

# Spiritual Growth Chart

Toddlers and teens have ubiquitous access to information, but they still need adults to help them translate knowledge into wisdom. In our fast-changing world, research gives us a glimpse into their current reality. In our recent study with Barna on *Guiding Children*, we found a fascinating shift that takes place around age 11.

Eleven is a magic age because a child's brain is getting ready for adulthood and becomes malleable again. It's the best time to teach a child what they need to know, because a lot of formative memories happen at age 11 and into the preteen years. It's also when our brains get rid of what we don't need or use, a process called cognitive pruning.

- Dan Scott, *Caught In Between: Engage Your Preteens Before They Check Out*

Here is a snapshot of facts that will help you know how to help guide tweens during this critical time growth.

## AGES 6-9



Concrete thinkers



Focused on safety, need protection



Full of wonder

First exposed to sensitive topics of:

**Gender Identity**

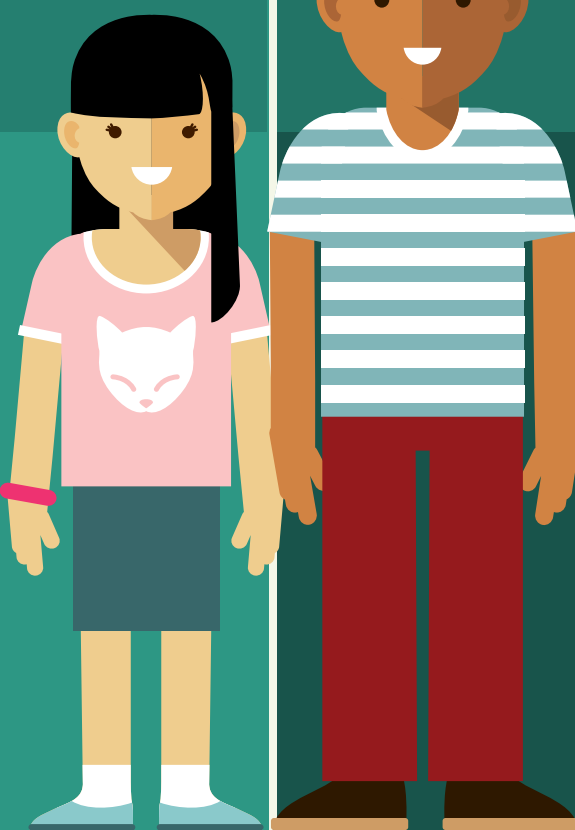
Age 6-8<sup>1</sup>

**Depression**

3% depression rate<sup>2</sup>

**Suicide**

1 in 8 have suicidal thoughts<sup>3</sup>



## AGES 10-12

Beginning to think abstractly



Focused on rules, need affirmation



Wonder what they're good at & peer acceptance



First exposed to sensitive topics of:

**Pornography**

Age 11

**Depression**

8% depression rate<sup>2</sup>

**Suicide**

Suicide is 3rd leading cause of death among 12 year olds<sup>3</sup>

**Alcohol**

First try alcohol<sup>4</sup>

**Anxiety**

Age 11<sup>5</sup>

## CHURCH

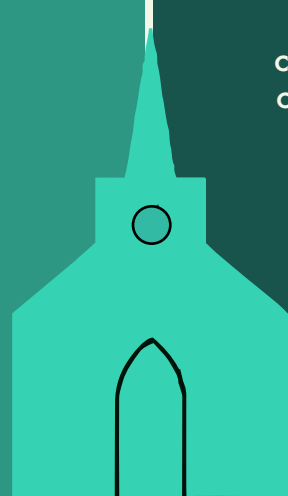
65%

65% of parents said their child's interest in attending church had increased over the past few years.

42% of parents said their child's interest in attending church had increased over the past few years.

42%

51% of parents want the Church to discuss sensitive topics from a biblical point of view



35% of parents want church involvement in sensitive topic discussions

## BIBLE

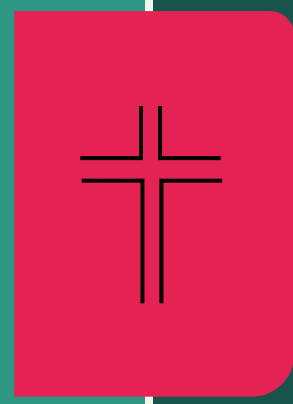
88% of Christian parents report their child is in the Bible at least weekly



73% of Christian parents report their child is in the Bible at least weekly



Apps and storybook Bibles were identified as resources used to engage children ages 6-9 with God's Word



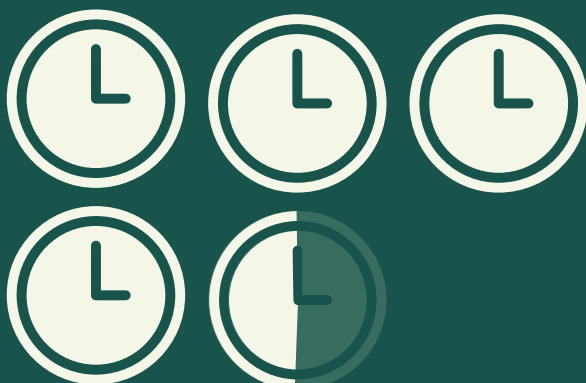
Parents reported using very little beyond a regular Bible to engage their 10-12-year-olds with God's Word

## TECH

Average time spent on screen media 2hrs 20 min/day (ages 6-8)<sup>6</sup>



Average time spent on screen media 4 hours and 36 minutes/day (ages 9-12)<sup>6</sup>



## CITATIONS

- Annual Review of Psychology, "Patterns of Gender Development"
- WebMD, "Depression in Children"
- Boston Children's Hospital, "Suicide in Teens and Children Symptoms & Causes"
- Harvard University, "Alcohol Use and Abuse"
- APA, "Brighter Futures for Anxious Kids"
- Common Sense Media, "Media Use By Kids Zero to Eight"

For more information and resources visit [onehope.net/research](http://onehope.net/research)

**Barna**

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GOD'S WORD EVERY CHILD