

# YOUTH

## PARENT RESOURCES

### DATING, SEX, SEXUALITY, AND GENDER

- *"She Deserves Better: Raising Girls to Resist Toxic Teachings on Sex, Self, and Speaking Up"* by Sheila Wray Gregoire
- *"Embodied: Transgender Identities, the Church, and What the Bible Has to Say"* by Preston Sprinkle
- *"Is God anti-gay?: and other questions about homosexuality, the Bible and same-sex attraction"* by Sam Allberry
- *Christian Sexuality* course [christian-sexuality.com](http://christian-sexuality.com)

### TECH

- *"The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place"* by Andy Crouch
- *"Parenting in a Tech World: A handbook for raising kids in the digital age"* by Matt McKee and Titania Jordan
- [\*"A Parent's Guide To Manifesting"\*](#) by Axis

### MENTAL HEALTH

- *"Seen: Healing Despair and Anxiety in Kids and Teens Through the Power of Connection"* by Will Hutcherson and Chinwe Williams
- *"Raising Worry-Free Girls: Helping Your Daughter Feel Braver, Stronger, and Smarter in an Anxious World"* by Sissy Goff
- *"Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls"* by Lisa Damour
- *"Suffering and the Heart of God: How Trauma Destroys and Christ Restores"* by Diane Langberg

### PARENTING

- *"Good Inside: A Guide to Becoming the Parent You Want to Be"* by Dr Beck Kennedy
- *"Boundaries with Teens: When to Say Yes, How to Say No"* by Dr. John Townsend
- *"Raising Passionate Jesus Followers: The Power of Intentional Parenting"* by Phil and Diane Comer
- *"The Grown-Ups Guide to Teenage Humans: How to Decode Their Behavior, Develop Unshakable Trust, and Raise a Respectable Adult"* by Josh Shipp
- *"Intentional Parents"* podcast
- *"Parenting: Getting It Right"* by Andy and Sandra Stanley

- *“Wild Things: The Art of Nurturing Boys (A Practical and Encouraging Guide to Christian Parenting)”* by Stephen James and David Thomas
- *“The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults”* by Frances Jensen and Amy Ellis Nutt

#### PREPARING FOR ADULTHOOD

- Tim Elmore and Growing Leaders
- *“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

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## STUDENT RESOURCES

### THEOLOGY

- *"Distant God: Why He Feels Far Away...And What We Can Do About It"* by Chris Nye
- *"Holier Than Thou: How God's Holiness Helps Us Trust Him"* by Jackie Hill Perry
- *"Counterfeit Gods: The Empty Promises of Money, Sex, and Power, and the Only Hope that Matters"* by Tim Keller
- *"In His Image: 10 Ways God Calls Us to Reflect His Character"* by Jen Wilkin
- *"10 Questions Every Teen Should Ask (and Answer) about Christianity"* by Rebecca McLaughlin
- *"All That's Good: Recovering the Lost Art of Discernment"* by Hannah Anderson

### DATING, SEX, SEXUALITY, AND GENDER

- *"The Death of Porn: Men of Integrity Building a World of Nobility"* by Ray Ortlund
- *"Single, Dating, Engaged, Married: Navigating Life and Love in the Modern Age"* by Ben Stuart
- *"Embodied: Transgender Identities, the Church, and What the Bible Has to Say"* by Preston Sprinkle
- *"7 Myths About Singleness"* by Sam Allberry
- *"Gay Girl, Good God: The Story of Who I Was, and Who God Has Always Been"* by Jackie Hill Perry

### PAIN AND SUFFERING

- *"We Go On: Finding Purpose in All of Life's Sorrows and Joys"* by John Onwuckekwa
- *"Gentle and Lowly: The Heart of Christ for Sinners and Sufferers"* by Dane Ortlund

### BODY IMAGE

- *"Breaking Free from Body Shame: Dare to Reclaim What God Has Named Good"* by Jess Connolly

### MENTAL HEALTH

- *"Beyond the Spiral"* by Will Hutcherson and Chinwe Williams