

Part 1: What Teenagers Wish to Hear From Their Parents

These phrases dismantle the fear of failing family expectations and protect emotional security at home.

- **"I love you for who you are, not just for what you achieve or score."**
(Removes the toxic link between a child's human worth and their report card.)
 - **"You can tell me anything—even the messy or bad stuff—and I promise I will listen before I react."**
(Breaks the 'Keep It Hidden' cultural rule and opens an honest communication channel.)
 - **"Do you want me to help you find a practical solution right now, or do you just need me to listen?"**
(Gives them the autonomy to voice their feelings without getting an immediate lecture.)
 - **"Your mistakes or bad days will never change how proud I am to be your parent."**
(Provides an unconditional safety net during their core growing-up years.)
 - **"I am sorry I overreacted earlier. I was stressed, and taking it out on you wasn't fair."**
(Normalises apologizing, showing them that accountability is a sign of respect, not weakness.)
-

Part 2: What Teenagers Wish to Hear From Their Teachers & Mentors

These phrases lower classroom anxiety, build trust, and reframe the academic environment as a safe space for growth.

- **"A bad grade on a single test is just a data point showing us what to fix next; it is never a reflection of your intelligence."**
(Fights exam anxiety by treating setbacks as tactical bottlenecks rather than personal failures.)
- **"I can see how much invisible effort you are putting into this, even if the final result didn't show it today."**
(Validates the process and the hustle, which keeps students motivated to try again.)
- **"My classroom is a safe zone. If you are feeling completely overwhelmed by life or studies, come tell me. We can adjust the timeline."**
(Empowers the school system by presenting educators as approachable allies, not rigid gatekeepers.)
- **"I don't expect you to have your entire career or life mapped out at seventeen. It is okay to still be figuring it out."**
(Lifts the immense, crushing weight of the future off their shoulders.)
- **"You are allowed to ask a 'silly' question or say 'I don't understand.' That is exactly why I am here."**

(Removes the peer pressure and fear of looking foolish in front of the social circle.)

- **"I believe in your potential, even on the days you are struggling to see it in yourself."**

(Acts as an external anchor of belief when their self-esteem is rewiring or wavering.)

5 SENTENCES THAT MAKE YOUR CHILD FEEL FULLY LOVED

1

WHEN YOUR CHILD IS SAD & CRYING

- "It's okay to cry dear, Mom and Dad are here"
- "We know you're feeling sad right now"
- "You are safe with us"

2

WHEN YOUR CHILD IS AFRAID TO FAIL

- "You don't have to be perfect, the important thing is you tried"
- "We are so proud of your effort"
- "You are amazing in your own way"

3

WHEN YOUR CHILD MAKES A MISTAKE

- "We feel sad when toys are thrown, let's clean up together"
- "Let's try again in a better way"
- "Everyone makes mistakes, the important thing is we learn together"

4

WHEN YOUR CHILD WANTS TO TALK

- "What do you want to tell us today?"
- "Thank you for trusting us with your story"
- "Wow that's so interesting, what happened next?"

5

BEFORE BEDTIME

- "You were such a great kid today"
- "We love you as many as the stars in the sky"
- "Tomorrow let's make an even more fun day, sleep tight dear"



YOUR CHILD REFLECTS WHO YOU ARE!

- 1. If your child lies, it may be because you punish them too harshly.**
- 2. If your child lacks confidence, it may be because you don't encourage them enough.**
- 3. If your child doesn't talk much, it may be because you don't make time to talk with them.**
- 4. If your child steals, it may be because you haven't taught them how to share and respect what belongs to others.**
- 5. If your child is fearful, it may be because you always protect them from every challenge.**
- 6. If your child doesn't respect others, it may be because you speak to them too harshly.**
- 7. If your child is aggressive toward others, it may be because they have experienced aggression from you.**



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CAUGHT YOUR CHILD LYING? AVOID THESE 7:

1

1. JUDGING IMMEDIATELY

"You liar!"

→ **Instead:** "I want to hear what really happened"

2

2. LOSING EMOTIONS + YELLING

→ **Instead:** Take a deep breath. Listen first.

3

3. EXPOSING THEM IN FRONT OF OTHERS

→ **Instead:** Talk to them privately, one on one.

4

4. INTERROGATING LIKE A POLICE

"Confess! Who was with you?"

→ **Instead:** "Tell me slowly, okay?"



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5. THREATENING WITH PUNISHMENT

→ **Instead:** "Thank you for being brave to tell the truth"

6

6. FORCING THEM TO CONFESS RIGHT NOW

→ **Instead:** "It's okay, take your time to think"



8

7

7. BRING UP PAST MISTAKES

"You did this before too!"

→ **Instead:** Let's focus on this situation first.



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⚠️ REMEMBER! A CHILD'S CHARACTER IS SHAPED BY THEIR PARENTS' HABITS!

- 1. Want your child to be loving?**
Hug them when they make mistakes,
instead of yelling at them.  4
- 2. Want your child to be confident?**
Praise their effort, not just the results.  4
- 3. Want your child to be brave enough to try?**
Let them fail, then support them as
they get back up.  2
- 4. Want your child to be open with you?**
Listen to their stories without judging them.  3
- 5. Want your child to be calm?**
Control your emotions first, then guide them.  3
- 6. Want your child to be honest?**
Appreciate their courage to admit
mistakes instead of getting angry.  3



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10 COMPLIMENTS EVERY CHILD NEEDS TO HEAR

1**I'M SO PROUD OF YOUR EFFORT**

- "I saw how hard you tried, that's what matters most"
- "It's okay if it's not perfect, your effort is amazing"

2**I LOVE THE WAY YOU THINK**

- "Your idea is so unique, I love how you think"
- "Your curiosity is awesome"

3**YOU ARE SO BRAVE**

- "You were scared but you still did it, that's brave"
- "You're great for trying new things"

4**YOU ARE GOOD AT MANAGING YOUR FEELINGS**

- "I'm proud you didn't get angry when you were disappointed"
- "Your feelings matter to me, you can always tell me"

5**YOU HAVE SUCH A KIND HEART**

- "Thank you for being kind to others"
- "You are a good friend, you love to share"

6**YOU NEVER GIVE UP**

- "You keep trying until you make it, that's so cool"
- "Never giving up is such a great attitude"

7**BEING HONEST IS VERY MATURE**

- "Thank you for being honest even when you did wrong"
- "What matters is you take responsibility"

8**OUR FAMILY IS HAPPY BECAUSE OF YOU**

- "Home is happy because you are here"
- "Just being yourself already makes us happy"

9**YOU HAVE GROWN SO MUCH**

- "Look, you are so much better now"
- "You should be proud of yourself"

10**I LOVE YOU JUST THE WAY YOU ARE**

- "I love you not for your grades, but for who you are"
- "You don't need to be someone else for me to love you"

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