



# TRENDING

## WEEK ONE

ROMANS 12:10

Honor others, and expect  
to be honored by others.



## REMEMBER THIS:

"Do to others as you would  
have them do to you"

LUKE 6:31, NIV



## THINK ABOUT THIS:

*Trending* is a series of standalone messages that covers relevant and important topics in the life of your middle schooler. In this week's *Trending* message, we'll be talking with students about consent. Though it may be a hot-topic in adult conversation, most middle schoolers don't think a lot about consent or permission in this phase because they often feel powerless to give it. They're still young, and because of that, most of their decisions are often made for them by the adults in their lives. That's why the goal of this week's message is two-fold: 1) To show middle schoolers that they do have the power to express consent, and 2) To open their eyes to what it means to honor one another.

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 DO THIS:

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### MORNING TIME

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Give your kid the power to give permission in your house for one day this week. For that day, your middle schooler is the boss—the one who gives the final “yes” or “no” on everything your family eats, watches, listens to, or does together while they’re in charge of the decisions (within reason, of course!).



### MEAL TIME

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Find a way to show your kid that they deserve honor, love, and respect this week simply because of who God says they are. Take a dry erase marker and write a few of the things you love about your kid and the way God made them on their mirror so that when they see it, they’ll be reminded of who God says they are.



### DRIVE TIME

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Finding a way to ask the right questions is essential to any conversation with a middle schooler. To make room for a conversation about consent, take time this week to simply ask your kid this question: “Did anything make you feel uncomfortable or weird today?” Their answers may be small or inconsequential, but you’re opening the door for them to have bigger conversations with you when the time comes.



### BED TIME

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Be quick to acknowledge your kid when they express a “yes” or “no” to you. Even if you as the parent have to override what they want in that moment, it’s important to acknowledge that you hear your kid, are glad they told you what they want, and that you want to encourage them to keep exercising and expressing their “yes” or “no” to you and others.

