

PRESS RELEASE

GROWING WITH

*Every Parent's Guide to Helping Teenagers and Young Adults
Thrive in their Faith, Family, and Future*

KARA POWELL & STEVEN ARGUE

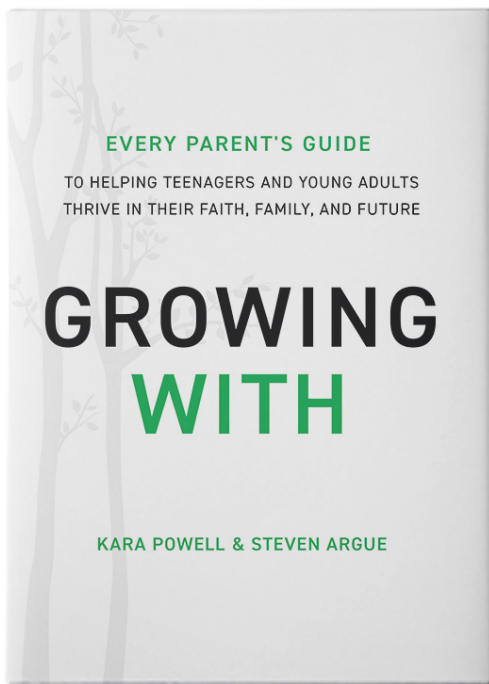


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GROWING WITH

*Parenting that Transforms Both Young People and Parents
Helping Teenagers and Young Adults Thrive in their
Faith, Family, and Future*

Landmark Book From the Fuller Youth Institute
and Drs. Kara Powell & Steven Argue



Grand Rapids, MI – (October 1, 2018) Parenting teens and young adults can feel both complicated and futile. Yet the experts at Fuller Seminary's Fuller Youth Institute believe they have unlocked some of the mysteries of parenting this often maligned and overwhelmed segment of families. Building on 10,000 hours of research, over 1,300 interviews and focus groups, and decades of world-class scholarship from the Fuller Youth Institute, co-authors Kara Powell and Steven Argue tackle the ever-evolving challenges and the unique opportunities parents of 13-to 29-year-olds face in their landmark book, ***Growing With: Every Parent's Guide to Helping Teenagers and Young Adults Thrive in their Faith, Family, and Future*** (Baker Books, March 5, 2019).

According to Powell and Argue, "When it comes to relationship with God, us, and our world, it's never too early or too late to fight *for* your child, not against them." By combining their research-based savvy

with their own parenting highs and lows, the authors propose a new parenting posture: "We as parents need to take steps toward our teenagers and young adults in a mutual journey of intentional growth that trusts God to transform us all."

Some of the critical benefits this ***Growing With*** posture offers to parents include:

- Valuing relationship and responsiveness over tasks and techniques.
- Accepting the kid you have, not the kid you wish you had.
- Catching your kid doing things right, rather than only naming the things they do wrong.
- Paying attention to your teen or young adult without obsessively trying to control them.
- Nurturing your teenager and young adult to grow in God's image, not your own.

In ***Growing With***, Powell and Argue empower parents with three new strategies to help their young people have better connections with their family, faith, and world. These three breakthrough concepts, completely unique to ***Growing With***, are applicable to every family:

- "Withing," which enables young people to thrive in their family;
- "Faithing," the key to empowering teenagers and young adults to grow in their relationship with God and the church; and
- "Adulting," which equips young people with the agency they need to thrive in their future friendships and vocations.

Powell and Argue are fellow parents, trying to navigate parenting their own young adult and teen children. "If you're like us, your antenna is perpetually searching for useful resources and strategic insights that help us keep up and parent just a little bit better," write the authors. "But all the effort we pour into parenting leaves us emotionally drained, exposes our (sometimes) thin skin, and exasperates any relational raw nerves in our families. We can empathize with your dreams and your fatigue. We hope this book encourages you to keep at the great parenting you are already doing. We trust it inspires you to see your growing kids through fresh perspectives that motivate you to risk trying new parenting approaches. And we hope that this conversation not only changes your parenting, but also changes you. In fact, it must."

Growing With launches with a national publicity and marketing campaign, including a branded book site, www.GrowingWithBook.com. Interested readers can sign up there to receive exclusive book release information, free content, and future parenting resources. Powell and Argue will be available for media interviews for key radio, podcasts and print outlets.

Kara Powell is the executive director of the Fuller Youth Institute (FYI) and a faculty member at Fuller Theological Seminary (see fulleryouthinstitute.org). Named by *Christianity Today* as one of "50 Women to Watch," Kara serves as a youth and family strategist for Orange, and also speaks regularly at parenting and leadership conferences. Kara is the author or coauthor of a number of books, including *Growing Young*, *The Sticky Faith Guide for Your Family*, *Sticky Faith Curriculum*, *Can I Ask That?*, *Deep Justice Journeys*, *Essential Leadership*, *Deep Justice in a Broken World*, *Deep Ministry in a Shallow World*, and the *Good Sex Youth Ministry Curriculum*. She and her husband, Dave, are regularly inspired by all the learning and laughter that comes from growing with their three teenage and young adult children.

Steven Argue is associate professor of youth, family, and culture at Fuller Theological Seminary and applied research strategist at the Fuller Youth Institute. He also serves on the board for the Association of Youth Ministry Educators. Steve researches, speaks, and writes regularly on topics surrounding adolescence, emerging adulthood, faith, and spiritual struggle. He and his wife, Jen, love being the parents of three emerging adult daughters.

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***Growing With
Every Parent's Guide to Helping Teenagers and Young Adults Thrive in their Faith, Family, and Future***
By Kara Powell and Steven Argue

www.GrowingWithBook.com

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KARA POWELL AND STEVEN ARGUE, CO-AUTHORS

Growing With: Every Parent's Guide to Helping Teenagers and Young Adults Thrive in Their Faith, Family, and Future

Baker Books, March 2019 | growingwithbook.com

STEVEN ARGUE

Dr. Steve Argue is an Applied Research Strategist at the Fuller Youth Institute (FYI) and a faculty member at Fuller Seminary where he teaches in the Youth, Family, and Culture program. He directs FYI's cohort coaches and serves on FYI's Advisory Council. He is also co-leading research projects on ministry innovation and spiritual formation for adolescents and emerging adults.

Steve served as a pastor and Theologian-In-Residence at Mars Hill Bible Church in Grand Rapids, MI. He researches, speaks, and writes on topics surrounding adolescence, emerging adulthood, spiritual development, and spiritual struggle. Invested in youth ministry conversation for more than 20 years, Steve has put his training into practice raising three daughters with his wife Jen. You will find him training for marathons, tweeting #RunningThoughts, and eating vegetarian in Southern California.

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KARA POWELL

Dr. Kara Powell is the Executive Director of the Fuller Youth Institute (FYI) and a faculty member at Fuller Theological Seminary. Named by *Christianity Today* as one of "50 Women You Should Know," Kara serves as a Youth and Family Strategist for Orange, and also speaks regularly at parenting and leadership conferences.

Kara is the author or coauthor of a number of books, including the award-winning book *Growing Young*, *The Sticky Faith Guide for Your Family*, *Sticky Faith Curriculum*, *Can I Ask That?*, *Deep Justice Journeys*, *Deep Justice in a Broken World*, *Deep Ministry in a Shallow World*, and *The Good Sex Youth Ministry Curriculum*. She and her husband Dave are regularly inspired by all the learning and laughter that comes from growing with their three teenage and young adult children.

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Q&A WITH KARA POWELL & STEVEN ARGUE

*Authors of **Growing With***

Q: What led you two to write a new book for parents of teenagers and young adults?

A: We have found that parents of teenagers and young adults experience a tremendous fear of growing apart from their kids as they're growing up. On one hand, some separation is both natural and developmentally appropriate as our maturing kids are becoming more independent. Yet as kids grow older, parenting doesn't end; it just evolves. Teenagers and young adults want access to their parents in new ways, which requires parents to recognize that their kids are growing while simultaneously remaining committed to growing themselves. This is why out of both our research and our own experience as parents, we invite parents to "grow with" their kids.

Q: What does the Growing With parenting vision promise?

A: While we recognize that every parent-child relationship is different, we want to communicate 1) that there is always hope that your relationship with your kid can get better; 2) that parenting is not only about seeking the best for our kids but also becoming the best version of ourselves; and 3) that parents like you can move past guesswork thanks to the help of research-based insights and ideas. Ultimately, we define *Growing With* parenting as a mutual journey of intentional growth for both ourselves and our children that trusts God to transform us all.

Q: What are the sources of angst that parents of teenagers and young adults feel today?

A: It's not that hard for us to describe parental angst because we confront it every day in our own families. As parents of young people, we know the feelings of peer pressure that emerge as parents watch their kids compete for coveted slots on the court, in the classroom, in the concert hall, and eventually maybe on the college campus and career ladder. We have wrestled with the tension of pushing our kids too hard while preparing them for a competitive world. We have encountered the excitement and lament of navigating a world that fails to see what we see in our kids while still demanding so much from them. We have aspired to raise strong and compassionate girls and boys in the midst of the plethora of voices that caution us not to make them too masculine or feminine. We are convinced that most parents share similar experiences. Together, we parents can encourage each other to keep learning about our kids to better love and support them, and keep growing ourselves.

Q: Is adolescence and young adulthood today really that different than when we grew up?

A: Teenagers today in the US face life choices that many of us didn't experience until our mid-twenties. Often in our formal and informal discussions with youth pastors and parents, we ask them to name the biggest struggle of teenagers. Their number one response? Busyness. By far. In one study, 13- to 17-year-olds were more likely to report feeling "extreme stress" than adults. Even more appalling is the gap between teenagers' anxiety and parents' recognition of their kids' stress. Approximately 20 percent of teenagers confess that they worry "a great deal" about current and future life events. But only 8 percent of the parents of these same teenagers are aware that their child is experiencing such stress. Because young people face so much pressure so early, we believe that "14 is the new 24." Yet in the midst of this acceleration of our kids' sophistication, young people simultaneously also feel less mature. The typical markers of adulthood like marriage, parenthood, a stable career, and financial independence are happening five or more years later for today's young adults. That's why we also believe that "28 is the new 18." So young people today have one foot on the gas pedal and one foot on the brake pedal, which makes their journey toward adulthood both confusing and challenging.

Q: How have mobile devices affected teenagers, young adults, and parenting?

A: In the midst of a lot of finger-pointing about the ills of technology, we do not want to insinuate that technology is the culprit for disintegrating child-parent relationships. Many parents, including us, find that our devices actually help us stay in closer contact with our maturing kids. Perhaps a better way to think about technology is as an *extension* of the relationships we have with our kids that reveals our connections and disconnections. Certainly, there are ways we must help our kids (especially during adolescence) navigate and limit their technology usage, but we should also self-reflect on our own usage as adults! *Growing With* offers a framework to address everyday pressing family topics like technology, relationships, faith, friends, and vocation.

Q: You suggest that teenagers and young adults need to develop their "withing" skills. What does that mean?

A: "Withing" is a term we coined to describe a family's growth in supporting each other as children grow more independent. We find that parents often give up on connecting with their growing kids because their teenagers and young adults are increasingly busy and more interested in their friends than their family. Parents frequently mistake their kids' quest for independence as rejection of their family. Withing emphasizes that young people long for connection but in ways that keep pace with their development. *Growing With* parents seek out connections with their maturing kids that complement their child's development and nurture their ever-changing parent-child relationship.

Q: Why is it important to you to describe teenagers' and young adults' spiritual quest as "faithing"?

A: It's easy to only think of faith as a noun or assume that faith is merely something we have or don't have. Theologically, faith is also a verb; it is something we exercise so that it continues to grow. The goal for *Growing With* families is "faithing," which means we as parents empower our child's ongoing growth in owning and embodying their own journey with God as they encounter new experiences and information. "Faithing" is a better term for young people's spiritual quest because it is big enough to handle their struggles and doubts. In our research, we have found that it's not doubt that is toxic to faith, it's silence. The good news for families is that small attempts to keep faith-related topics connected with everyday conversations prove to be helpful for teenagers, young adults, and their parents. *Growing With* provides practical ways to take these first and next steps.

Q: Some of us have heard the term "adulting" and you've adopted it for your book. What can you tell us about it?

A: While "adulting" has been a trending Twitter hashtag for almost a decade, we believe that this concept is rooted in two crucial points of reference for young people—relational adulting and vocational adulting. In a world filled with more opportunities and even more ambiguity, young people seek guidance for pursuing significant relationships and investing in their passions. Our kids' relational and vocational trajectories will twist and turn and they'll need their parents to give age-appropriate input along the way. *Growing With* reminds families that as teenagers and young adults develop their own agency, parents can offer a careful balance of support and challenge.

Q: Bottom line—what's your *Growing With* elevator pitch advice for parents of teenagers and young adults?

A: Being a *Growing With* parent means that we remind each other that in spite of our past parenting wins and misses, each day starts with new possibilities with our kids. We call each other to have courage, rooted in the hope that yesterday's fails do not disqualify us from being the best parents we can be today. And we believe that we are called to play significant, yet changing, roles in our maturing child's relationships with family, faith, and the future. There is a hopeful way forward for parents to grow with their growing kids. You can do it. We can do it together.

Growing With: Every Parent's Guide to Helping Teenagers and Young Adults Thrive in Their Faith, Family, and Future

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Review copies, reprint permission and interviews are available.

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SUGGESTED INTERVIEW QUESTIONS

for Kara Powell and Steven Argue
Authors of **Growing With**

“As parents and caring adults, we often feel the gap between us and our kids widening as they become teenagers and young adults. Maybe it’s just that they’re growing up. But we fear the gap is also a symptom that we’re growing apart. Growing With is an attempt to close this family gap.”

KARA POWELL AND STEVEN ARGUE

- What do you mean by the phrase “Growing With?”
- Where did the idea for your book, *Growing With*, come from?
- How are our kids’ paths to growing up different today than when we were their ages?
- Are today’s young people as entitled as they’re labeled?
- How have mobile devices added to parents’ fears and feelings of being disconnected from their teens and young adults?
- For our kids ages 13 to 29, we often think in terms of 2 categories: teenagers and young adults. But in *Growing With*, you divide this age range into 3 stages. Why is that?
- What do those 3 stages mean for our parenting?
- Can you explain the verb you created called “withing” and why you believe it is essential in parenting our teens?
- How do you see the younger generation changing their view of and participation in religion? How do you propose that what you label as “faithing” can impact future spiritual growth?

- Can you define how you use the term “adulting” in *Growing With*?
 - What do you mean by the term “keychain parenting”?
 - What specific *Growing With* parenting insights can you offer to parents of sons, or parents of daughters?
 - How can grandparents grow with their grandkids?
 - Tell us a story of how *Growing With* has impacted your own parenting.
 - What is one practical take away from this interview for parents about *Growing With*?
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Guests: Kara Powell and Steven Argue – authors, professors, thought leaders
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