MODAL VERBS TO SHOW PERMISSION, OBLIGATION AND NECESSITY	
It's necessary	You must You have to
	You need to
	You have got to (you've got to)
	You are supposed to (be supposed to)
	You are meant to (be meant to)
It's not necessary	You don't have to
	You don't need to
	You needn't
lt's forbidden /	You mustn't
It's not allowed	You can't (subject + be able to – negative)
	You aren't supposed to
	You are not meant to
	You aren't allowed to
	It is not permitted (be permitted to)
It's allowed	You can (subject + be able to – positive)
	You are allowed to
	It is permitted to (be permitted to)
	Could /May / Can I?
It's advisable or	You should
not	You ought to
	You had better