



HOW TO TALK SO PARENTS WILL LISTEN



During lock down many of you will be spending far more time, than perhaps you would like, in the company of your parents/carer and it might not be as easy as you would wish to have the conversations you would like to have. We have put together a mini guide on how to talk  so parents will listen .

As you may already know talking and listening don't always go smoothly every time. Sometimes you can feel as though your parents/carer won't listen or understand, they won't take you seriously, you might worry about getting into trouble or that you will disappoint them. Sometimes it's easy to forget that parents think and feel things just like you. They may feel sad, guilty, worried or protective when you start talking to them about something that is important to you or something that is worrying you. These feelings might be underneath their reactions. Some of what happens however also depends on you. Communication is a two-way exchange. Here are some tips to consider when talking to your parents/carer.

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- Be clear and direct about what you think, feel and want. Share details with them that will help them to understand from your point of view.
- Always try to be as honest as you can. The more honest you are the more likely a parent will believe what you say.
- Try not to get caught up in an argument. Sometimes conversations have the potential to become heated. If you think you can feel your emotions taking over you, step back and take some time to cool off from the situation.
- Try talking to your parents/carer at a time that is good for everyone involved. That way the conversation doesn't have to be cut short, causing you frustration that you haven't felt heard.
- It's a good idea to plan what you want to say, maybe write down some bullet points to help you stay focused on what is important to you.

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- Be aware of how you are feeling. It may not be the best time to talk when you are feeling tired or angry for example. Choose a time when everyone is calm to get the best out of the conversation.
- Try not to compare your family's situation with others. Focus on you and your own family. It is not helpful to tell your parents/carer all about what your friends are allowed to do. Keep it to your own situation.
- Be Brave, no matter what subject you want to talk to them about. Know that you will lessen the burden on yourself as soon as you share it with your parents/carer.

As with everything, it takes practice, however with time you and your parents/carer can hopefully work together to have the conversations you wish to have with them and you can together work out different ways to deal with things as they arise. Good Luck 