

3E Tommy Chan
A Letter of advice

Dear Andy,

Thank you for your letter and I'm very sorry to hear about your problems and I hope I can give you some helpful advice.

You mentioned your parents are extremely strict. They're always checking on you. They never let you go out with your friends, even during the holiday, and stop you using Facebook. Communication is the best way to get a mutual understanding. You can promise your parents when you will be back home. About Facebook, I think you can add your parents to your Facebook and let your father know more about your friends' background.

You also said you are overweight because of eating too many snacks, like chocolate and ice-cream, when you feel down. I think you should do some exercise first. I suggest when you feel down, you may listen to some soft music or go to a park to take deep breath. If you want to be healthier, I suggest you have a balanced diet every day.

Lastly, you said your parents don't let you join some team sports and you don't enjoy them, too. I think you should persuade your parents to let you join some team sports. I want to tell you that having team sports is just making fun with each other. Don't always think they are competitions. You can share your ups and downs with your teammates.

I hope my suggestions can help you. Write me back soon.

Cheers,

Mr. Leung