

## **MESSAGE TO PARENTS**

*If you **RESPECT** me,  
I will hear you.*

*If you **LISTEN** to me,  
I will feel understood.*

*If you **UNDERSTAND** me,  
I will feel appreciated.*

*If you **APPRECIATE** me,  
I will know your support.*

*If you **SUPPORT** me as I try new things,  
I will become responsible.*

*When I am **RESPONSIBLE**,  
I will grow to be independent.*

*In my **INDEPENDENCE**,  
I will respect you and love you all of my life.*

**Thank you, Your Teenager**