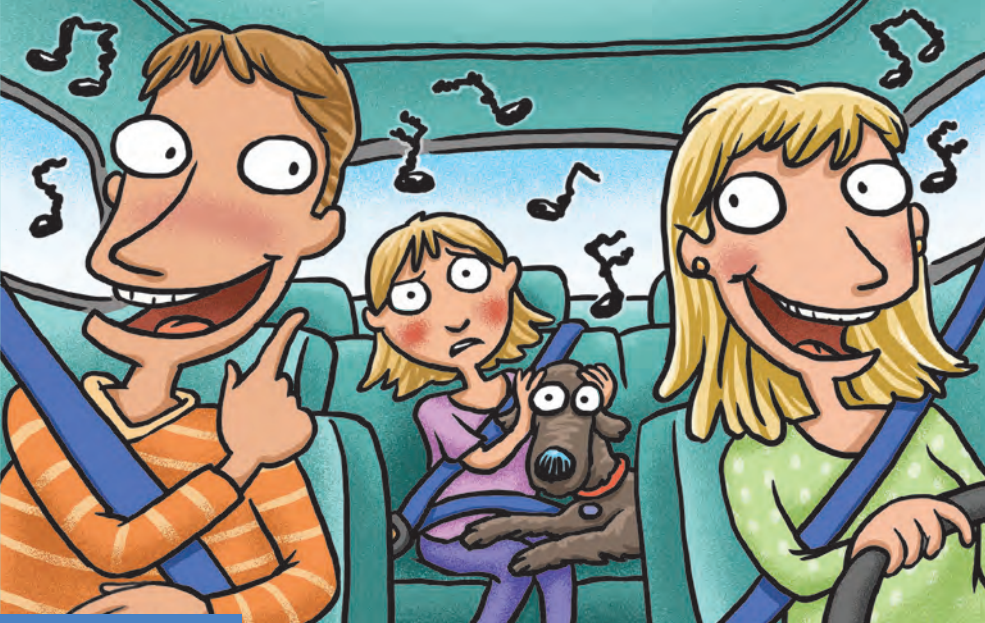




How to Take the **GROAN** Out of Grown-Ups (and Get Along!)



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Getting Along with Grown-Ups: Why Bother?

Everybody has grown-ups in their life. They're everywhere!

Sometimes it seems like they're impossible to escape, like mosquitoes at a picnic. Grown-ups tell you what to do and how to do it. They tell you what NOT to do (and how not to do it). They inspect you, correct you, and expect things of you. **Bzzzzz** . . . annoying!



Many grown-ups are supportive and loving. Many are helpful. Many are smart. Sometimes they say just the right thing at just the right time. Other times you can't find a grown-up when you need one—like a tissue when you sneeze.

Uh-oh!



Some grown-ups might bug you. Some might hug you. Some might do both. (Maybe even at the same time.) Or you might *wish* a certain grown-up would do one or the other. We all need healthy attention and love.



The Grown-Ups in Your Life

You probably have some or all of the following grown-ups in your life: parents, step-parents or foster parents, grandparents and other relatives, teachers, coaches, group leaders, and religious leaders. Plus, you see lots of other grown-ups around, like neighbors and people working in stores. Some grown-ups care about you personally, like parents and teachers. Others are just doing their job, like mail carriers, store clerks, and cafeteria workers.



Whatever kinds of grown-ups you have in your life, one thing is for sure. Life is better (and a whole lot simpler) when you get along with them.

Getting along with adults
can help you every day.

After all, it's easier to go to school if you have a good relationship with your teacher. Your days are a lot nicer when you don't clash with the bus driver. And it sure feels better to go home when you get along with your parents or other family grown-ups there.

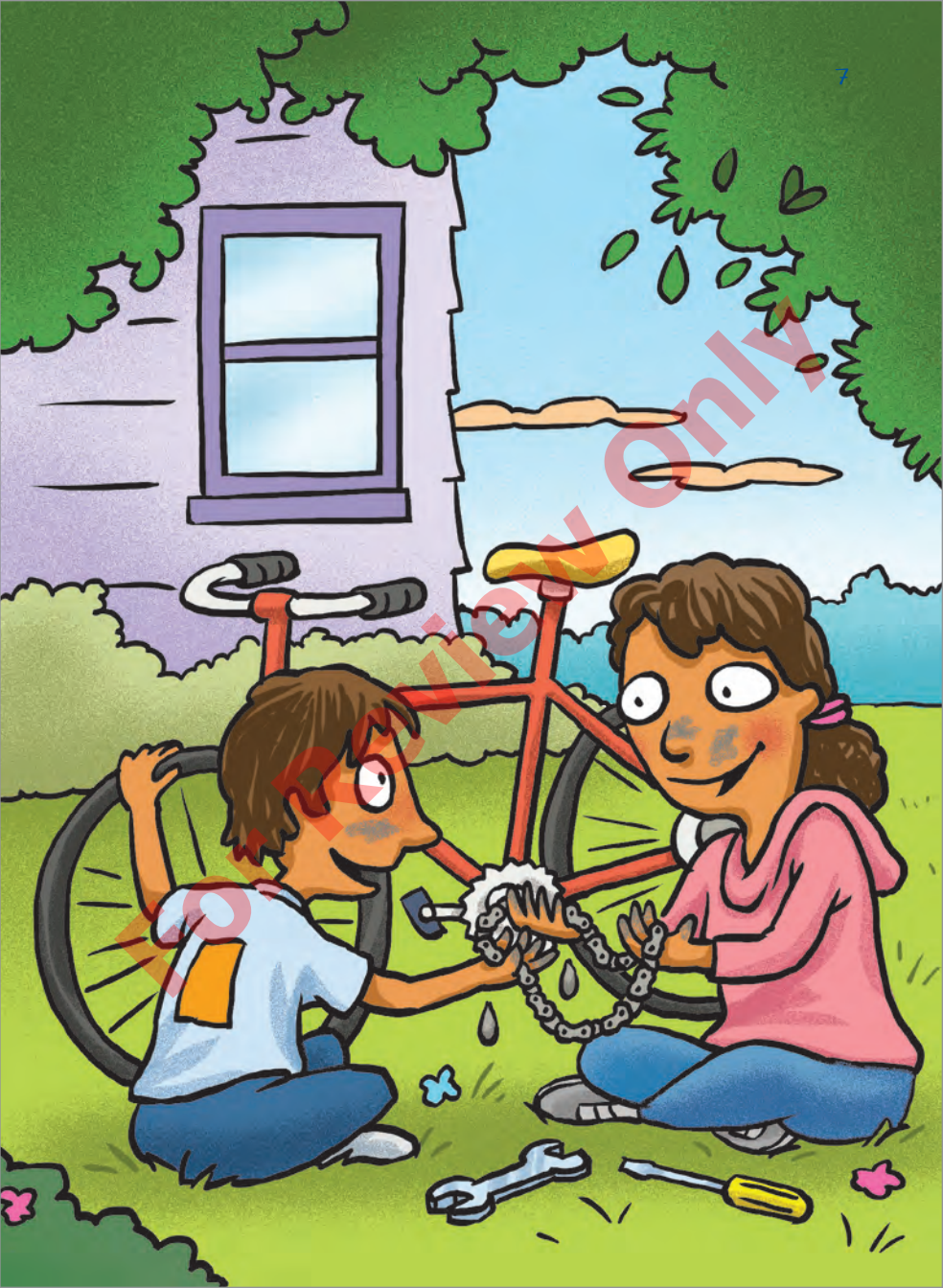
Getting along with adults also
helps you in the long run.

Grown-ups can help you make decisions about important things in life, like what classes to take and how to handle a bullying situation. They can teach you life skills, like ways to get organized or how to cook. They can stand by you. Having support from adults helps with lots of parts of growing up—but it also just plain feels good.

This book is all about how to get along better with the grown-ups in your life. It shows you how to build relationships, fix things when they're messed up, and know when you need to make a change. (Like getting in a different class.) If you already have a great relationship with a grown-up, maybe you can make it even better with the ideas in this book. And if you have trouble getting along with a grown-up in your life, this book can show you how you might be able to improve things. *

***Note:** If you are having a *really* hard time with a particular grown-up in your life, like they are mean or hurtful to you, talk to a different grown-up—one you trust—right away. If someone is hurting you physically or emotionally, you need to get safe. You can check out pages 106–109 for more about these kinds of big problems.





The Most Powerful Force in the YOU-niverse

Getting along with grown-ups isn't the same as being obedient, by the way. It's important for you to be YOU. Sure, you need to be respectful and thoughtful—toward everybody, not just grown-ups! You also deserve to be respected and treated thoughtfully. You need to know that adults are on your side. What we're going for here is a win-win.

As you read this book, you might want to think about one or two specific grown-ups you want to get along with better. Most likely there is someone like that in your life. Maybe it's a teacher you tend to argue with. Maybe it's a parent or grandparent you wish you were closer with. It might even be the person who gave you this book. While you read the ideas and tips, think about how they can apply to your relationship with your specific grown-up.



This book is for you. It's all about the things YOU can do to improve relationships with grown-ups. You can't change who any grown-up is—you can only change yourself. However, if you decide to do and say things that help build healthy relationships, the adults in your life are likely to notice. They might make positive changes too. **YOU** have the power to get along better with grown-ups.

