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**FAMILY**  
MINISTRY

## Preteen Passage Road Trip

Preteens are undergoing a lot of physical, emotional, and cognitive changes. Changes that have significant impact on their relationship with family and peers, and their faith. Throughout the Preteen Passage Milestone you are working as a family to help them navigate these changes. This celebration will help set expectations for preteens in how they relate to parents, siblings, and friends, and establish boundaries for increasing responsibilities and trust as they continue through their adolescent year.

The Road Trip Milestone is designed to show that they are ready to step outside the home and into the world. It is also designed to provide time for parent and preteen to have intentional conversations about the next few years of their life. It is also the first celebration that we recommend is done father and son, or mother and daughter. Preteens are in the very beginning stages of young manhood and young womanhood, and a son's relationship with his father, and a daughter's relationship with her mother becomes increasingly important. That being said, both parents have a role in every milestone. It is recommended that this milestone celebration happens between the 5<sup>th</sup> and 6<sup>th</sup> grade years as your son or daughter is heading into middle school.

### What is a Road Trip?

The Road Trip is a 1–3 day trip that the father/son or mother/daughter take. Along the way you will plan certain elements such as fun activities and times for intentional conversations. The whole road trip is concluded with a welcome home dinner where the parents and immediate family welcome them home and speak a blessing over the preteen.

### Road Trip Ideas

- Camping Trip
  - BWCA (3-5 Days)
  - Local Camp Ground or State Park (2-3 Days)
- Chicago (2-3 Days)
  - Shopping
  - Museums
  - Restaurants



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- Minneapolis/St Paul/Shoreview (1-2 Days)
  - Shopping
  - Museums/parks
  - Restaurants/Ice Cream Shops
  - Service opportunities
- Duluth/North Shore
  - Site seeing
  - Hiking
- Your choice, making sure the trip is an opportunity for intentional conversation (1-3 Days)

## Intentional Conversation Guide

During the road trip, you will engage in intentional conversations on relevant topics to the preteen age and stage of life.

Topics will include:

- Physical Changes (puberty)
- Gospel Understanding and Assurance of Faith
- Internet Responsibility/Accountability
- Peer Pressure
- Handling Emotions
- Adding Responsibilities
- Personal Devotions
- Stories from Parent's Life

## The Blessing

Before leaving for the Road Trip, both parents will sit down and write a blessing for their son or daughter. This blessing will speak hope, truth, and love into their life. It will express to them the hope you have as parents for the man or woman they grow into, speak the truth of the gospel to them, and be another opportunity for you as parents to express your unconditional love for them.

## The Letter

Prior to the road trip, parents will write a letter to their son or daughter that will not be read until their high school graduation. This letter is different from the blessing in that it functions more as a "time capsule." You can share some favorite memories, reiterate some of the blessing, and write to the older version of your child how proud you are of them. This letter will be opened and read at the graduation ceremony at the end of their senior year of high school.

## Welcome Home Dinner

To conclude the road trip, we suggest planning a special welcome home dinner. We recommend this is the nuclear family with the addition of grandparents if possible. This is the opportunity for both parents to speak into their preteen's life, and to also set an example for other members of the family. The dinner is where the blessing is read to your son or daughter, and you show them the letter you wrote for them to read at their graduation.