

Helping **parents** understand **teenagers** and their world

Parents: Overfeed Your Kids

YOUTH CULTURE HOT QUOTE

“There comes a time when every athlete needs to realize that health is a priority, and a future with their family is most important. That time, for me, is now. After several concussions, the doctors strongly recommend that I stop playing the game that I love. And for the first time in my life, I’m going to listen.”

Andrew Shaw, 29-year-old NHL player of the Chicago Blackhawks, announcing his retirement largely due to sustaining multiple concussions, via Instagram post, April 26, 2021.



Up until last month, I had never heard of a bird called the Bar-Tailed Godwit. But when I heard ornithologist Scott Weidensaul describe the “normal” life of this migratory shorebird, I couldn’t stop thinking about them. They are not only awe-inspiring, but they are also great teachers of spiritual truth.

Weighing a mere 10 ounces, the Bar-Tailed Godwit is a truly amazing bird. Even though they nest in Western Alaska, they engage in an annual migration cycle that has them flying. . . fasten your seat-belt . . . over 18,000 miles a year! Multiply that by the 25 to 30 years of their normal life-span, and you, like me, will be left scratching your head. . . especially when you realize that the total distance is *more* than to the moon and back. Here’s what’s even more astounding: one leg of their migratory journey, from Alaska to New Zealand, requires them to fly non-stop for eight to nine days over 7,200 miles of the Pacific Ocean! There’s no eating, drinking, landing, or stopping. It’s truly non-stop! And during the marathon journey, their bodies function at the same metabolic rate as a human running endless 4-minute miles.

So how do they do it? It seems that God has created these birds with some amazing patterns, habits, and mechanisms that allow them to go on this journey from start to finish, all the while navigating the extreme stress and conditions that lie in-between. The secret is their preparation *before* they take to the air. A few weeks before the migration begins, the Bar-Tailed Godwit starts feeding manically on worms and other invertebrates. They more than double their weight over the course of two weeks to the point where they jiggle when they walk. Their digestive organs – which they won’t need to use during their 7,200 mile journey - shrink and atrophy. At the same time, their hearts, lungs, and muscles they use for flapping double in size and capacity. Finally, there’s another fact that should leave you shouting “Glory to God!”

WALT MUELLER, CPYU President



Scientists have discovered that they have no problem with sleep deprivation. They engage in “unihemispheric sleep” as the brain’s hemispheres alternate back-and-forth for one or two seconds at a time, each one taking thousands of short micro-naps while the other side is awake.

As I pondered the life of the Bar-Tailed Godwit, just one of the 9,000 species of birds God made, I couldn’t help but think about Jesus and His words in the Sermon on the Mount: “Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?” (Matthew 6:27). While Jesus was talking to his hearers about God’s faithful physical provisions for life, we can’t help but think about the spiritual feast that He lays out for us in His written Word, The Bible.

Most parents share a concern for balanced nutrition as it fosters healthy physical growth and development. I’ve come to realize that we need to be even more concerned about feeding the hearts, minds, and souls of our children and teens with the truths of God’s Word. You see, the older we get the more we can identify with the difficult portions of our life journey that would and could do us in if we haven’t taken the time to consistently feed manically on God’s Word as preparation that will serve us well *before* we “take to the air.”

In his letter to the Romans, the Apostle Paul wrote these words: “For whatever was written in the former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope” (Romans 15:4). Over-feeding and storing up God’s Word is necessary for both ourselves and our kids. The reality is, God has given us His Word as a great gift to feast upon. And, none of us can ever eat too much! ✨

TIME100
Next

in the Artists category

Time

The Time 100 Next list highlights 100 emerging leaders who are shaping the future, listed in no particular order



Dua Lipa

Phoebe Bridgers

Amber Ruffin

Florence Pugh

John David Washington

Chloe x Halle

Hunter Schafer

Salmon Toor

Anitta

LaKeith Stanfield

Luke Combs

Amoako Bofo

Misha Green

Shira Haas

Lil Baby

John Wilson

Ana de Armas

Jon Henry



QUICK STATS

Researchers estimate that a ban on tanning bed use in minors ages 14 to 17 would prevent 15,101 cases of melanoma and over 3,000 repeat cases.
(Cancer)

A year after first trying cannabis, almost 10.7% of adolescents age 12 to 17 met the criteria of addiction. Those in the same age group who tried prescription opioids had a similar addiction rate of 11.2%.
(JAMA Pediatrics)

FROM THE NEWS:

PARENTS AND COVID MENTAL HEALTH

Researchers are compiling data on the effect the pandemic has had on the health of parents and children. A new report from the American Psychological Association reveals the toll that the pandemic has taken on the physical and mental health of parents who have children under the age of eighteen living at home. If this is your situation, you know that the last year has been filled with challenging parenting hurdles and tasks that none of us had ever encountered before. It's not surprising that the stress has led to parents being more likely than non-parents to be diagnosed with a mental health disorder during the pandemic. Sleep and exercise habits have changed. Anxiety is on the rise. People are choosing to drink. Parents report significant weight gain. Today, we want to remind you to avoid allowing the stress of these times to take you out of spending daily times of perspective-correcting refreshment in God's Word, and in prayer. God will be with you always!

TRENDS:

MR. POTATO HEAD AND CULTURE

What was the first toy ever advertised on television? It was Hasbro's Mr. Potato Head and that commercial debuted way back in 1952. A lot has changed in our culture since then.

And in an effort to keep up with our culture's increased value on diversity and inclusion, the brand recently announced that the designation "Mister" is being dropped from the brand's name. Hasbro says this is being done so that all people would feel welcome in the Potato head world. While Mr. and Mrs. Potato Head will still be sold, the company is displaying the titles less prominently on the packaging. The company will also debut a new Potato family pack that comes with two large bodies, one small body and forty-two accessories. Kids will be able to create their own types of potato families, including those with two moms or two dads. While it's not popular these days to say that God's good design for marriage

is between one man and one woman, we must be actively pointing our kids to God's design.



LATEST RESEARCH:

DATING VIOLENCE

This month, we're writing to you about a subject that we sincerely wish we didn't have to address, but we must. The issue is teen dating violence. The CDC reports that dating violence is a widespread issue with serious long and short term effects. Approximately one-

third of high school students report being hit, slapped, verbally abused, or physically hurt on purpose by a boyfriend or girlfriend in the last twelve months. However, many teens are afraid to report victimization to family and friends. Dating violence can be physical, emotional, or sexual in nature, with social media feeding the opportunity to stalk and harass. Parents, this is a topic we need to broach with our kids as they grow up and move through adolescence. By modeling a marriage filled with God-honoring mutual respect we can set the bar for the standards our kids will live out and embrace as

they grow up. Teach them that a relationship is not about what one will get, but about the self-sacrificing love one endeavors to give.

CPYU'S
**DIGITAL
KIDS
INITIATIVE****Online
Predators
and Kids**

by Walt Mueller



The popular social media platform Instagram recently instituted new safety policies designed to protect kids. The app is no longer allowing adults to direct message teenagers who don't follow them, a step taken to protect kids from online predators. In addition, if a young user direct messages an adult who has been flagged for exhibiting potentially suspicious behavior, the app issues a safety prompt to the young user warning them about making the connection. The user is offered options to restrict, report, or block the messenger.

Suspicious adults will be flagged as those making a large amount of friend or message requests to people under the age of eighteen. But since the app requires that users are ages thirteen and up, it's very easy for kids to lie and set up an account before they are thirteen. The company is working to remedy this. Parents, these steps are helpful, but nothing counts more than your efforts to train and monitor your kids into safe and God-glorifying online habits.

New Podcast

Youth Culture Matters is a long-format podcast from CPYU co-hosted by Walt Mueller and Jason Soucinek.



Listen at
www.cpyu.org/podcast.

Be sure to check out Episode 128 titled "What Should We Know About Artificial Intelligence" with Jason Thacker

FROM THE WORD

The late theologian J.I. Packer asked this question: "How may we get the most from the Bible?" The answer, Packer says, is to value the Bible properly. But how do we do that? Packer says that when you read the Bible you will find that the Psalmist, the prophets, and the apostles all testify that each of us needs the Bible to serve us three ways.

First, the Bible serves as a kind of bright flashlight. As we navigate the difficulties of living in our dark and broken world we need illumination so that we might see clearly in the midst of the darkness. Without it, we will not find our way. The Psalmist tells us that God's Word is a lamp to our feet and a light to our path (Psalm 119:105).

Second, the Bible serves as the spiritual food that we need in order to grow. Peter tells us that the Word of God is the "pure spiritual milk" that we need to help us grow up into salvation (1 Peter 2:2). We all know that good food nourishes our bodies. Without it we would waste away. In the same way, if we neglect feasting on the Bible, our souls will be malnourished and will eventually wither and die.

Finally, the Bible serves as a sword for the spiritual battle we find ourselves in each and every day. Sometimes we forget that as God's people, we are engaged in a war with God's great enemy, Satan, who wants to see God's Kingdom shattered with our bodies strewn all over the battlefield. Satan is the wrecker of this world. Our weapon, as Paul says, is "the sword of the Spirit, which is the Word of God" (Ephesians 6:17).

"FOR WHATEVER WAS WRITTEN IN THE FORMER DAYS WAS WRITTEN FOR OUR INSTRUCTION, THAT THROUGH ENDURANCE AND THROUGH THE ENCOURAGEMENT OF THE SCRIPTURES WE MIGHT HAVE HOPE."
ROMANS 15:4

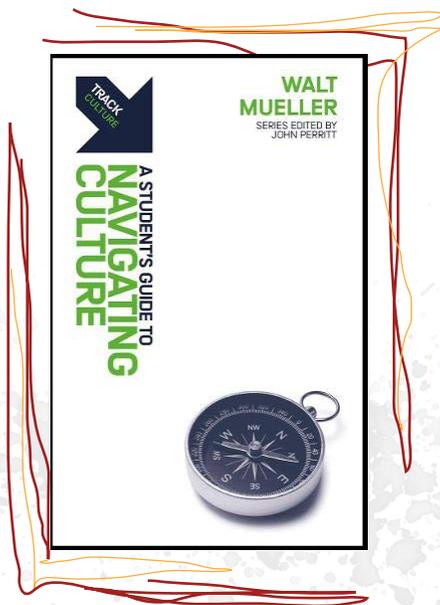
HELPFUL RESOURCE ←

A practical guide to living in and engaging with culture, while living for God.

We all belong to a culture. From the shows we watch to the language we use to the food we eat; culture shapes the way we look at the world, the way we act, the way we think. It affects so much of our lives, and yet we are rarely aware of it. If we are not careful, it can push us away from God's good desires for who we are and how we live in our world.

This short, helpful book from the Track series encourages young adults to think about what it means to live in the culture but to follow God's ways rather than the ways of the world.

In *A Student's Guide to Navigating Culture*, CPYU President Walt Mueller begins by explaining what culture is, how it affects the way we see the world, and how we can be aware of the differences between what God teaches in His Word and what our culture says is true. He then covers a couple of big issues that young people face where there is a stark difference between biblical truth and wisdom, and the way our friends might see things.



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PHONE: (717) 361-8429 EMAIL: CPYU@CPYU.ORG
PO BOX 414, ELIZABETHTOWN, PA 17022 | WWW.CPYU.ORG