



NCYC Parent Guide

Thank you for choosing to send your child to the National Catholic Youth Conference (NCYC). This document seeks to help guide you through the process of preparing your child for and after the conference.

The Pilgrimage in the Jubilee of Hope

Your child is making a pilgrimage to the largest gathering of Catholic youth in the United States during the Jubilee of Hope! There, they will experience a [digital encounter with Pope Leo XIV](#), Mass & prayer with over 15,000 other young people, catechetical sessions, and encounter the message of identity in Christ through the theme "I Am | Yo Soy".

During the general sessions, the theme of "I Am | Yo Soy" will be unpacked through a sacramental narrative.

- I Am Chosen (Baptism)
- I Am Anointed (Confirmation)
- I Am Healed (Reconciliation / Anointing of the Sick)
- I Am Called (Holy Orders / Matrimony)
- I Am Transformed (Eucharist)

Pre-Trip Preparation

Spiritual Preparation: As a family, you are sending forth a member on this pilgrimage to NCYC. Daily prayer together is vital. Family prayer is most consistent when it is built around mealtimes or morning/evening routines. For this piece, please keep it simple and accessible. Consider the following:

- Praying a decade of the Rosary each day for this pilgrimage.
- Pray [The Jubilee Prayer](#).
- Pray the NCYC Digital Experience Prayer
- Pray the [2025 NCYC Novena](#)
- Pray an Our Father, Hail Mary, and Glory Be in addition to your regular family prayers.

Logistical Preparation:

- Packing - Review the packing list a week in advance and ensure your child is packed at least 2 days before departing for the NCYC. This allows for a peaceful send-off and a stress-free night before, so good rest can take place.
- Hydration - Send your child to NCYC with a refillable water bottle and encourage them to avoid energy drinks and other high-sugar items that disrupt the natural patterns of rest, development, and cognitive function.
- Communication - Talk with your child on what communication can look like in accordance with the parish, school, or diocesan policies and let them know when and

how you will be available. (They might not reach out to you, but knowing when and how they can check in with you can help calm any anxiety about traveling and being away from home.)

- Networking – Talk to your child about engaging in conversations with new people.
- Expectations – Help your child understand that pilgrimages also require us to be flexible and open to the spirit.

During the Trip

NCYC begins on Thursday evening and continues through Saturday evening. The event will feature general sessions that include music, liturgy, inspirational talks, and more. Breakout sessions will allow your young person to choose presentations based on their interests. Confessions will be offered throughout the event in prayer spaces. There will also be an Interactive Exhibit Hall featuring Catholic artists, service projects, colleges and universities, religious orders, and more.

Here are a few key times to pray for your young person during NCYC:

- The Digital Encounter with Pope Leo XIV will take place **on Friday, November 21**, at approximately 10:15 am ET | 7:15 am PT. -
- Adoration will take place with all participants on Friday evening during the general session.
- Reconciliation will begin to be offered on Friday and Saturday afternoons.

Post-Trip

Your young person will likely be tired when they return home. It may be tempting to ask them to share about their entire experience with you right at pick up, or to bring up the messy room they left behind when they jumped onto the bus or airplane. Still, it may be more valuable to simply welcome them home and allow them to eat and have some rest. Then, following a nap or the following day (or two), you can ask them to share about their experience. Tip: Take your child out on a date for ice cream or a meal and have dedicated time for them to share their NCYC experience.

Key questions to ask are

- What spiritual actions do you hope to take following the trip, and how can we support you in them?
- Where did you see God working in your life or the life of others during NCYC?
- Is there anything you are struggling with as you come back from NCYC?
- How can our family better journey with you in your faith moving forward?