

# MENTORING ASSESSMENT *FOR TEENAGERS*

As your teenager(s) grow and develop, they will not only need us as their parents, but they will need consistent adults in their lives who will support, encourage, challenge, and even provide them with some biblical accountability along the way. This Toolbox Resource is a Mentoring Assessment that gives you some questions to consider as you seek to begin the journey of connecting your teenager(s) with spiritual mentors as they mature.

# PART 1

Consider each statement carefully and assess whether it accurately reflects the current state of adult influence in the life of your kid(s). Use the following scale to rate each statement and circle the most relevant answer:

- |                              |  |
|------------------------------|--|
| <b>SD:</b> Strongly Disagree | This statement does not describe our situation at all.           |
| <b>D:</b> Disagree           | This statement describes our situation to a small extent.        |
| <b>N:</b> Neutral            | I'm unsure, or this statement partially describes our situation. |
| <b>A:</b> Agree              | This statement describes our situation to a significant extent.  |
| <b>SA:</b> Strongly Agree    | This statement accurately describes our situation.               |
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Our teenager has regular interactions with a teacher/leader/Christian mentor who actively engages in their spiritual growth.

SD       D       N       A       SA

Our teenager is consistently involved (twice a month or more) in a local church youth ministry where they have access to adult Christian role models.

SD       D       N       A       SA

Our teenager participates regularly (twice a month or more) in Bible study groups or discipleship programs led by experienced Christian mentors.

SD       D       N       A       SA

We are highly intentional when it comes to connecting and staying in open communication with our teenager's adult small group/bible study leader.

SD       D       N       A       SA

We highly encourage and provide opportunities for our teenager to connect with and seek advice from mature Christians when navigating their questions, doubts, or facing life's decisions.

SD       D       N       A       SA

We are committed and prioritize connecting our teenager with Christian adults who share similar values and beliefs. This is evident in our family's schedules.



Our teenager is serving or volunteering in Christian ministries or community outreach programs.



We actively seek out Christian mentors who can provide guidance in areas where our teenager needs support.



Our teenager has access to Christian literature, podcasts, or other resources that supplement their spiritual growth.



We make sure to do whatever it takes so that our teenager can participate in Christian camps, conferences, retreats, or events that promote spiritual development.



Our teenager is part of a Christian accountability group or has a mentor who holds them accountable in their faith journey.



We, as parents, regularly engage with other Christian families, creating a supportive community for our teenager.



*Take some time to reflect on your answers and discern whether there is an area you have the opportunity to give more attention to.*

# PART 2

*This part asks some similar questions in different ways and gives you the opportunity to write your thoughts. Remember that this assessment is a tool to help you reflect on the current state of mentorship in your child's life. If necessary, take some steps to begin to surround your kid(s) with mentors they can learn from and lean on. In some of these areas, you are just planting seeds and starting a process that will have a tremendous impact in the years to come.*

## Personal Relationship With Christ

Does your teenager have spiritual mentors who encourage and guide them in nurturing their personal relationship with Christ? List these people.

## Regular Church Attendance

Do you and your teenager actively participate (twice a month or more) in a local church where they can interact with Christian mentors and leaders regularly? How does this

## Youth Group Involvement

Is your teenager actively engaged (twice a month or more) in a youth group or similar ministry where they can build relationships with older, spiritually mature individuals? Do you make this a priority in the life of your family? If not, what changes can you make to prioritize this, and how can you help them get involved?

## Bible Study Habits

Do you encourage your teenager to be involved in Bible study groups led by Christian mentors who can guide them in understanding and applying biblical principles?

## Prayer Partnerships

Does your teenager have Christian mentors with whom they regularly pray, discuss faith matters, ask questions, share doubts, and seek guidance?

## Mentorship Programs

Is your teenager involved in any formal mentorship programs within the church or community led by experienced Christian mentors? If so, where? If not, can you identify any programs that you might want to encourage them to join?

## Service Opportunities

Is your teenager actively participating in volunteer or service opportunities where they can work alongside Christian mentors in outreach and community service? If not, are there opportunities where they can serve in your church or community? If so, where? If not, where might there be some opportunities for them to serve?

## Christian Camps/Retreats

Have you encouraged your teenager to attend Christian camps or retreats where they can form connections with mentors in a more immersive and focused setting? If they have attended one of these, what benefits have you seen when it comes to mentoring relationships? If they have not attended, what might you encourage them to attend?

## Christian Role Models

Can your teenager identify at least one mature Christian mentor outside of the family?  
Do they have someone they feel comfortable discussing spiritual matters with?  
Are there other adults in your social circle or extended family who serve as positive Christian role models for your teenager?

## Modeling Christian Values

Are there other adult figures in your teenager's life who also exemplify the values you hope your teenager will embrace? If so, who are they, and how can you facilitate more interactions? If these people are not present, how can you help to place these people in your teen's life?

## Leadership Opportunities

Does your teenager have the chance to take on leadership roles within the church or other Christian organizations, providing them with mentorship opportunities? If so, how can you encourage them to be more involved? If not, do you see opportunities you could encourage them towards?

## Faith-based Extracurricular Activities

Is your teenager involved in extracurricular activities that align with their faith, providing opportunities to connect with Christian mentors who share similar interests? If so, how can you encourage more involvement in these activities? If not, how can you get them involved?

## Navigating Faith Challenges

When facing challenges, does your teenager have Christian mentors to turn to for guidance? Do they have adults in their lives who can provide a biblical perspective on life's difficulties? If not, where could you find mentors for them?

## Evaluation and Adjustment

Are you regularly evaluating the effectiveness of the current mentorship relationships in your teenager's life, and are you willing to make adjustments to ensure they have ample Christian mentors?

*Remember, this self-assessment is a tool for reflection and growth. Do not feel like you must be able to answer yes to all of the questions presented, but if there are areas where improvement is needed, consider seeking out additional resources and mentorship opportunities to strengthen your teenager's Christian support network. Check out this month's articles and the Parenting Class for tips and ideas on how to step into this with your family.*