

Need to talk to your parents? Not sure how?

Some people stop asking their parents for advice or find it hard talking to them when they become a teenager. It's hard to believe that your parents were once your age but they do know a thing or two about what it's like to be you. If you've forgotten how to talk to your parents about important stuff or you need some ideas on how to do it better, these points might help.

- 1** Choose a time when your parents are not busy.
- 2** If they are watching a football match, favourite TV programme or making dinner then find a time when they are able to focus on you.
- 3** Be patient and take your time – it is worth it.
- 4** If you want to improve your relationship rather than ask for something then find something they are interested in to talk about.
- 5** If you do want to ask for something then be clear and direct – and stay calm.
- 6** If you think they will be angry ask them to hear you out before commenting, although they may appear to be angry, this may be with the situation rather than you.
- 7** Treat them as you would like them to treat you. Don't interrupt, argue or whinge.
- 8** Don't lie. If you are honest with your parents then they will trust you.

Even if you haven't always been honest, start now and trust will build. However, this will take time and you will need patience along the way.
- 9** When you have finished stay calm – even if things are not going your way. If you show your parents respect then they will respect you.

Sarcasm and rolling your eyes are destructive. They will focus on your behaviour and not what you have to say.
- 10** If you feel that they are not listening then ask if you can all think about what has been said and arrange another time to talk again.

Look where there is room for compromise. This involves both of you moving – not just your parents giving in.