

Dear Parents,

This next month at Campus Life, we will be discussing what we believe to be very important topics for our middle school students to talk about. These topics are relevant in their every day, and one of our goals at Campus Life is to come alongside the home and build these students up to be successful adults. Below outlines a few of the topics we will be discussing and a quick summary of our take on them. We welcome any questions or conversations you might have, so please feel free to reach out to me with the contact information below.

Week 1: Pornography & Sexting

We speak out strongly against pornography and sexting. We will tell students these are wrong, but we mainly want our students to know that adults at Campus Life are available to them to talk about their struggles in these areas, and we will never judge them for what they've done but do our best to walk alongside them to change their future to be struggle free.

At Home Discussion Starters for Pornography & Sexting:

1. What are some of the apps that you hear of other people seeing porn or inappropriate images on?
2. Have you ever been scrolling on your device and accidentally seen pornography? How can you respond well in these moments when it happens again? (*Stress to your student that you're not just going to take away their device for this*)
3. Why do you think middle schoolers seek out porn so often?
4. What do you think might be some of the negative effects of porn?
5. Is there anything that you need from me or that I can do to help you in this area?

We recommend listening to *The Green Room Podcast Episode 9 "Is Porn Really That Bad" with Jamie Ivey*.

Week 2: Relationships

When it comes to dating relationships in Middle School, we believe it is not Campus Life's role to tell students to date or to not to date. We come alongside parents knowing that they are the best person to make this decision for their child. We feel that our role is to support students whether they date or don't and that we can help students to recognize positive characteristics of potential significant others and encourage them to make wise choices in their relationships.

At Home Discussion Starters for Relationships:

1. What do you think the point of dating is in middle school?
2. Why do you think that relationships are so important for middle schoolers?
3. What would the ideal middle school relationship look like?
4. What are you comfortable doing with the person you're dating in middle school?

5. What are some characteristics you want in the person you are going to date?
6. What are some of your characteristics that you think may make others want to date you? What are some things you need to work on to be the best version of you for others to date?

We recommend taking a look at *Global Youth Culture US Report 2021*
<https://onehope.net/wp-content/uploads/2020/09/US-GYC-Report-3.pdf>

Week 3: Screen Time

At Campus Life, we recognize the significant role that screens play in our students' lives. The average student spends 8 hours a day on screens whether for entertainment (social media, streaming shows, YouTube, etc.), communication (FaceTime) or even for schoolwork. We want students to understand that screens are not inherently bad. But what you use them for can really lead you down a bad path.

At Home Discussion Starters for Screen Time:

1. If you could choose just 3 apps to have on your phone so that you'd feel like you're not left out of things and that help you fit in with the rest of your friends, which three would you choose? Why are those three the most important?
2. What are some boundaries that we can together put up around screen time that would be helpful but not leave you feeling left out or behind?
3. What are some different ways you see the things that your friends watch, listen to or scroll affecting them?
4. Share a time when you said or did something that was influenced by something you watched, saw as you scrolled, listened to etc. Have there been things that you've done just because you saw or listened to something?
5. I know you talked a lot about input-output this week at Campus Life, what are some things that you could input more of in order to output the kind of person you want to be?

We recommend listening to *The Happy Hour Podcast Episode 340 with Tracy Foster*

Week 4:

We care deeply about each of our students and want the absolute best for them! We welcome hard conversations like we've been having and encourage you to have those conversations at home regularly, so they feel normal and not like you are prying for information.

At Home Discussion Starters for Self-Harm/Eating Disorders/Substance Abuse:

1. What is something you love about yourself?
2. Why do you think that middle schoolers deal with self-harm, eating disorders and substance abuse?

3. How do you deal with hard emotions like jealousy, sadness, anger, or anxiety?
What do you need from me during the times that you are?
4. Have you ever been tempted in the areas of self-harm, eating disorders, substance abuse? What was that experience like?
5. What are some of your boundaries around substance abuse - what do you think that middle schoolers can do without it being a big deal? How does that change as you go into high school?

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