



The Conversation Stage

The **Conversation Stage** of the Rooted Families journey begins at puberty and continues through early high school—a season marked by rapid physical, emotional, and spiritual change. During this time, one of the most meaningful ways you can support your child is by engaging in regular, intentional conversations. These moments of connection help your child process who he or she is becoming and develop confidence through self-expression.

Walking through adolescence means navigating both open dialogue and moments of silence. In a world becoming more dominated by screen time, face-to-face conversations help teens build trust, confidence, and clarity. Even when they resist, your consistent presence shapes them more than you may realize.

“No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you.”

John 15:15

Tips for Caregivers

- Create intentional opportunities for face-to-face interactions, even in small, everyday moments like during mealtimes, errands, or car rides.
- Be patient with awkward pauses or hesitant responses—these are natural parts of learning how to communicate well.
- Model good listening by giving your full attention, maintaining eye contact, and responding with empathy and understanding.
- Encourage your teen to seek mentors who demonstrate Christlike character and can offer wisdom and accountability outside the home.
- Look for progress to celebrate, no matter how small, and remind your teen that communication takes courage and grows stronger with practice.

Growth Model



Plant

Many teens often resist face-to-face conversations, preferring digital communication or keeping to themselves.



Root

Teens begin to feel valued and supported by people inside and outside of their family who listen and care.



Growth

Teens start to become more comfortable with in-person interactions, showing greater confidence and openness.



Fruit

Teens initiate meaningful, face-to-face conversations and build relationships rooted in trust and understanding.

Activity: Face-to-Face Conversations

STEP 1 (The Why)

In a world shaped by digital communication, face-to-face conversations are more valuable than ever. These in-person moments help build trust, emotional intelligence, and genuine connection. Through tone, body language, and empathy, teens learn to understand others and express themselves authentically. Practicing real conversations—whether with family, teachers, or mentors—helps them gain confidence, form deeper relationships, and counter the disconnection that often comes from screen-based communication.

STEP 2 (Activity Directions)

- 1 **Practice Everyday Conversations** – Encourage your teen to look for small, natural opportunities to talk face-to-face. These moments don't need to be formal or forced—just consistent.
 - Greet someone at church or in the community.
 - Order a meal at a restaurant.
 - Introduce a friend to a family member.
 - Thank a teacher or mentor in person.

Each small interaction helps build confidence and communication skills that will last a lifetime.

- 2 **Mentorship: A Natural Next Step** – Invite your teen to prayerfully consider finding a mentor—someone older and trusted who models Christlike faith and character.

Steps for Teens:

- 1 **Think it Through** – Who do you admire outside your family?
 - **What Makes a Good Mentor:**
 - This person is respected by others and lives out his or her faith.
 - This person listens well and asks thoughtful questions.
 - This person is willing to invest consistent time and care.
- 2 **Pray With a Caregiver** – Ask God for guidance and discernment.
- 3 **Reach Out** – Start with one conversation and see how it goes.
- 4 **Be Flexible** – Mentoring relationships can last for a season or many years.

Encouragement

Face-to-face conversations and mentoring relationships don't just improve communication skills—they help shape your teen's faith, empathy, and wisdom. Keep showing up, encourage mentors to step in, and trust that God is using these meaningful connections to prepare your adolescent for the road ahead.