

## HOW TO USE THE LIFE MAPS

Every phase is a timeframe in a kid's life when you can leverage distinct opportunities to influence their future. During each phase, there are critical conversations each child needs to have: Technological Responsibility, Sexual Integrity, Faith, and Health.

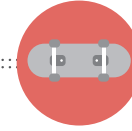
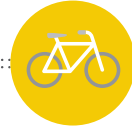
The Life Maps function as summary charts to inform parents and give an overall picture of the unique characteristics of each phase to help engage kids in these timely conversations. The maps help you see upcoming phases as well as phases they may have already traveled through.

The Life Maps are divided into sections by phase with specific strategies, questions, and words you can say to engage your kids in a meaningful, practical, age appropriate way.

The hope is that by identifying your child's developmental needs, you can parent with more intentionality and confidence.

# AUTHENTIC FAITH

Trusting Jesus in a way that transforms how I love God, myself, and the rest of the world



Incite  
**WONDER**



So they will . . .  
**KNOW GOD'S LOVE  
& MEET GOD'S FAMILY**

Provoke  
**DISCOVERY**



So they will . . .  
**TRUST GOD'S CHARACTER  
& EXPERIENCE GOD'S FAMILY**

Provoke  
**DISCOVERY**

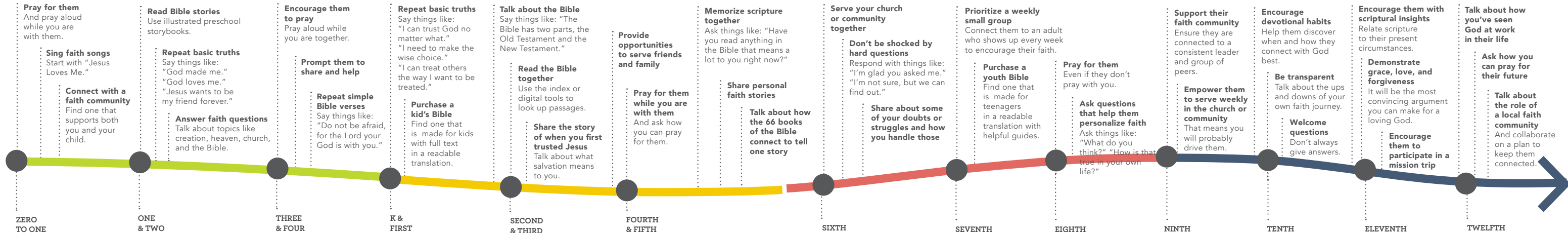


So they will . . .  
**OWN THEIR OWN FAITH  
& VALUE A FAITH COMMUNITY**

Fuel  
**PASSION**



So they will . . .  
**KEEP PURSUING AUTHENTIC FAITH  
& DISCOVER A PERSONAL MISSION**



**EMBRACE** their physical needs

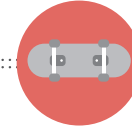
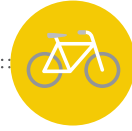
**ENGAGE** their interests

**AFFIRM** their personal journey

**MOBILIZE** their potential

# HEALTHY HABITS

Learning to strengthen my body through exercise, nutrition, and self-advocacy



## ESTABLISH basic nutrition

So they will . . .  
**HAVE CONSISTENT HEALTHCARE  
& EXPERIENCE A VARIETY OF FOOD**

## DEVELOP positive routines

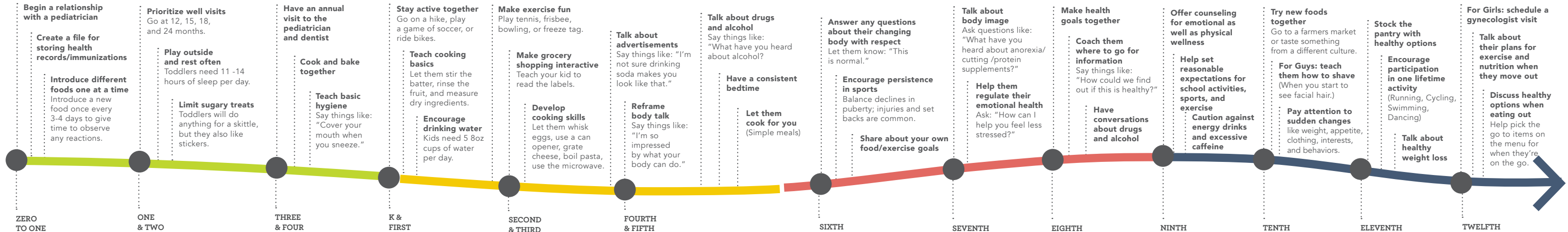
So they will . . .  
**ENJOY EATING WELL  
& EXERCISING OFTEN**

## REINFORCE healthy choices

So they will . . .  
**VALUE THEIR CHANGING BODY  
& MAINTAIN GOOD HYGIENE**

## ENCOURAGE a healthy lifestyle

So they will . . .  
**SHARPEN THEIR PERSONAL AWARENESS  
& BALANCE DIET AND EXERCISE**



**EMBRACE** their physical needs

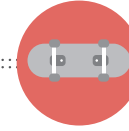
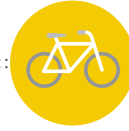
**ENGAGE** their interests

**AFFIRM** their personal journey

**MOBILIZE** their potential

# SEXUAL INTEGRITY

Guarding my potential for intimacy through appropriate boundaries and mutual respect



## INTRODUCE them to their body

So they will . . .  
**DISCOVER THEIR BODY & DEFINE PRIVACY**

## INFORM them about how things work

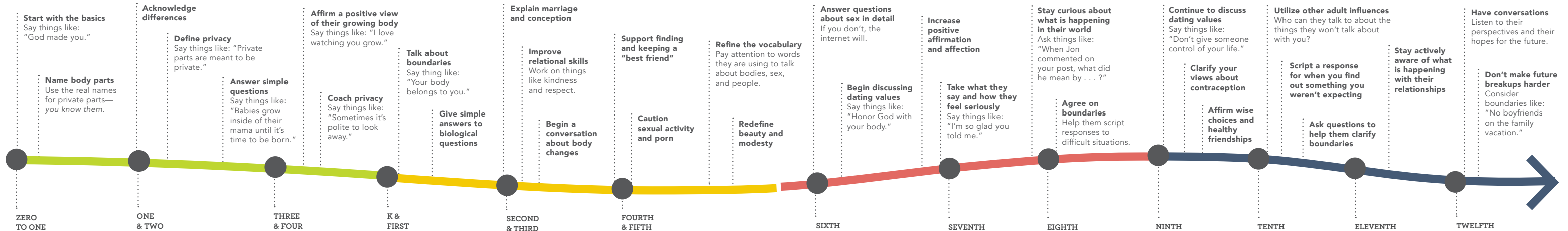
So they will . . .  
**UNDERSTAND BIOLOGY & BUILD SOCIAL SKILLS**

## INTERPRET what is changing

So they will . . .  
**RESPECT THEMSELVES & GROW IN CONFIDENCE**

## COACH them toward healthy relationships

So they will . . .  
**ESTABLISH PERSONAL BOUNDARIES & PRACTICE MUTUAL RESPECT**



**EMBRACE** their physical needs

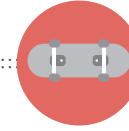
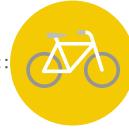
**ENGAGE** their interests

**AFFIRM** their personal journey

**MOBILIZE** their potential

# TECHNOLOGICAL RESPONSIBILITY

Leveraging the potential of online experiences to enhance my offline community and success



**ENJOY**  
the advantages



So they will . . .  
**EXPERIENCE BOUNDARIES  
& HAVE POSITIVE EXPOSURE**

**EXPLORE**  
the possibilities



So they will . . .  
**UNDERSTAND CORE VALUES  
& BUILD ONLINE SKILLS**

**COLLABORATE**  
a plan

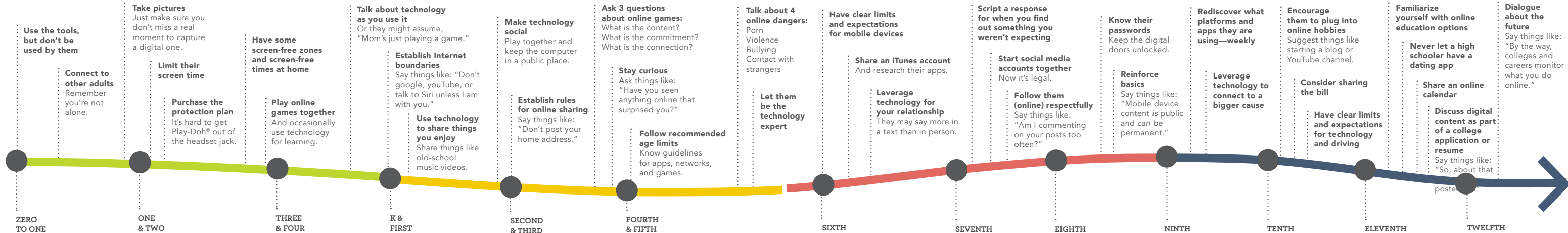


So they will . . .  
**RESPECT LIMITS  
& STRENGTHEN SOCIAL ABILITIES**

**EXPAND**  
their potential



So they will . . .  
**ESTABLISH PERSONAL BOUNDARIES  
& LEVERAGE ONLINE OPPORTUNITIES**



**EMBRACE** their physical needs

**ENGAGE** their interests

**AFFIRM** their personal journey

**MOBILIZE** their potential