

A black and white photograph of three young people from behind, looking out over a vast landscape under a cloudy sky. The person on the left is wearing a dark jacket and has their arm raised. The person in the middle is wearing a light-colored shirt and has their arm around the person on the right. The person on the right is wearing a dark jacket with 'Calvin Klein' written on the back and has their arm raised. The text 'are you listening now?' is written in a cursive font across the middle of the image.

*are you listening now?*

*Dear Adult,*

*I have some big important thoughts inside of me but sometimes it is hard for me to put them into words. And sometimes, I don't think anyone is listening.*

*I need someone to listen to me. Can you be that person?*

*Here are some things that would make talking to you easier.*



Sometimes I need  
you to just listen...  
You don't have to fix  
it all the time....

**I need to feel  
safe, wanted  
and loved.....**

I might not do it quite  
like you, but I do  
remember  
what you say...



**Please don't  
compare  
me to the  
others, I like  
who I am.....**

No lectures please... Can  
we just talk. I do listen!

Thanks for just being  
there when I need you....  
Even if it is not today....

**Go easy on me. I'm  
still trying to figure  
some of this out.**

Hugs Still Work! It  
makes me know  
you love me, even  
when I disappoint  
you. Just ask me  
first before you  
hug me...  
Sometimes, I might  
not feel like it.

Please let me have  
my feelings  
without any  
judgment...

*This listening guide for adults was prepared by*

*Collaborators: Tonya Ellis, Christina Rodriguez, JoAnn Scaife,*

*Felicia Sims, Jenny Simmons, Angela Zimmerman*

*For Central Seminary with faculty support from Dr. Sally Holt and Dr. Eileen Campbell-Reed*