

What to Expect?

Faith formation doesn't end with the sacraments of First Communion and Confirmation. Every parent is called to walk with their child on a lifelong journey of discovering who God is and who they are in His love.

In today's fast-paced world, nurturing faith can feel overwhelming — between work, school, and endless distractions. But you are not alone. The parish community walks beside you, offering guidance, prayer, and meaningful experiences to help young people encounter Christ in real and lasting ways.

This brochure explores key facts every parent should know about the kind of youth ministry a parish should provide — one that leads teens to authentic faith, genuine community, and joyful discipleship.

Together, families and parishes can make faith formation not just another program, but a shared way of life rooted in hope, love, and encounter

Youth Ministry is the response of the Catholic Community to the needs of adolescents and their families, and the sharing of their unique talents with the wider community.

It's more than a youth group and more than a Confirmation Class!

Rooted in Encounter with Christ

A parish youth ministry is not just about keeping young people busy — it's about helping them meet Jesus personally. Everything — from music to games to formation — should lead toward prayer, reflection, and transformation.

Q How can our parish create more spaces for genuine encounter? - through Adoration, small groups, or retreats?

Tip Ask leaders how they help teens encounter Christ — not only learn about Him, but experience His presence in prayer and community.

Integrate, Not Isolate

Youth ministry should connect teens to the whole parish family, not separate them. They should feel that their gifts and energy belong in the Church's life and mission and are valued.

Q How do parish leaders help adults and youth integrate into parish ministries and activities?

Tip Support with presence and resources, ministry activities that require youth and adults to work together.

Lifelong & Consistent

Faith formation isn't just "religion class." It's a journey of discovering who God is — and who you are in God's eyes. It's about learning to see your life, friendships, and future through the lens of faith, not fear or pressure.

Faith formation doesn't stop and start at First Communion and Confirmation. It's a lifelong journey of deepening one's relationship with God through prayer, learning, service, and community.

Q Does your parish offer events and programmes for youth not associated of Sacramental Preparation and Catechesis?

Tip Ensure that your child/children are participating in at least 2 religious events every year. - retreats, rallies, programmes

This does not include Mass attendance and Sacrament preparation classes.

Form the Whole Person

Good youth ministry develops the spiritual, intellectual, emotional, and moral life of young people. It equips them to live faith in school, friendships, and the digital world.

Q What types of age-appropriate ministries are available to youth besides catechesis?
Prayer, Sports, Personal & Leadership development, Charity & Service, Mental Health, Musical & Artistic, Care for Creation etc.

Tip Identify one type of ministry that your children has never experienced and help them join or participate.

Mission-Driven & Outward-Looking

The goal of youth ministry is discipleship in action. Young people must see that faith means serving others, defending dignity, and sharing the Gospel.

Q How often do our young people have opportunities to put faith into action beyond parish walls?

Tip Help your child write or record their personal testimony. Work with other parents in the parish and parish leaders to have youth share testimonies every 3months?

Includes Accompaniment

Youth thrive when surrounded by trusted adults who guide them with compassion and integrity. Studies have shown that teens need at least 2 persons (not including parents), they can talk to about their faith, to ensure that they have a strong relationship with God in their adult years. A strong parish ministry forms and supports these adult and youth mentors.

Q Do our youth have consistent, caring adults journeying with them? Are they trained to accompany and minister to and with youth?

Tip Identify adults in your parish, with a heart for youth and trained to lead them who can offer and support spiritual friendship to your child/children.

Partners with Families

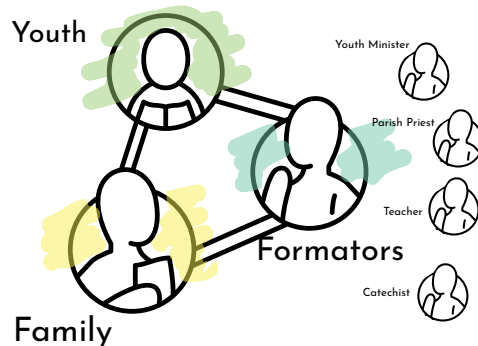
Parents are the primary catechists, and parish youth ministry should strengthen, not replace, the family's spiritual role. The best programs communicate, support, and collaborate with parents.

Q How does our parish intentionally include parents in the youth ministry process – not just for logistics, but for shared formation?

Tip Ask to attend a youth ministry planning meeting or provide supportive input when activities are planned, will help include a parent perspective in activities.

WORKING TOGETHER

Faith formation is not just a program—it's a partnership between home, parish, and God's grace at work in every young heart. When parents and parishes walk together, youth discover that faith is alive, joyful, and real. Join us in building a Church where every young person encounters Christ and belongs."



**HOW CAN YOUR PARISH HELP YOU
DEVELOP THE FAITH OF YOUR TEEN?**



GET IN TOUCH

We have more details to share and you have more questions to ask. Do not hesitate to contact us



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Adolescent Formation Facts for Parents.



Courtesy the Office of Youth Ministry of the
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