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Homeschool Conversations,
your authority in
navigating the world of
homeschooling diverse learners.

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and Dawn Jackson from Dawn
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of combined homeschooling expertise,
experiences and perspectives,
this group is eager to
share their wealth of
wisdom to empower your
homeschooling journey.

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settle in and get ready for
insightful discussions,

valuable insights and practical tips.

Give your homeschool the
power boost it needs to
successfully educate the
unique learners in your home.

Hi, everyone,

and welcome to Empowering
Homeschool Conversations.

Today,

we are going to talk about restoring joy,
a biblical approach to bullies,
forgiveness and healing.

And my guest today is

Elizabeth Urbanowicz.

Elizabeth is a follower of
Jesus who is passionate
about equipping kids to
understand the truth of
biblical worldview.

Elizabeth spent her first decade
of her career as a
professional teaching
elementary students at a

Christian school.

After completing her M.A.

in Christian apologetics at

Biola University,

Elizabeth started

Foundation Worldview and an

organization that helps

Christian adults equip

children to carefully

evaluate every idea and

understanding the truth of

a biblical worldview.

Welcome, Elizabeth, to the show.

Thanks so much for having me on today,

Peggy.

It's a joy to be with you.

Absolutely.

And we're going to be

talking about joy today.

Great topic for the holiday

season as we're recording

right before Christmas.

If you're listening to the podcast,

you're joining us a little

bit after Christmas,

but it's something we all want.

for our lives.

We want to want for our children's lives.

And sometimes things get in

the way of that.

So we're going to be kind of

talking about through some of that,

about forgiveness, bullies, healing.

Um, and so, um,

if you have a child that is, um,

experiencing trauma.

I know I have ten adopted

siblings and lots of kids

that if you have an adopted

child or a child that you

take care of through the foster program,

which I know a lot of our families do,

this is something that

really you need to be equipped to handle.

And so hoping today's

conversation will really

bless you and equip you in that.

So Elizabeth,

the first thing I love to ask

all my guests is

This was one of the topics

that you had listed as

something you just were

eager to speak on.

And so I always know that

there's a story or something behind that.

And so I'd love for you to

share with us just why

you're passionate about

talking about this topic.

Yeah, well,

I think there's multiple reasons,

you know,

just why this is a topic that's

near and dear to my heart.

And I think one of them is

like personally just from growing up.

And then the other one is also personal,

but as a perspective, as an adult,

when I was in the classroom.

And so I know that when I was growing up,

I went to public school and

school was really hard.

to me on multiple levels.

And I just know that just

experienced a lot of like

bullying and unfair treatment.

And it just affected me on

so many different levels

and how I viewed not only school,

but how I viewed myself,

how I viewed my relationship with God.

And so in that experience in school,

that was actually one of

the reasons why I wanted to

become a teacher because I

didn't want other children

to have to experience that.

But

You know,

even when you are in a situation

where you are in control of

what's happening, you know,
when you're homeschooling your kids,
you know, when you're raising your kids.

For me, when I was in the classroom,
there's still things that
happen that are beyond our control.

You know,
even when we are in a situation
of authority,
we can't completely smooth
out the road for our children.

So it's just really
important for us to be able
to think through how can I
equip my child to think
biblically about what they
are going through?

And so really from my own
experience as a child and
then my experience in the classroom,
it just gave me a passion
to talk about these things with others.

Yes, absolutely.

I, I, you know,
it always ties in with that,
but also with our
foundational beliefs too, and,
and just how we view the world and how we,
we feel called then to help
others as well and, and to love,
love them and to,
to walk with them through,
through other things.

So how is bullying different
from just say regular
childhood conflicts?

Yeah.

Yeah,
so children are always going to get
in conflicts within your home,
whether it's between
siblings in your home,
whether it's just out on the playground,
whether it's in a classroom,
even in a church setting.

This can happen.

And this just naturally
happens because all of us,
when we look at the biblical worldview,
we have all been affected by Adam's sin.

And we don't have to teach
our children how to say no or mine,
things like that.

We don't have to take the
toy away from others.

And so when we're just
thinking of normal conflicts,
it's just the everyday two
children or more children,
they both have opposing
desires and they get into conflict.

Where bullying is where a
situation where one student or child,
sorry,
sometimes I use the student
language because my
experience was in the classroom,
but it's where one child is purposely,
intentionally,

and consistently going
after another child for something.
a reason that has mal intent behind it.

So that can be your
traditional physical bullying,
where someone physically
threatens a child.

They're intentionally and
often repeatedly going after that child.

It can also be just a child
consistently saying mean
things to one another.

Or it can even just be an attitude.

I think we've probably all witnessed.

Sometimes this happens more
among girls than boys.

It can happen to both genders.

Sometimes girls,
they might not say anything,
but they'll just have
certain facial expressions
or body language where
they're communicating to others.

we don't want to be with
that person or like you're
not in if you're with that person.

So I think it's helpful to
help our children
differentiate between bullying.

You know, if a child comes up, a sibling,
you know,
whoever it is and takes a toy
that they wanted, that's not bullying.
That's a normal conflict, you know?

Right.

It is can step in where if
someone is intentionally
and repeatedly bullying
going after them with malintent,
that's something that would
be defined as bullying.

Yeah, great.

Great definition and
distinction between the two of them.

So are there any warning
signs that parents can look

for that a child might be
dealing with the situation,
especially if a child's
nonverbal or if they tend
to be more closed with what they share?

Just some kids are just a
little more closed off or quiet.

Mm hmm.

So every child is different.

So there's not a way for me to say,
you know, like,

look out for these three
things and you've got your right.

So this is where for our parent, you know,
parents that are listening, you know,
your child best.

And so this is where your
knowledge of that
individual child is going
to really come in handy.

But I think one thing that's
really important to look
out for are sudden changes in behavior.

And this behavior can be

like a child's attitude

towards something.

Like maybe, you know,

they've always been excited

or they've been compliant

about going to a Sunday

school class at church.

And all of a sudden they don't want to,

like they have a

stomachache in the morning

or they just say like, it's boring there.

Or, you know, like, I don't like it.

They might not say anything

about another child,

but if there's a sudden

change in their behavior or attitudes.

Yeah.

about something that something that can be,

you know,

it's not it's not automatically

a red flag,

but it's a yellow flag that

could be pointing to a red flag.

Also,

just change in their behavior at home.

And again,

an automatic change in behavior.

It can be due to a lot of things.

You know,

maybe their sleep schedule is off.

Maybe something in their diet is off.

You know,

maybe they're coming down with a cold.

but that's something to pay

attention to as well.

You know, are they,

maybe they were doing a

good job with organizing.

Maybe you have them fold

their socks or something, you know,

maybe they were doing a

good job with that consistently.

And all of a sudden things

seem to be really messy or

they were remembering to do

a certain task that you had
assigned to them.

And they now have a bad
attitude about that,
or they completely forget those,
any changes in sudden
changes in their behavior
or in their attitude
towards something can be
just a yellow flag to say,
You need to dive deeper into that.

And so that's what I would
encourage parents.

You know, if you see those things again,
it doesn't mean that these things happen.

It means bullying is happening.

There can be a whole host of
things that are happening,

but it's wise to start

asking questions and you

don't need to sit down and say,

are you being bullied?

You know, you can just sit down.

Because they may not even

call it that at that point.

They may not even realize what's going on.

They may just know that they

just don't feel good about the situation,

you know,

so you can you can sit down and

talk with them and ask them, you know,

what are some things that

you like about going to Sunday school?

What are some things you don't like?

Or, you know, even just asking,

how can I help you?

You know, like fold your socks, you know,

or remind you that to try

to get down to what's going on.

Now that's, if a child is non-verbal,

you know,

obviously that's going to be a

little bit more challenging to get.

So just taking the time to

let them know that you

notice that something is going on,

that's key.

Absolutely,

because they feel like they're seen.

They feel like they're being heard.

And that gives them the

opportunity then as you're

just beside them doing

things to be able to open

up a little bit more too

than if you were just

grilling them and asking them questions.

Because that's like the last

time that they want to respond anyways.

But that's good for us to

have in our toolbox that we

should have that as an extra opportunity

well,

this might be what's causing this

because a lot of times we

will just point to, well,

it's probably something you ate,

you didn't sleep well.

But then when we get to the

bottom of that and it's still not that,

what do we have left?

And it may be that there's

something else going on

that is causing some sort

of trauma that they're

experiencing that they

can't even voice or don't

even understand at that point,

but know that it's

confrontational for them.

Yes.

And this is something if

anyone watching or

listening has multiple children,

this can be an area where

it can be helpful even to ask a sibling,

because sometimes children

pick up on things that we

don't pick up on simply

because we're not like if it's happening,

like in a Sunday school

class or in a classroom

setting or at soccer
practice or in the neighborhood, you know,
a lot of times our other
children are going to be
picking up on things that
we might not pick up on.
So to just ask, you know, like, hey,
I noticed today, you know,
when you guys came back,
from playing soccer at the
park your brother seemed
really upset did anything
happen at the park to cause
him to be upset because
maybe your son isn't going
to be able to verbalize you
know what happened where
another son or your
daughter will be able to
tell you so that's that's
another just helpful thing
if you have multiple
children that are in the same age range

Yeah, that's great advice.

Yes.

And it's not like you're

asking them to tattle on them.

You're just asking for clarification,

especially as an eyewitness

to what might have been going on.

That's a great idea, too.

So when we talk about biblical forgiveness,

what does that look like

practically for children

who have been deeply hurt?

Yeah.

Yeah.

Well,

I think forgiveness can sometimes be

a complicated topic because

sometimes we just think as Christians,

like, oh, we just forgive everybody.

And yes, we have been called to forgive.

You know, even in the Lord's Prayer,

it says, you know,

give us our debts as we

forgive our debtors.

So forgiveness is a really

important thing.

concept to teach our kids.

However,

I think we need to teach them from

a biblical perspective that

there are two different

parts of forgiveness.

That one is the part that

they can do all on their own.

You know, they can choose to say,

you know what,

that person really hurt me.

That person, what they did was wrong.

You know, like they sinned against me.

They sinned against God.

I'm going to choose not to hold that.

against that person.

You know,

I'm not going to choose anger and

this bitterness.

I'm going to trust.

that God is the one who brings justice.

And then there's the

forgiveness where we

actually reconcile with someone.

And a lot of times I think

Christians confuse those two things,

but they are different

because there can't be

reconciliation with someone, you know,

for them to receive our

forgiveness until they have

repented of that.

And I think when we look at

the forgiveness that is

offered to us through Jesus,

we get a very clear picture of this.

You know,

we're told in John three that God

so loved the world that he

sent his only son and Jesus

offers forgiveness.

forgiveness.

You know,

Jesus offers forgiveness to
anyone who turns from him,
but not everyone will be
reconciled to God.

In order to receive that forgiveness,
to be reconciled,
we have to turn from that sin.

We have to repent of it and
trust in Jesus.

And now Jesus doesn't sit there like,
I'm waiting.

I'm just waiting.

I'm waiting for you.

He stands there with open arms

Right.

That reconciliation and unless we repent.

And I think that's a helpful
picture to give our kids to think of.

That's our responsibility,

that our responsibility is

to work through those

feelings of anger and hurt

and to give them to God and say, God,

I'm trusting you.

I'm entrusting you with this person.

I'm not going to hold it against them.

But there's not going to be

reconciliation with that

person unless they turn from, you know,

they turn from that sin,

they repent and then

receive our forgiveness.

And so I think that can be a

really helpful tool.

thing for our kids to understand, you know,

again, if we're working with a child,

you know, who might, who might have,

have difficulty with some

auditory processing,

we're not just going to sit

there and explain those two

types of forgiveness.

We can actually show it to them,

whether we like draw

pictures or we can actually,

if they're younger, we can have them,

you know,
act it out with two stuffed animals,
you know, and have one stuffed animal.
They're like, okay, we're going to,
we're going to open the animal's arms up.
And that's showing that we're,
we're giving this hurt to
God and we're trusting him.
with that person and we're
offering forgiveness,
but then say these two stuffed animals,
they're not going to get
together and have a hug
unless this stuffed animal
turns around and says, I am sorry,
will you forgive me?
And so you can, you know,
play act that out with stuffed animals.
You can drop pictures just
to give children a word picture.
And now it's easy for me to sit here and,
you know,
explain this because it's all

theoretical when I'm explaining this,
where when someone sins
against us and hurts us in a deep way,
it's,

it's really difficult.

It's really difficult.

Yeah.

It's actually really a
supernatural gift that God, you know,
the ability to forgive someone.

And so for any parents, you know,

if your child has been

bullied and this is a

situation that they've just

been deeply wounded, you know,

maybe they've been physically wounded,

but they've definitely been

emotionally wounded and

you know,

potentially psychologically wounded,

this is something that you

can walk them through every day.

You know, if you're,

if you're tucking them in at bed at night,
you know, you can pray, you know, God,
please help us.

You know, we, we forgive this person.

Please help us to continue forgiving them.

We do ask that maybe one day

they would repent and we

would be reconciled,

but just to continue

walking our child through this,

not only for forgiving that other person,

but for our child's sake,

As well, they're holding on to that hurt,

you know,

and that hurt turns into

resentment or bitterness

that's ultimately going to harm.

our child.

So those,

that's what I will walk them

through those two different

steps and differentiating

between the two.

Yeah.

I love the practical tips
you gave us to just, you know,
the stuffed animals.

And I,

I've had people talk in very recent
interviews too.

We've been talking about
puppets and the use of
puppets for kids to talk about feelings.

Um,

And just some other ways for them to take,
you know,

the focus off of them so that

they can talk about their

feelings without feeling

the pressure of you always

looking at them and feeling

like they're being grilled

about what went on or

what's going on and what they're doing.

They're processing emotionally.

So do you have any other

tips as far as parents who
are walking through this
process with a child who's
been deeply wounded and
trying to come to terms
with that forgiveness,
but also that there may not be
reconciliation or the hope
of reconciliation?

How do we help them,
especially at a young age,
be able to process that on
a regular basis?

Yeah, I think two specific things.

One is making sure that they have
a biblical understanding of
the world around them.

You know,
anytime something goes wrong that
we can just say, Oh, why is, you know,
like it stinks.

We're supposed to go on a picnic today.

It's raining.

You know,

why is it that picnics get

canceled because of the rain?

You know,

it's because the ground has been

cursed because it's,

Adam and Eve rebelled against God,

you know,

or when they have the stomach bug, like,

I'm so sorry, you're feeling sick.

You know,

I'm going to give you some Gatorade.

I'm going to rub your back.

Doesn't it stink that

because Adam and Eve sinned,

there are germs in the world, you know,

or when they get into

agreement with a sibling, like, yeah.

you know what?

We saw this in Genesis three, Adam and Eve,

they ate the fruit of the

tree and immediately they

started blaming one another.

And we still have disagreements today.

So just to,

so that it's not just that

we're thinking about the

biblical story involving

sin when there's this huge thing,

but just in the everyday, you know,

little disappointments.

This is why sometimes life

just stinks because of, you know,

and then bringing in the full picture of,

of what it will be like when Jesus returns,

you know,

what it talks about in revelation,

of the new heaven and the new earth.

And sometimes you can even

just imagine with your kids, you know,

if you have an artistic child, you can,

um, you know,

give them some paints and a

sheet of paper,

or you can just take out

some markers and say, okay,

I want you to draw a
picture of one thing that
you're going to look
forward to doing in the new
heaven and the new earth.

Like this might sound like a
silly thing because I'm, I'm strange.

I'm not a huge animal person,
but one thing that just
excites me about thinking
about the new heaven and
the new earth is that
humans and animals will not be at odds.

Like I won't be in any
danger of being eaten by a cheetah.

And so I think amazing
wouldn't be to ride a cheetah or a tiger.

Like I could probably do that, you know,
in the new heaven and the new earth.

So just giving them that perspective.

I know when my nephews were,
were now they're six and seven,
but when they were two and three,

they were obsessed with
Komodo dragons and it just
broke their hearts that you
couldn't touch a Komodo
dragon because I don't know
if this is true,
but they told me like their
spit was poisonous.
And so my sister-in-law
would always be like,
but in the new heaven and the new earth,
we'll get to touch Komodo dragons.
And so
Just making sure in the
everyday experience of our kids' lives,
we're teaching them this
gospel story so that then
when something big happens,
they're already so used to.
understanding like yes life
here is hard and this is
why but god didn't just
leave it stuck here and

this isn't the end of the
story so if they already
have that narrative flowing
throughout the rest of
their lives it's going to
be harder to believe that
in a big situation like
this but if they're so used
to thinking about this in
the day in and day out of
the little things it's
going to be much more
natural to understand that
in the big hurts or the
things that are really hard
So that's that's what I
recommend primarily,
that we're just constantly
talking them through this gospel story.

The second thing is, you know, as parents,
we can't we can't smooth
the road out for our
children as much as we would like to.

You know,
we have to walk them through these bumps.

But I think we can also be
really wise parents.
about how often are we,
how often are we having
them walk through these bumps?

You know,
if there is like a bully and our child is,
you know, at this point in our lives,
they're not being
homeschooled and they're in
a classroom setting,
maybe being in the
classroom with that bully
for eight hours a day might
not be the healthiest thing
for our child.

And so it's okay to think through that,
you know, not that we say,
we're never going to talk
to anybody who doesn't say
that you're the most

amazing person in the world.

You know, that's not realistic.

That's not really right.

exactly just to consider

what is healthy for my

child in this time and in

this season and sometimes

it might be you might have

to pull back in certain

areas or just you know make

things a little bit

different so that your

child isn't overwhelmed you

know if absolutely if

possible in that season you

know sometimes if your

child is like seventeen

eighteen you know twenty

two it's not it's not

possible quite as much you

know to be able to guide

those situations but

especially when children

are twelve and younger,

it's a lot easier to say, you know what?

I don't know that this is

the best situation for you right now.

So I think we're going to change this.

You know, we're going to do X,

Y or Z differently.

So those would be my two recommendations.

You know,

we have that gospel story

throughout all of life.

And then just wisely

consider and pray through.

Is this the best situation for my child?

Yes, I love, love those answers.

You made me remember the

time when I was reading the book Heaven.

There's a children's version of that.

And I can't remember the author's name.

But I remember my kids just

dreaming of what heaven would be like.

And just, you know, that projection of,

you know, we do have hope.

We do have joy.

It is not in this world.

It is in our next life.

And we need to remind them

of that over and over and over again.

there's going to be things

that come their way and

it's going to shape and

form our children.

But their perspective that

they take into that,

their understanding of

God's world and having a

worldview that sees that

this world is sinful and it's broken,

will allow them to face that with, well,

God's going to do something with this.

You know,

he's going to make something good

out of this.

I don't see the good right now,

but it doesn't mean that

it's not going to be there.

And that's huge because we
live in a world where it's just,
if this doesn't happen this way, then,
you know, I'm sorry, but you're just,
you know, doomed.

Yeah.

You don't want your kids to
have that perspective that
that's what life is all about.

If you don't do it right, you lose out.

But that's not the way it is.

So, yeah.

Awesome.

Awesome advice for all of us
on how to approach those things.

I see we have quite a few
viewers joining us live.

If you have a question or a comment,

if this happens to be a topic that...

you're struggling within

your own home and you want some answers,

please feel free to put comments,

questions in the feed.

That's why we are live.

And we would love to have

you be part of this conversation.

And so, so yeah, feel free to do that.

And I will include those in

what we're talking about.

So yeah,

I'd love for you to talk

about some steps that

parents can take when they

discover their child is being bullied,

especially when it involves like a school,

a church or a sports organization.

How do you start down that road?

I guess that's a good question.

Yeah.

Yeah,

I'm going to give some general guidelines,

but I just want to put a

caveat in that every

situation is different.

And so the guideline,

the general guidelines that

I'm giving here in your particular situation, they may not be what's best. So take this as a general word of advice, but, you know, be prayerful and intentional and including others, you know, in in your decision on how to move forward. So I think the first thing, when you realize your child's in a situation where they're being bullied, to try to get some more information to determine the depth of this. If this is a child who's had a bad attitude towards your child for maybe a few weeks, and it's kind of like, on the border of being bullying, that's probably a good

opportunity to coach your
child through how to have a
conversation with that person, you know,
just to start off.

And if you're taught, you know, again,
if your child is able to
have this conversation of,
did I do something to make you mad?

You know,
because maybe your child steps in
front of, you know,
they were doing a soccer
drill and your child
accidentally cut in front
of this person and they're
just holding a grudge for three weeks,
you know?

So ask that question,
did I do anything wrong to make you mad,
you know, or to say, you know,
I noticed that,
that you've been kind of upset with me,
you know,

is there a reason why you're
upset with me?

So if it's kind of on that
borderline or not really intense bullying,

I think,

it's wise to train our
children to start to have
some of these conversations
because ultimately we want
to train them to love
others and also be a good
advocate for themselves, you know,
in a God honoring way.

If it's a situation that
seems like it's a little bit more intense,
like either, um,

this person has been this
child has been threatening
your child or maybe they
have other people involved
in it like maybe it's a
classroom situation and
they've included other

students in on this my
recommendation would be to
go to another person in
authority like maybe this
um the child who's you know
leading the bullying
against your child maybe
you know the parent you
know and you can have a
conversation with the
parent um in that situation
you know,
it's really easy for us to become
very defensive for our children.
So I would recommend if you
start that conversation
with another parent, you not say,
you know,
like your child has been
bullying mine or just say, you know,
like it's John and Matthew, you know,
like I've noticed,
I've noticed that John and

Matthew have had some like
conflict in their relationship recently.

Like,
you know, is there anything like, you know,
you think would be wise for us to do,
you know, just to talk through it,
kind of like partnering in it.

That can be a wise way to start.

If you're friends with the parent,
if you don't know the other parents and,
or you've never even met them,

it can be wise then to go

to the coach or to the

teacher and just say, Hey,

here's what's been going on.

What do you think are wise steps forward?

And maybe the coach or the

teacher would be able to be involved.

I know myself as a classroom teacher,

most of the time, if there was any

or bullying going on,

I usually was aware of it

and was able to take care of it.

But sometimes students would
be perfectly fine in the
classroom and then stuff
would happen out on the
recess playground and I
wasn't a recess monitor.

And so it would completely
go over my head.

And so there were some times
where parents would come to
me and they'd tell me about
a situation and be like, oh, okay,
you know what?

Let me...

Let me take care of this and
then we'll check back in in
another week or two and
we'll see how this is going.

So that would be my recommendation there.

If it's not wisest for your
child to go to the other child,
then go to the adult who
can make a difference.

And then if stuff still
doesn't get cleared up after that,
go back to that adult to
try to have a game plan for
moving forward.

What can you do to actually make...
a difference here because
sometimes things are
cleared up easily and
sometimes they're not, you know,
sometimes they're not.

And so I would recommend that.

That's what I would, in general,
the first steps that I would recommend.

And then, you know, if there's, you know,

I mean, I hope that,

that no parent watching or

listening is in this situation,

but it could happen, you know,

if your child is in a

situation and no one else

who's an authority is

you know,

making any change or listening to you,

that's a situation where

you might have to pull your

child out of that situation.

You know,

it might be joining another

soccer league or it might be saying, well,

you know what?

I actually need my child

pulled from this classroom, you know,

in school and put in another classroom.

Or if it's, you know,

a Sunday school situation,

it might be like, well, you know what?

You're just going to come

with me to Sunday school for, you know,

a few weeks until we get this worked out.

So those are the steps I

would recommend taking.

Yeah.

Yeah, yeah, that's good.

Because yes, they're, most of the time,

you're going to find an

adult in authority who is
going to want to, you know,
intervene or help or, you know,
do whatever they can.

But yes,

in those situations that you don't
find that support, then you've
we'll have to do something.

But if we want to protect our kids too,
we don't want to just leave
them in that situation and say, well,
work it out.

Because a lot of times
they're just not equipped
to be able to handle all of
that right away.

And it takes some time to be
able to navigate.

And there's just so many
situations out there.

We talk about bullying.

We're not just talking about
classroom settings anymore, are we?

We're talking about a variety of different places that our kids can be bullied.

Can you talk about that a little bit?

I think sometimes parents are very ill aware of the many places that could be affecting their child and they could be bullied in.

Yeah.

Like you said, we typically think of the classroom setting, which, you know, in a classroom setting that can and still does happen.

But I mean, it can be playing on the playground, you know, in the park.

It can be in the library.

As our kids get older, it can be cyber bullying online, you know, through a social media platform.

platform, or it can even just be, you know, even if our children are

not on social media,
and even if they don't, you know,
have smartphones, it can be somebody else,
you know,
taking a video of them at an
embarrassing moment, you know,
and then posting it or sending it around,
you know, and those,
especially like the cyber
forms of bullying are so
much more pervasive.

And it's not just limited to
one classroom or one child or one school,
you know, it can get out
all over.

So that's a really,
I think that's a really
important conversation to
have with our children,
just like with our little ones,
we want to have a conversation, you know,
about, well,
if somebody is constantly picking on you,

you know, and they're,
and they're mean to you all the time,
that's something when you need,
where you need to tell me, you know,
or you need to tell another adult,
but just, you know,
as our children enter the
middle school years and, and
And they're going to be potentially,
you know,
cyber bullied just even to let
them know what to look out for.
You know,
if there's any parents here saying, well,
I don't even want my child
on social media.
I think that, you know,
especially in the middle school years,
it's a very, very wise decision.
But to even explain to them, like,
this is why I don't want you on this.
It's not that I'm just
trying to say no to everything,

but this is what happens.

And I don't want you right now.

have to worry about that.

Like your heart and your

mind and your body is still developing.

And I want to protect you from that,

even if it doesn't feel

like you're being protected.

So to have that conversation and then,

you know,

as their friends start to get on

social media or get

smartphones to have

conversations about what that looks like.

Well,

if somebody sends you a text or a

picture and that picture is inappropriate,

like somebody is not

wearing enough clothes,

you need to immediately

close that text and you

need to come to me to let

me know because that is not appropriate.

You know,

so just to let them know some of

the things can happen so

that they're not surprised.

By it,

they know how to respond or even

just to walk through with

them situations because our children,

they might be in a

situation where they might

be tempted to bully others, you know,

or to treat them kindly, you know,

so to talk through like,

what does that look like to

enter in to the bullying of

another person?

You know,

even just talking through how our

body language or laughing

at certain things that that

could be entering into that.

So we want to prepare them

for that ahead of time.

So I think just basically
any space where we humans can be together,
whether it's in a house,
in a neighborhood, in a school,
in a church, online,
any of those spaces are
spaces where we can sin
against one another in big ways,
including bullying.

And so we wanna think through those things,
not for the purpose,
of sparing our children all possible pain.

Like, would it be amazing if we could like,
yes, that would be, that would be amazing,
but that's what they need.

But they wouldn't learn all
those hard lessons either.

No, they wouldn't.

And then they would go into
the world completely unprepared.

So what we said,
what we want to do is we
want the best type of

preparation or sorry,
the best type of protection
is preparation is preparing
them for what they're going to face.

Absolutely.

I love when you talk about, you know,
having those conversations
and bringing up those things,
helping them to process
through ahead of time
before they've even thought
it or encountered it.

And so that when it does come about that,
they're like, oh, I remember this.

I remember mom saying
something about this or dad
saying something about this.

And that is their frame of
reference then for how they
deal with that topic was
because you spoke into it
before anybody else did.

And so it's really,

really important to have
those conversations,
to have them when they're young,
to kind of build them into
your general vocabulary.

as a family, especially, you know,
for families that are
living very counter-culturally.

As Christians,
we are finding more and more
that we're becoming a
counter-cultural society in
ourselves and how we think
and how we just view life
and view the world.

So, you know,
that can lead to bullying in itself.

How do you help kids
stand strong in what they know to be right,
what they've been taught is truth,
when others around them are, you know,
just saying, oh,
just give that stuff up and

just agree with us and do
what everybody else does.

Yeah,

I think there's a couple really
important things to do.

And

The first one is something

I'm sure parents watching

and watching and listening

are already doing,

but just really giving our

children appropriate

affection and encouragement

at home of grounding them

in a biblical understanding

of who they are, you know,

that they have been made in

God's image and that God

loves them so much that he sent Jesus.

for them to reconcile them to himself,

that God has gifted them.

You know,

Ephesians two tens says for we

are his workmanship created
in Christ Jesus for good works,
which God prepared
beforehand that we should walk in them,
that,
that their personality and their giftings,
you know, even their physical stature and,
and, and height and everything like that,
you know, is perfect.

purposely crafted by God for
his intentional design for them.

And then in Psalm one thirty nine,
you know,

it says that all the days
ordained for me were
written in your book before
one of them came to be.

And so in the moment when
our children are facing peer pressure,
when they're facing
you know,
a culture that views anything
that is biblically sound as

evil and oppressive.

They're not going to,

they might not be feeling

all of the truth, you know,

that we have tried to instill in them.

But we need to start off with that,

you know,

of helping them know that they

are beloved and that God

has designed them with a purpose.

So I think that is so important.

The second thing, I think, again,

from a biblical perspective is,

That, you know,

not that we walk around

with a martyr complex like, oh,

everyone's against me and

everybody's out to get me.

You know,

that's not what we want for our children.

Right.

We do want them to have a

biblical understanding of

difficulty and of suffering.

You know, Jesus said, you know,
in this world you will have trouble,
but take heart.

I have overcome trouble.

the world.

And then in Romans eight,
we're told that all things
that God uses all things to
work together for our good.

And then we're told in Romans eight,
twenty nine, how he does it.

He does that by using them
to conform us more into the image of
of his son.

And so all throughout scripture, you know,
we're told not to be
surprised when we encounter
struggles and suffering.

So just that our kids
understand that this is a
normal part of the Christian life.

Okay.

Again, not, we're not going to walk around,
you know,
woe is me and everybody's out to get me,
but just surprised when
these things happen.

And then I think the third
thing it's really important to
to ground them in an
understanding of why we
believe what we believe, because,
you know,
just seeing out one hot topic right now,
you know, gender is a really hot topic as,
as we're recording this.

And the narrative is, you know,
if you don't just celebrate
anyone's chosen gender and
you're just hateful.

How could you hate someone so much?

I mean, who wants to feel hateful?

None of us want to feel
hateful or oppressive.

And so if we can equip our

children to understand the truth,
And to be able to see
through some of that very
deceptive language, like we can ask them,
okay, let's think about our bodies.
You know, we can talk them,
what are all the amazing
things your hands can do, you know,
and talk about our fingers and what are,
how our fingers can hold a pencil.
They can hold a fork, you know,
to bring food to our mouth.
They can scratch our noses.
They can pat someone on the
back and talk about the
amazing design of our fingers.
You know, then you can do the same thing,
like with legs or arms or noses, you know,
whatever, whatever it is.
we see something in the
world around us that was designed.
We know that that designed
object was made by a

designer for a specific
purpose and talk about how
it's the same with us,
our bodies and our minds to
this amazing design.

And therefore that leads us to a designer.

And so that designer has
designed us with a specific
purpose and then talk about, you know,
what is the most loving
thing we can do if someone
has been designed for
as a fearfully and
wonderfully made boy image bearer.

And on the inside, he feels like a girl.

What is the most loving
thing that we can do for him?

Would it be to lie to him and tell him, oh,
it's so great.

Yay.

You're a girl.

This is wonderful.

Or would it be to be kind to him,

to listen to him and to
point him towards the truth of how he was

We want to help our children
understand this.

For little kids,

if you're working with your

kids that are very visual,

you can use a couple different examples.

You know, if you have a kite, you can,

you know, on a windy day, you know,

go outside and fly the kite

and talk about, wow, you know,

what's all the amazing

things about this kite and

talk about how the kite, you know,

has a tail, how it has,

I'm not a kite expert,

so I don't know what all the parts are.

You know,

it has the rods that go into the fabric.

Right.

Open it up so that it can

fly high in the wind.

Then go on inside and say, you know what?

Tonight, when I'm washing my hair,

what if I take this kite

and I wrap my hair up in

the kite after I'm done

showering to dry my hair?

Is that going to work?

Well, I mean,

I could probably wrap it around my hair.

Would it dry my hair?

No, a kite wasn't meant to dry my hair.

So my hair is still going to get wet.

What's going to happen to the kite?

The kite's going to be all soggy.

Are we going to be able to

go out and fly it tomorrow morning?

No, because it's going to be super wet.

And talk about how when we use an object,

not according to the designer's design,

we miss out on the amazing

purpose that that object was created for.

And then bring that talk about us.

When we go against the designer's design,

we miss out in the amazing
purpose that God has created us for.
So just to help our children
see when there's a situation like this,
where they're going to have
to stand strong for what they believe.
To help them see through
that even if in that moment,
even if in the moment they fail,
even if in the moment they
just pat somebody on the back and say,
of course you're a girl
when they're really a boy,
even if that happens,
that they'll be able to
understand the truth underneath of that,
that this is not what is most loving.
It might be what makes this
person feel the best in the moment,
but it's not what's
ultimately best for them
because it is pointing this person away
from the truth of their creation.

So those are just some basic,
just basic little things we
can do with our children to
help them stand strong in those moments.

It's so good because yes, when,
when our kids are anchored and they,
they aren't just told,
this is what you have to believe.

And this, you know, just because,
but they truly understand.

I love the analogies you
used because kids understand that,
you know, they're like,
Oh, you know, it makes them kind of think,
contemplate.

Yeah, yeah, no, that's right.

And I teach kids in a classroom, well,
a gym setting.

And I have one student whose
parents will remain nameless,
but they send her to me,
even though they call them a them.

And, and I just, I told the parents,

I'm like,

I will call your student by the
name that you've given them.

And, and, you know,

I'm just gonna love on them.

And I love on her,

I'm gonna call her her

because that's who I know

her as and how God created her.

But, but it,

it is such a complicated world

for our kids now to

navigate with all these

gender things that are coming up and

And I see the conflict and, you know,

the other kids in the classroom, you know,

the gym and just how

they're dealing with that.

And so I try my best to help

navigate that.

But it's, it is,

it is hard because they don't really,

they haven't been taught

how to respond and they
don't know exactly what they believe.

They're, they're thinking that, yeah,

I go along with everybody

or else I'm not loving.

And so,

And it's that's not true.

We we love people from the

perspective that Jesus

loved us and and that he he

gave us and everyone an

incredible purpose.

And if we miss out on that purpose,

we miss out on life.

And and so our kids need to

know that they need to know

that there's there's more there.

Yeah.

And I think even, you know,

when you're just talking about, you know,

talking with our kids about

how to love one another.

That's where I think even

talking about the
definition of love can just
be so powerful because we,
for some reason,
we as humans just seem to have this fault,
like this faulty innate
definition of love that if
someone loves me,
I'm going to feel positively, you know,
I'm going to feel positively about this.
Now,
often love is accompanied by positive
emotions.
but not always and this is
where we can even take our
kids to scripture to show
them this like I think a
great example of this I
might get the reference
wrong but I think it's in
john chapter four when
jesus is talking to the
woman at the well it's

somewhere early on in john
and jesus you know doesn't
just say like come to me
you know like I'm gonna you
know like I I want you to
come to me and I'm gonna
forgive all your sins what
does he say he says go and
get your husband

He knew that she had been
married multiple times and
was living with a man that
was not her husband in that moment.

It didn't Jesus loving her
did not feel very good.

Like, you know, she said,
I have no husband.

And Jesus doesn't let it stop there.

He says, you know, you are right.

You have when you say you
have no husband for you
have had five husbands and
the man you're living with

now is not your husband.

Right.

Whoa.

You know, most of us today would be like,

Whoa, Jesus, you might need to calm down.

You probably didn't need to

point that out.

That's what was ultimately

loving because he was showing her,

her need for him.

Similarly,

when the rich young ruler came to Jesus,

you know, and he said, you know,

good teacher, what must I do to be saved?

You know,

Jesus didn't just give him a list.

He said, why do you call me good?

You know, no one's good, but God.

And then I love,

I think it's in the gospel

of Mark because this story is,

I think in the gospels three times,

but one of them, and I think it's Mark,

it says, and Jesus looking at him,
loved him and said, one thing you lack,
go and sell all that you
have to the poor and come follow me.

And then it says the young
man went away with a heavy
heart because he had great riches.

Jesus loved him.

And therefore he said the
one thing that he knew was
going to reveal this young man's sin.

Now that doesn't mean we
have our kids go around and
point out everybody's sin.

You know, we're not,
we can take our kids to
these examples and say,
did when Jesus was loving this person,
did he make them feel good
about themselves?

No,

actually he revealed what was true
because love is doing what is best for

for another person where our
culture thinks that love is
making others feel good about themselves.

Now,

sometimes that might be what's the
loving thing to do,
but love is doing what is
best for another person.

So if we can help our kids
understand that definition,
that can be so helpful for
the variety of situations
they're going to encounter.

It's so true, yes,
because the responses that
will come back at them is, you know,
you're being stuck in your ways or,
you know, why, yeah,
why aren't you agreeing with us?

And so, yeah,
and being probably ostracized
in some situations too,
which is hard to deal with.

But if kids can understand that, you know,
they're actually being
loving and that the world
is not filled with love, it's just...
filled with people that just
want to say one thing in
front of somebody and
another thing behind their back.

I grew up in Minnesota and I
always called it the Minnesota nice.

And I was like, yeah,
but only to your face.

They turn around and they're
talking about you behind your back now.

And that's, you know,
that is the way the world is.

People can be super nice,
but they're going to say and do things.

And our kids need to know
how to process that,
how to heal from that,
and especially how to
restore joy in their lives.

I'd love for us to end our
conversation and talking
just a little bit about that joy.

And and how do we help to
cultivate that in our homes amidst trauma,
amidst bullying, amidst, you know,
just living
counterculturally and and yet
dealing with the sin of the world?

And it does it affects all of us.

And and so how how do we
help preserve that joy?

Yeah.

Yeah.

Well, first,

I think we need to think
through what joy is.

And joy sometimes is
different than happiness.

Yes.

You know,

and that happiness is this
emotion that we feel of all

is going right.

You know, I'm,

I love how things are going.

I'm enjoying this joy.

It can be accompanied by happiness,

but I think that joy is

deeper than just an emotion.

That joy is a piece of knowing that,

that God is in control and

that I can be content where

I am today because of that.

And so I think as we're

working to cultivate joy,

that's what we want to help

our children to see that

we're not asking them, you know,

to go around with a fake plastic smile,

you know, an attitude of like, oh,

the world is falling apart,

but it's still okay.

There's real difficult things that happen.

And so I think two things

are really important.

One is.

I think it's teaching our,
our children how to grieve
and how to lament.

And the Psalms is such a
great example of this.

You know,
that the Psalms aren't just about
praise the Lord.

Everything is fine and happy
that the Psalms are like real and raw.

And sometimes if I'm being honest,
I feel almost a little bit
embarrassed reading some of the Psalms.

I'm like, Whoa, God, did that,
did that writer really just say that?

Yeah.

But in the end,
the psalmists are always talking to them.

They're talking to God,
but they're talking to themselves.

They're reflecting.

Yes.

And bringing it back to what is true.

And so I think teaching our children that,
that it's okay.

It's okay to be angry over
an injustice that happens.

It's okay to feel really sad,
but what do we do with that sadness?

And so even, you know,
just reading through a psalm,
at the dinner table or
reading through a Psalm before bed,
just so our children get in
the habit of hearing that
and hearing that language.

And then we can walk them through that,
you know,
during times of difficulty or suffering,
you know,
we can walk them through a Psalm.

And so,
so that we're not like stuffing
their emotions.

Cause that's never the

biblical answer to stuff our emotions.

You know,

neither is the biblical answer to

just spew our emotions all

over the place.

The biblical answer is to

feel it and to turn it over to the Lord.

Right.

You know,

Psalm sixty two says pour out

your heart to him at all times.

Oh, people.

So I think that's one thing

teaching our kids how to

grieve and how to lament.

And then the second thing is, I think,

getting in a family rhythm of gratitude,

of talking about the things

we're thankful for.

And so focusing on what

we're thankful for.

And now the majority of

these things will be positive things,

you know, things,
things that we really think like,
This is something I'm very
grateful that God has allowed in my life.
But I think also expressing
gratitude over the difficult things,
because in scripture,
we're commanded not only to
give thanks in all circumstances,
but we're also, and this is so hard,
but we are also commanded
to give thanks for all circumstances.
And that's where that Romans eight,
twenty eight and twenty
nine comes in that we can
give thanks for.
for all circumstances,
because we have the promise
that God is working it
together for our good by
conforming us into the image of his son.
And then again,
what we talked about before, you know,

weaving that biblical
worldview throughout all of
life is that when our kids
have this perspective of
all eternity and the fact
that in eternity,
this life will be but a breath.

You know,
if we've been alive for a hundred
thousand years with Jesus,
like looking back on like
maybe like eighty two years
on this earth that were
really hard and really
difficult after a hundred thousand years,
even after like ten
thousand years with Jesus,
like that's going to seem like nothing.

But our kids in that eternal perspective,
not to again, you know, have a Pollyanna.

Oh, everything's fine.

Nothing.

Nothing matters.

Like, no, this hurts.

This is real.

This is difficult.

This is suffering.

This is not how God

originally designed it.

but we have this promise

that God is using it to

make us more like Jesus,

to prepare us for our true

home where there will be no more tears.

So I think if we can do those two things,

teach our kids how to grieve,

how to lament,

and then focus on gratitude,

that can be a way that we

can cultivate not a happiness,

but this deep and abiding peace,

trust in our households.

So good.

So good.

And those Psalms are amazing.

And David had many enemies.

Actually, we could call them bullies.

And so he laments a lot
about them and takes those
feelings to the Lord.

So our kids, you know,
in just reading those,
will have a companion to
walk through a lot of those,
processing a lot of those things.

Of course,
he wanted to kill a lot of them too.

But...

Not something we condone, but anyways, but,
but yes, just those raw emotions,
they aren't wrong, but we,
we have to take them to God
and he is the one who fights for justice,
not us.

And to help our kids to see that.

So, so good.

So Elizabeth, as we are wrapping up,

I'd like you to talk a
little about the curriculum.

You have a website called
foundationworldview.com.

And we also have a code that
you've given us to help
families receive ten
dollars off a license of
any of your curriculum.

So, yes.

Tell us about that.

So at foundationworldview.com,
we're an organization kind
of like we've been talking
about throughout this
podcast that we're trying
to equip kids to view all
of life through a biblical lens.

You know,

so whether it's a conversation
like this about bullying, forgiveness,
reconciliation, joy,
or whether it's talking
about what it means to be
human or how do I figure

out what's right for wrong or, you know,

like what does it mean to

be male or female?

We want our children to be

able to view all of that

through the lens of scripture and

And to understand how

scripture lines up with

what we see in the world around us.

So if you go to foundationworldview.com,

you can find out about all

of the resources that we have there.

Awesome.

And if you're listening,

the code will be in the

show notes as well as

everywhere else that we put the code up.

But if you want to just

write it down right now,

it's empowering ten.

That is the code to get you

ten dollars off that family license.

So definitely check out

Foundation Worldview dot com.

And also Elizabeth has a

free lesson plan there.

So if you're thinking.

let's just try this out over Christmas.

Download that lesson, try it out,

and then see if that's

something you want to

include in your curriculum

in the new year.

So I know the podcast is

going to come out the first week.

You're probably still all

kind of figuring out what you're doing.

And so hopefully that's a

good resource for you.

So, yeah, well, thank you so much,

Elizabeth.

This has been just a

wonderful conversation

filled with so much hope,

so much joy and so many

practical applications on

how to help our kids to to
process this as well as us.

I mean,

we can't forget that we all need
help in this as well in
forgiveness and forgiveness.

And seeing the world is not our home.

Um,

it's just a good reminder and a good
reminder why we're
celebrating this season of
Christmas that's coming up
for those of you that are watching live.

You know,

this is the season that we
remember Jesus coming to
earth because he needed to
do something we could not.

And, um, so this is, um,

It puts back in why we have joy.

We talk about joy of the season.

It's not about the presents.

It's not about all the other things.

It's about the gift that we
have been given.

And like you said, Elizabeth, earlier,
we have to receive.

There will be many that won't.

And it just grieves my heart
that we've been given such
a beautiful gift and many
will oversee it in this life.

And I hope that that is not...
any of you listeners.

So if that's something you
haven't considered,

I just want to put that out
there that this is, it's a, it's,
this is what life is really about.

So, so take that to heart.

So thank you so much, Elizabeth,
for taking time and sharing
with us today.

It's been a true blessing.

Oh, my pleasure.

Thanks for having me on with you today,

Peggy.

Absolutely.

If you want to check out and see what shows we have coming up, go to spedhomeschool.com slash calendar or upcoming.

It's on both of those places.

And you'll actually see a calendar now.

My admin said, Peggy, we just need a calendar instead of all the things listed.

So the calendar is at the top and you can click on it and you can get links to all the YouTube links and all of that.

Otherwise, go to our podcast and you can find previous episodes or you'll find on our website, too, transcripts.

and podcasts of all past episodes as well.

But next show coming up, Dawn Jackson, one of my co-hosts,

is actually going to be hosting,
and she's going to talk
about the nervous system puzzle,
chiropractic solutions for
autism and ADHD,
and just how chiropractic
work can help your child
with calming their nervous system.

So something to look forward to.

So thanks all for joining us.

Take care.

God bless.

Merry Christmas.

Happy New Year.

And we will see you in the coming year.

Bye, everybody.

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