



**Office of  
Youth &  
Young Adult  
Ministry**

The findings are clear: the religious lives of 13-25-year-olds are more complex than ever.

More important than checked boxes? Behaviors.  
More revealing than affiliations? Relationships.

To be an effective mentor in the life of a young person, a new framework is needed.

The State of Religion & Young People 2020:  
*Relational Authority presents the latest research on young peoples' inner and outer lives, as well as actionable insights and fresh frameworks that respond to the shifting social, religious, and cultural landscape.*

*Springtide Research*





**BABY BOOMERS**

1946 - 1964



**GEN X**

1965 - 1980



**MILLENNIALS**

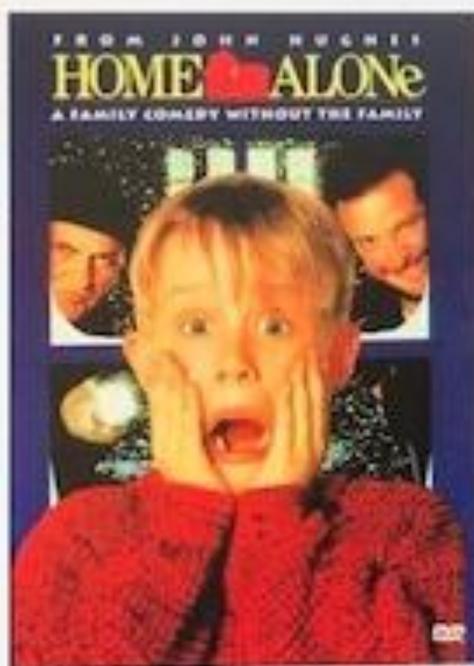
1981 - 1995



**GEN Z**

1996 - 2010

# Generations



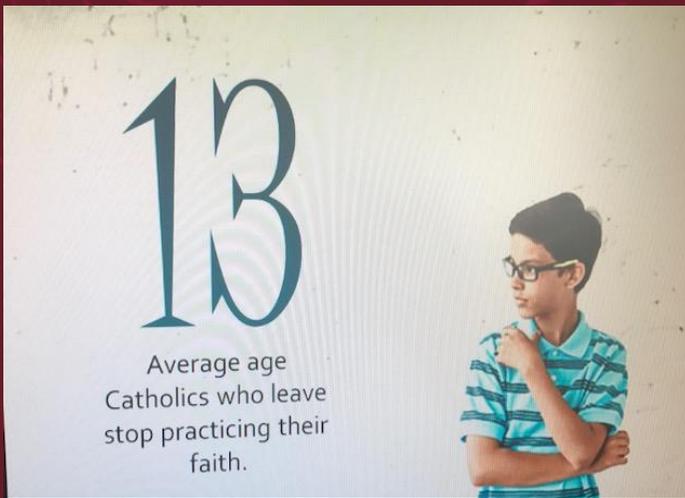
Gen X



Millennial



Gen Z



**80% of Catholics are no longer Catholic by the time they turn 23!**

**1 out of 4 practicing Young Catholics attend Mass regularly.**

**43% that identify themselves as Catholic, never attend Mass.**

**65% pf " Double Dippers" stop attending Mass within three months of enrolling in college.**

We have been asking the wrong question!

We ask what is wrong with our youth?  
Why are they leaving?

We need to look at our changing world. We cannot fix all of the institutional issues, but we need to respond to them.

Once upon a time, Self- Identity was tied to the dominant institutions in our culture: Church, School, Work, and Social Clubs. We aligned ourselves to these institutions and there was auto authority for people in power. ( The more you are aligned with one institutions, the less you are trusted.)

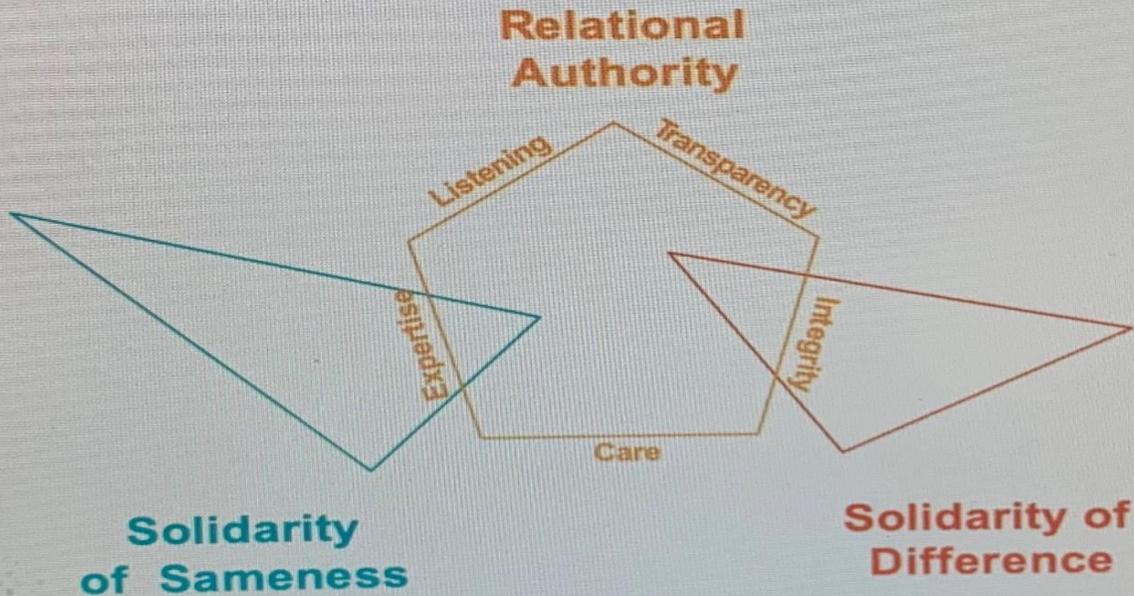
Today Younger folks do not trust institutions and do not value degrees and credentials. They have a broader influence- social networks, sports, video games, the global community.



## Affiliated but.....

- ❑ 52% Little or no trust in religion.
- ❑ 1/3 Do not think it is important to have faith.
- ❑ 1/5 Do not live beliefs.
- ❑ 20% Identify as not religious
- ❑ 33% Attend church once a year or less.

# A New Model for New Realities



## Listening

- Take the time to listen.
- Remember what they shared.
- Help them feel understood and take the time to let them know you care.

## Integrity

- Admit when you are wrong.
- Follow through with commitments.
- Be accountable.
- Be authentic.
- Admit what you don't know.

## Transparency

- Share things about your life.
- Show that you understand their lived experiences.

## Care

- Foster relationships

## Expertise

- Use your knowledge to help them.

# Domestic Church:

*The family that prays together, stays together!*



- You are the first church to your children!
- Invite your Pastor over for dinner/special celebrations
- PRAY ALWAYS...Children are our gift from GOD
- TEACH them about Eternal life with our Heavenly Father
- Live Catholic - set the example - participate/prepare for the Sacraments
- Go to Mass as a family EVERY weekend even when on vacation

# Lead by Example:

*Parents should model the love of Jesus*



- Live Catholic - set the example - participate/prepare for the Sacraments
- Get involved with your Church Community & Charities - This means You!
- Become active in the Church, i.e EMHC, Usher, Lector, etc...
- Have them join the Youth group, Altar Servers, VBS, Youth Volunteer, etc...
- Adoration its not just for Adults!
- Set boundaries with friends, movies, etc...Set a curfew "Nothing good happens after midnight"

# Communication / Social Media



- Eat Meals together (no cell phones at the table)
- LISTEN to them - but be their parent not their "friend"
- Monitor their Social Media but also trust them to make good decisions
- (Have them "friend" you/Pastor/Youth Leader/Trusted Adult)
- Limit cell phone use esp. at bedtime
- Know your child's circle of friends - are they supportive or are they destructive?

# Conclusion



- Children are a gift from God
- As parents, we are responsible and accountable to God for their growth
- We are not alone - Scriptures are our roadmap to follow
- We must set the example for our children to follow
- God always helps us despite the circumstances



# Additional Resources



## FAMILY MINISTRY RESOURCES

- Lauri Przybysz, D. Min, [www.familyministryresources.com](http://www.familyministryresources.com)



Here are some ideas to share with parents:

**Catholic Parenting 101:** Parenting tips from RCL Benziger and Dr. Tim Hogan.

<http://rclbenziger.com/tim-hogan/>

**RCL Benziger Family Life website.** Short and helpful parenting articles and videos.

[www.rclbfamilylife.com](http://www.rclbfamilylife.com) See sample downloads, videos This website supports the Family Life catechesis series for grades K-8.

**My Favorite Parenting Book:** *Raising Courageous Kids: Eight Steps to Practical Heroism*, by Charles A. Smith (Sorin Books, 2004). Teaching empathy and generosity.

**Service Project ideas for people with Kids:** <https://familyshare.com/19763/25-service-ideas-for-families-with-kids>

**100 Acts of Kindness:** <https://www.coffeecupsandcrayons.com/100-acts-kindness-kids/>

**Movie Reviews** for Families by Sr. Rose Pacette, <http://sisterrosemovies.com/>

# Additional Resources

**The Christian Family Movement** – Learn to observe situations that need God’s love, decide how to respond in a practical way, and plan with other families how to take action to make a difference. For a donation, families can belong to CFM and receive materials to discuss in small groups of parents, or to reflect on at home: [http://www.cfm.org/program\\_books](http://www.cfm.org/program_books)

**Catholic and Grandparenting: 5 Challenges and 5 Opportunities**, by Dr. Lauri Przybysz, ACTA Publications, 2017. [www.actapublications.com](http://www.actapublications.com) or on Amazon. Many grandparents are parenting again and are asking for support and encouragement.

Loyola Press website. “**Family, Faith, Fun**” <https://www.loyolapress.com/our-catholic-faith/family/family-faith-and-fun>

I also recommend the Loyola Press website **3-minute retreat** for busy parents. <http://www.loyolapress.com/3-minute-retreats-daily-online-prayer.htm>. I use it.

Wise guidance from Liguori Publications <http://www.liguori.org/> :

- *Manage the Mess of Family Stress: Gospel solutions for Everyday Life*, Richard C. Brown
- *Help Your Child Make Friends and Be a Friend: Nurturing Lifetime Relationships*, Richard C. Brown

**Family Faith Inventory** – Invite parents to self-assess their strengths and areas for growth with this tool. Also, Family Faith Resource Booklet , developed through the Strong Catholic Families initiative for families to use to determine how they wish to grow in faith as a domestic church.

# A Parent's Prayer



Loving God,

You are the giver of all we possess, the source of all of our blessings.

We thank and praise you. Thank you for the gift of our children.

Help us to set boundaries for them, and yet encourage them to explore.

Give us the strength and courage to treat each day as a fresh start.

May our children come to know you, the one true God, and Jesus Christ, whom you have sent. May your Holy Spirit help them to grow

in faith, hope, and love, so they may know peace, truth, and goodness.

May their ears hear your voice. May their eyes see your presence in all things.

May their lips proclaim your word. May their hearts be your dwelling place. May their hands do works of charity.

May their feet walk in the way of Jesus Christ, your Son and our Lord.

Amen.