

YOUTH CULTURE  
HOT QUOTE

*“A lot of people including myself, we just spend 30 minutes just sitting there scrolling through stuff, you find interesting videos and all that stuff, and the next thing you know a whole hour goes by and you’re like, ‘Dang, I just kind of wasted that. I didn’t get anything out of that.’ There’s good and bad on the Internet but I’d rather not deal with it. Because I spent too much time on it. That’s really the case. But it’s definitely helped me. It feels like I live a more simple life. I get up, go work, study, all that stuff, relax, read, not once do I flip open my phone and just read. I still get news, but nothing too crazy, and it has helped me a lot, I think.”*

Andre Dillard, offensive lineman for the Philadelphia Eagles, NBC Sports Philadelphia, June 3, 2021.



## Three Kinds of Kids

WALT MUELLER, CPYU President



Parents, what kind of kid do you hope to raise? What life trajectory is your teaching and example directing your kids toward?

C.S. Lewis got me thinking about these questions in his essay “Three Kinds Of Men” from his book *Present Concerns*. Penned almost 80 years ago and published first in *The Sunday Times*, this short little article is as relevant today as it was when Lewis first wrote it. While we won’t know what kind of people our kids will be in 10, 20, or 50 years from now, we can engage diligently in the process of thoughtful nurture that God can use to form them into the kind of people they were *made to be*. . . the kind of people they *should be*. . . the kind of people they are *called to be*. So, what are the options?

**Lewis says the first kind of human beings are those who live simply for their own sake and pleasure.** They regard other human beings and nature as raw material to be cut up and used. . . yes *used*. . . into whatever shape may advance my own interests, desires, feelings, and inclinations. This is the kind of person our current cultural narrative encourages us to be. It’s a culture that sees no validity in following any outside authority. Rather, it is the culture of expressive individualism, with the highest goal being “authentic” and true to one’s self. Sound familiar? It should. It’s what we see and hear in the cultural soup 24/7. It’s also what got our first parents in trouble in the Garden of Eden. And if you are in any way familiar with the biblical narrative, this first kind of person is committed to idolatry. Is that the kind of person you want your child to be?

**The second kind of human beings are those who choose to live a divided life.** On the one hand, they acknowledge that there are outside claims upon them. Lewis says this could include the will of God (as far as they know it) or some kind of commitment to the common good of others in society. But they are also committed to self and the advancement of self. . . as far as they can work within those other

commitments. Lewis says it’s like people who pay the obligatory and required tax, but then hope that whatever is left over can be used as they see fit. They live a divided life. . . one that Lewis says is part “on parade” and the other part “off parade.” There is no consistency or integrity. Is that the kind of person you want your child to be?

**And then there’s the third kind of human being. . . those who say like the Apostle Paul that for them, to live is Christ.** Listen to Lewis’s words: “These people have got rid of the tiresome business of adjusting the rival claims of Self and God by the simple expedient of rejecting the claim of Self altogether. The old egoistic will has been turned around, reconditioned, and made into a new thing. The will of Christ no longer limits theirs; it is theirs. All their time, in belonging to Him, belongs also to them, for they are His.” Yes! This is what I want my child to be!

So, which option are your modeling and teaching to the kids you know and love. We’re either all in. . . or not in at all. Take some time today to engage in a self-audit. . . of your personal commitments (Which of these three are you?) and your parenting style.

Lewis tells us that sooner or later, we’re all going to see clearly the value and necessity of the third way, whether that was taught to us and embraced by us or not. He writes, “The world is so built that, to help us desert our own satisfactions, they desert us. War and trouble and finally old age take from us one by one all those things that the natural Self hoped for at its setting out. Begging is our only wisdom, and want in the end makes it easier for us to be beggars. Even on those terms the Mercy will receive us.”

I want to lead kids to that third way. . . rather than having them discover something later in life that they had never seen or heard about. That’s something for us all to think about today. . . and every day.★

# Songs on the Radio

Top 40 Category  
Week of June 29, 2021  
Source:  
Mediabase



1. *Levitating* by Dua Lipa
2. *Kiss Me More* by Doja Cat f/Sza
3. *Montero (Call Me By Your Name)* by Lil Nas X
4. *pov* by Ariana Grande
5. *Peaches* by Justin Bieber f/Daniel Caesar/Giveon
6. *good 4 u* by Olivia Rodrigo
7. *deja vu* by Olivia Rodrigo
8. *Best Friend* by Saweetie f/Doja Cat
9. *Save Your Tears* by The Weeknd
10. *Without You* by The Kid Laroi



## QUICK STATS

66% of teens and young adults have received a sexually explicit image, and 41% have sent one.  
(Barna)

Only 2% of high school students eat the recommended daily amount of vegetables, and only 7% are eating the recommended amount of fruit.  
(CDC)

## FROM THE NEWS:

### IDENTITY AND THE PEER GROUP

In her book *Inventing Ourselves: The Secret Life of the Teenage Brain*, Sarah Jayne Blakemore reminds us that for teenagers, what she calls the “social self” becomes central. A teen’s social self is all about expressing who and how you are. It’s all about putting yourself out there in front of your peers in a way that you would like to be seen by other people. Blakemore says that the sense of self stems from thinking about how we are seen by others. This is called “the looking-glass self.” We imagine how we appear to other people and how they will judge us. Adolescents are more likely than younger children to place a high priority on these peer judgements, and they will try on different selves and identities in an effort to be seen by others in a positive rather than a negative light. We must consistently point them to think about forming an identity that is rooted in who they are as people made by God in His image, rather than re-creating themselves in the image they think the world desires.



## TRENDS:

## DECLINE OF OUTDOOR PLAY

Here's some interesting survey data to think about and act upon as we find ourselves in the middle of the summer months. A recent OnePoll survey of 2,000 parents with children between the ages of 5 and 13 found that only 48% of moms and dads believe that their child could entertain themselves in the outdoors for 30 minutes. The parents believe that the growing amount of time kids spend on smartphones and social media is not only keeping their kids from going outside, but diminishing their level of imagination. Parents, our culture is definitely trending in this direction. But we can and must live counter-culturally, leading our kids to do the same for their own good and for God's glory. We encourage you to take stock of how your kids are spending and even mis-spending their time. Think creatively of ways to increase your outside time together as a family. Bicycles, kayaks, backyard play equipment. . . all these things are great alternatives to screen time.



## LATEST RESEARCH:

## HANDING DOWN THE FAITH

Researcher Dr. Christian Smith can be a huge help to parents, grandparents, and youth workers who come alongside families to support them. Smith, who teaches sociology at the University of Notre Dame, has spent over two decades studying the religious and spiritual lives of adolescents. His recent book, *Handing Down the Faith: How Parents Pass Their Religion On To The Next Generation*, looks at how religious American parents pass their faith on to their children. Smith says that the good news is that among all possible influences, parents exert far and away the greatest influence on their children's religious outcomes. Smith says that the empirical evidence is clear. In almost every case, no other institution or program comes close to shaping faith as parents do – not congregations, not youth groups, not youth pastors, not Christian schools, not missions projects, and not Christian camps. Kids who grow up to be committed to Christ almost always have parents who are extremely serious about and committed to their faith.

COLLEGE  
TRANSITION  
INITIATIVE

a resource of CPYU

[www.CollegeTransitionInitiative.com](http://www.CollegeTransitionInitiative.com)

## Nomophobia

by Walt Mueller



I recently did a little Internet search that resulted in learning just how many types of phobias and fears exist in today's world. For example, octophobia is the fear of the figure eight. Chromophobia is the fear of colors. Koumpounophobia is the fear of buttons. And phobophobia is fear of phobias!

One new phobia that researchers have been looking at lately is known as nomophobia, which is the fear of being out of smartphone contact. You may or may not be surprised to find that 89% of our college students report experiencing moderate to severe nomophobia. And those who experience more severe forms of nomophobia are also more likely to experience poor sleep quality, including trouble falling asleep, restless sleep, and the resulting sleepiness that occurs during the day.

One remedy is to curtail the use of phones before bed. Instilling this habit in our households while our kids are under our roof and care can go a long way in setting them up for success when they are away at college. God has created us and our children with a need for sleep. Help your kids sleep well by removing phones from their rooms and encourage your college students to have dedicated "no-phone" times, rather than experiencing nomophobia.

## 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](http://www.cpyu.org/podcast).

Be sure to check out  
Episode 133 titled  
“Anxiety, Stress, and  
Fostering Resilience” with  
Marv Penner

## FROM THE WORD

While the world around us can get the gender message right from time to time, the culture is sliding quickly into accepting and teaching a gender message that gets it wrong. More and more people are choosing to believe that it's ok and normal to adopt a gender identity based on how they *feel* inside. You could *feel* like you are male, female, some combination of both, or actually neither. For some, gender falls on a spectrum that can even change from time to time. People now believe that your gender identity has nothing to do with the organs with which you were born. Your gender is not biologically determined. But is this really true?

**“SO GOD CREATED MAN IN  
HIS OWN IMAGE, IN THE  
IMAGE OF GOD HE CREATED  
HIM; MALE AND FEMALE  
HE CREATED THEM.”  
GENESIS 1:27 (ESV)**

As followers of Jesus, we must go to and trust God's Word as the spotlight that shines truth on our understanding of gender. God, the Creator of all things, pronounced everything He created as “good!” But when He finished creating humans He said “very good!” And what He pronounced as “very good!” was male and female. . . the binary genders He designed and assigned. . . male and female *only*, that are both fully human and equal in dignity and value. This is the way things are supposed to be. Jesus affirms this in Matthew 19:4 when He says, “Have you not read that He who created them from the beginning made them male and female?”

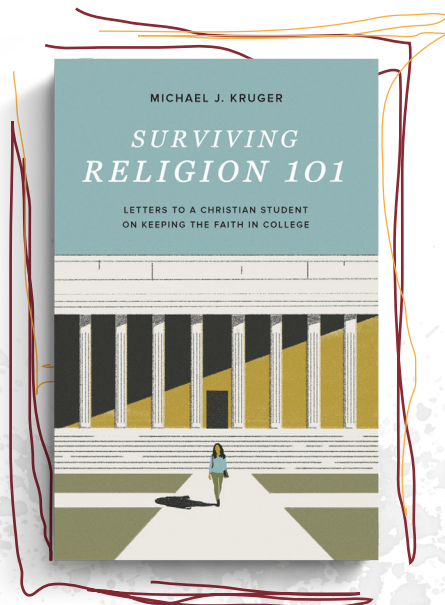
God desires that we never allow our feelings to dictate and misshape our understanding of truth. Rather, we need to submit our feelings and desires to God's Word. Don't ever forget, God in His goodness has created and given us each our gender, which is indicated by our anatomy, either male or female.

## HELPFUL RESOURCE ←

For many young adults, the college years are an exciting period of self discovery full of new relationships, new independence, and new experiences. Yet college can also be a time of personal testing and intense questioning—especially for Christian students confronted with various challenges to Christianity and the Bible for the first time.

In *Surviving Religion 101: Letters to a Christian Student on Keeping the Faith in College*, drawing on years of experience as a biblical scholar, Michael Kruger addresses common objections to the Christian faith—the exclusivity of Christianity, Christian intolerance, homosexuality, hell, the problem of evil, science, miracles, and the reliability of the Bible.

If you're a student dealing with doubt or wrestling with objections to Christianity from fellow students and professors alike, this book will equip you to engage secular challenges with intellectual honesty, compassion, and confidence—and ultimately graduate college with your faith intact.



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