

## **How can we adapt teaching to the needs of Students in Senior High School?**

**Senior Secondary School (S.S.S.) or Senior High School (SHS)**

### **1. Physical Development-S.S.S.**

Their physical bodies are close to full maturity.

**Girls** are beginning to accept the roles of womanhood.

Their periods are becoming more regular.

Estrogen levels are up the first two weeks of their cycle, so they feel happy and loved.

Progesterone levels are up the last two weeks, and during that time they feel sadder. During that time, they are in need of assurance and love. Two days before their periods begin, they begin to feel argumentative. They need to realize that these swings in mood are normal, and they need to learn to control their actions in the days just before their periods.

Girls also need to know what to do when boys want to do things with their bodies that they do not agree to.

### **Boys**

In general, androgens are at their peak level at age 17

(At this age sexual desire is at its greatest point, yet young men have not yet attained marriageable age.) (In women, by comparison, sexual desire reaches its greatest peak at about age 30!) Boys need to learn how to control their bodies, their thoughts, and their sexual desires, therefore they need many good activities to take their time and attention.

Young men and young women, both need sexual limits for their thoughts and activities, limits that they themselves understand and agree to, and limits which meet God's standard of purity.

It is very important that the teacher of teens himself be a good example in sexual and family matters.

Teens like to be very active. They like to be always on the move—always doing things. Sports, dance, skits, preaching, games, singing—all these activities can be attractions to them.

### **2. Mental Development-S.S.S.**

Teens mental abilities have developed to the point that they can understand everything that adults can understand, but still they lack the wisdom that long experience brings. Reading stories (biographies) of others can help them to grow in experience somewhat by profiting and learning from the experiences of others. They can also listen to the testimonies of others or of their teacher. This also adds experience. Acting in skits and role plays also helps.

They need to understand thoroughly WHY the church has set up certain rules. The teacher can help the teens think through why the church and even the Bible has given the rules it has. The teens need to know why the rules exist if they are ever to own them as their own.

### **3. Emotional Development-S.S.S.**

Every Child Ministries

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How can we adapt teaching to Senior High School students? By Mama Lorella Rouster



Emotional ups and downs are beginning to even out. Reason is beginning to rule the emotions.

The questions about who they are continue, but for some this questioning begins to settle down.

They want to have a good time, to have “fun.”

#### **4. Social Development-S.S.S.**

Friends are very important. The thoughts of friends seem all important. They need to develop wholesome friendships between the sexes. These friendships can seem more important than family or kinship in their minds. They often think of their circle of friends as “family”, indeed, as their whole world. The church should consider ways to encourage good Christian friendships under careful controls. It is preferable for this class to be a joint class of young men and women together, although they may meet separately at times to discuss sensitive issues or topics of interest to one sex only.

#### **5. Spiritual Development-S.S.S.**

Doubts and questions continue.

They have a great need to give themselves completely. They are crusaders at heart. They want to SERVE Jesus. It is very important to help them find ways to serve Jesus in the church: teaching or helping teach children, worshipping in a group as teens with their own teen leaders, witnessing and leading others to Christ, singing in a choir, serving in theatre groups, dance teams, tambourine corps, decorating the church, etc.

They need to understand the plan or the will of God for their lives. The teacher should choose the lesson application or assignment very carefully, taking adequate time to explain it and motivate teens for it, and asking for reports after it is completed.

Many high school youth receive Jesus as Savior if they have not already done so. The high school years give them their last opportunities in their youth. The teacher should pray much that they may all become believers in Jesus in these youthful years.

#### **LET’S PUT IT INTO PRACTICE**

What age or grade level attracts you the most? \_\_\_\_\_ Why?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Write down four new things you have learned about that age group and how or why it may help you teach them better.

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

4) \_\_\_\_\_

Write down four teaching methods you could use with your chosen age group:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

Write down one idea you want to try right away with this age group:

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Do you think your church's Sunday school has grown to the point that the children can be divided into classes according to age or class? \_\_\_\_\_ If it has not yet grown to that point, what is hindering it? What is needed for it to grow? What should be done first?

\_\_\_\_\_

