

LIFE TEEN LEADERSHIP CONFERENCE

2026

PARENT INFORMATION

Thank you!

Parents,

Thank you for entrusting us with the care and formation of your teen through the Life Teen Leadership Conference. Whether your family is still prayerfully discerning this opportunity or your teen has already committed to attend, we are grateful for the trust you place in us and honored to walk alongside you in this decision.

This packet is designed to help you feel informed, confident, and supported as you consider or prepare for the conference. It is a privilege to create an environment where young leaders can encounter Christ more deeply, grow in confidence, and be equipped to serve others. Please know of our prayers for you and your family, and do not hesitate to reach out if there is anything we can do to better support you as you discern what is best for your teen.





Information for Parents

About the Life Teen Leadership Conference

The Life Teen Leadership Conference (LTLC) is a weeklong Catholic leadership and discipleship experience for rising high school juniors and seniors. The conference is intentionally designed to form young leaders who desire to grow in their relationship with Jesus Christ and return home prepared to serve their parishes, schools, families, and communities with humility, courage, and faith.

Through prayer, the Sacraments, dynamic teaching, and meaningful community, teens are invited to recognize the gifts God has given them and to understand leadership as an act of service rooted in Christ's example.

Why Your Teen Should Attend the Life Teen Leadership Conference

Choosing to send your teen to the Life Teen Leadership Conference is an investment in both their faith and their future. In a world that often pulls teens in competing directions, this conference creates a Christ-centered environment where young people are challenged to grow in confidence, character, and responsibility while being surrounded by positive peers and trusted adult mentors. Through prayer, the Sacraments, and intentional leadership formation, teens are invited to discover who God created them to be and how their gifts can be used in service to others. Many parents see their teens return home with a deeper sense of purpose, a stronger faith life, and a renewed desire to lead with integrity in their families, community, schools, and parishes.

Sample Daily Schedule

While each day at the Life Teen Leadership Conference may look slightly different, the schedule below offers a general sense of the rhythm and flow of a typical day:

7:00 AM – Breakfast
8:00 AM – Morning Prayer // Bible Study
9:00 AM – Mass
10:30 AM – Morning General Session
12:00 PM – Small Groups
12:30 PM – Lunch
1:30 PM – Free Time / Community Building
3:00 PM – Breakouts
4:30 PM – Silent Time / Personal Prayer
5:30 PM – Dinner
6:30 PM – Evening General Session
9:30 PM – Parish Download Time // Small Groups
11:00 PM – Everyone in rooms



Topics

Each year we cover topics including, but not limited to:

Forgiveness.	Fostering Daily Prayer Habits
Theology of the Body	Leading in a Culture of Fear
Apologetics	Praying with Scripture
Sacraments	Intercessory Prayer
Servant Leadership.	Humble Leadership
Sharing the Faith // Evangelization	
Leading through Technology	

Packing List

What to Bring:

- Comfortable clothing
- Sweatshirt (the auditorium is often cold)
- Comfortable shoes
- Toiletries and personal hygiene items
- Reusable water bottle
- Rosary
- Medications with clear instructions for your group leader
- Phone charger and small spending money
- Sunglasses and/or hat
- Rain jacket/poncho (it does rain often in the afternoons)
- Bible
- Journal and pen
- Rosary



What Not To Bring

- Any electronics that are not vital to the week
- Tobacco products, illegal drugs and alcohol
- Juuls or other vaping devices
- Weapons of any kind, including guns or knives
- Lighters
- Portable Gaming Devices



Preparation

While the conference is a powerful moment of formation, the greatest impact happens when parents and guardians actively support their teen before and after the experience. Your involvement helps turn a meaningful week into lasting spiritual growth.

Before the Conference

Pray with and for your teen as they prepare for the conference. Encourage them to approach the experience with openness and trust. Help them complete forms and pack intentionally, including spiritual items. Discuss expectations around participation, technology use, and respect for community.

After the Conference

Invite your teen to share what they experienced and learned. Encourage ongoing prayer and involvement in parish leadership or service. Be patient as they integrate what God stirred in their heart. Support next steps in leadership, discipleship, and service.



FAQ

Who can attend?

Teens who are rising juniors or seniors in high school may attend. All participants must attend as part of a group with at least one adult chaperone. This group can be from a parish, school, campus ministry, family, or community.

Does my teen need to be from a Life Teen parish?

No. Teens from any parish, school, or community group are welcome, regardless of whether they subscribe to Life Teen resources.

Where and when is the conference held?

The conference takes place June 22–26, 2026, at Benedictine College in Atchison, Kansas. Benedictine College is a catholic college that provides a faith filled environment.

How does registration work?

Registration opens in early February and is based off groups. Individuals cannot register. All teens and chaperones must be registered.



FAQ continued

What are the chaperone requirements?

Chaperones must be at least 21 years old, safe-environment compliant, and meet the required gender-specific ratios. These requirements are verified by the pastor at each parish, principal at the school, or your local diocesan office.

Can my teen include the conference on their resume?

Yes. Participation in the Life Teen Leadership Conference reflects a significant commitment to leadership development, service, and personal growth, and can be included on resumes, college applications, and scholarship materials. Teens receive a physical certificate of completion at the conclusion of the conference, which may be referenced as documentation of their leadership formation and training.

Who can I contact with questions?

Please direct all questions to your group leader. If you have additional questions, please have the group leader or yourself contact the Life Teen Events Team who are happy to help. They can be contacted using the information provided on lifeteen.com.

