comes to anything that appears to be a threat to our kids is to immediately jump into the situation and rectify it to our satisfaction. That's commonly known as the Momma Bear approach. But we must understand that we are no longer raising children, per say, but teaching young adults how to handle problems with good judgement and discernment. That seems like a tall order. It's kind of like allowing our teen to learn to swim in the deep end of the pool while we stand on the side ready to jump in if necessary.

Every argument with a best friend, every breakup with a boyfriend or girlfriend, every disagreement with a teacher does not always require you to get involved. And that's often really hard for us as parents to wrap our minds around. We want all to be well in our teen's world. And one of the hardest things to do is to watch our teenager strug-

gle with drama because it causes pain and insecurity. But if we never allow our teenager to struggle through to the other side, only to realize that they are capable of handling just a little bit of what life throws them, then we are robbing them of the understanding that they've got this. They are capable! What a boost to their self confidence this knowledge is to them.

Now, please understand there are absolutely instances when you as a parent need to jump into the drama with both feet! Bullying is not acceptable and our teens definitely don't need to feel as if they are fighting this fight alone! If the drama that your teen is facing causes them so much angst that it affects them physically or changes their personality, or they start isolating themselves, then please step in and let them know that you have their back!

The best way to determine how to handle drama with your teenager is to talk to them. Ask them if they want your help. Ask them if they need advice. Ask them if they just want you to step back and only be an encouragement to them. I know that this is a hard one. Ask any momma bear!