

**S3 Letter of advice to a friend – persuading  
parents rugby is suitable for teenagers**

*Kim Kwan (3C)*



Dear Pat,

Thanks for your letter. It's a shame that your parents are strongly against your decision. I'm here to give you some advice for persuading your parents to let you play rugby.

If I were you, I'd explain to my parents that playing rugby is not dangerous at all. In fact, you can explain to your parents that even though rugby is a contact sport, its rules are extremely strict to protect players from getting hurt so easily. Besides, safety equipment like shields, helmets and gloves will be provided, while safety guidelines will be thoroughly explained by the coach during practice. All these ensure the sport is played in a safe way. Other than these, there will be first-aiders on site so emergency aid can be provided immediately if there is an accident. In other words, playing rugby is not as dangerous as your parents think.

To further persuade your parents to let you play rugby, you ought to tell them the benefits of playing this sport as well. First, as rugby is a team sport, you can make more friends and learn how to cooperate with your team mates effectively. This enhances your communication skills and interpersonal skills. What's more, as rugby players need to run very fast in order to

score tries, you need to practise running constantly, which will enhance your muscle strength and fitness. As a result, playing rugby will definitely make you healthier. Last time you told me your parents would like you to do more exercise instead of studying all the time, so I'm sure they will be relieved if you tell them how good playing rugby is to your health.

I really hope that my advice can help you convince your parents that playing rugby is indeed not dangerous at all. Remember, no matter what, NEVER lose your temper when talking to your parents. Try to put yourself in their shoes and understand their worries. After all, they're opposed to your decision just because they care about you, their only daughter. I'm sure you don't want to get into a fight with them, do you? Do write to me again if you have other problems.

Good luck,  
*Chris*

