



Letter to Parents –Instructions

Pass out the letters and ask them to hold them in their hands – read the following:

*During the School Unity Project we took some time to look at relationships in particular the foundational relationship in your life, your relationship with your parents which might have been someone different for each of us. Whether it was foster parents, grandparents, step-parents, we looked at the people who are in charge of your care. We asked you to think about things your parents do that drive you crazy, what you do that drives your parents crazy and we asked what do you really want from your parents. You came up with things like love, trust, understanding, them to be proud of you, freedom, guidance, support, time, respect and several others. We came to the conclusion that as a teen you play a role in the quality of the relationship with your parents, and if we want all those things we must be willing to give those things- because **we can't get what we are not willing to give**. For the first time you may have realized that you have a responsibility to make your relationship with your parents be, "the best that it can be". While it will never be perfect, by making this foundational relationship be the best it can be-you create the ability to make future relationships be the best they can be. Including the relationships with the people in this school, your future room-mates, and future significant others and your future family.*

You wrote a letter to your parents that is currently in your hands. You were asked to write a letter that you may never give. We figured out that coming from a place of revenge or hurt would just create more hurt so hopefully you wrote a letter in your heart space that was about what you appreciated about them, and what this relationship means to you. What will you do with this letter? You may choose to put it away, you might choose to give it at a later date, you might choose to re-write the letter, but what you do with the letter is your choice and the future of your relationship with your parents is in your hands. Remember, relationships are tough, and it is a process. Just because you give them the letter doesn't mean things will magically get better forever. The process of mending relationships takes time, but the work that you do now will create a foundation for understanding all the relationships in your life. What will you do now? The answer is in your hands.

