

Advice Columns

Answers

How about you call him/her first and...

It is natural that relationships change and...

Have you thought about asking your parents if you can do extra jobs or housework for them so...

Perhaps your mother is worried about the wrong message this programme gives and...

Sometimes this may not be the best way to meet a suitable partner and...

I suggest you contact one of your friends who is knowledgeable about IT and...

I hope you know that drugs can change or destroy your life and...

Advice Columns

Perhaps you can negotiate the time you arrive home and...

I suggest you visit a good hairdresser and...

Perhaps visit a professional who does makeovers and...

Try to avoid these as they can become addictive and then...

These can be very competitive and...

You can check whether it is in fashion by taking a look at some magazines and...

You can set a good example by never gossiping yourself but...

Remember that the world is made up of many people and...

Advice Columns

Talk to your father and explain calmly why...

Find a friend to exercise with you and...

Try to keep all tempting and unhealthy foods out of sight and...

Talk to your parents and ask why they don't like your friends...

Never allow anyone to push you around so...

Try going to bed at the same time every night and...

If you do not respond to your sister, she will not be able to argue and...

Explain to him/her that you are very busy and...

Advice Columns

Negotiate which nights you can stay up later and...

Be firm and stay away from drugs because...

Let your parents know that you appreciate their concern but you want to be more independent and...

Be very clear about how you feel about...

Negotiate longer periods of computer use on some days in the week and...