














## TEENAGER SERIES

### Tips for when talking with your parents

What would it be like if your parents actually listened? Here are some tips that might help you improve communication with your parents!

-  **Be honest.** Your parents want to trust you and you want to be trusted to make decisions and have more responsibility and freedom.
-  **Start conversations with your parents.** Make a point of approaching your parents to talk. It doesn't have to be about topics you would rather keep private. But it is important for parents to feel included in your life.
-  **Make a time.** Set time aside to talk to your parents about important issues. Ask them for a time when they will be free from other distractions.
-  **Plan.** Make a plan of what you're going to say to your parents, especially in relation to the issues that are most important to you.
-  **Be assertive.** Ask for what you want by being clear, direct and respectful in your approach. Being demanding and aggressive will only put your parents off-side.
-  **Validate your parent's perspective.** Attempt to understand your parents' point-of-views and let them know you understand. Isn't this what you want from them?
-  **Recognise that your parents also have ups and downs.** Be tolerant with them and give them space when they need it, just as you would expect from them.
-  **Control your emotions.** Try to stay calm when discussing issues of conflict. Yelling and swearing is probably not going to help your cause! If things begin to get heated, call for a break and suggest you talk more when everyone is feeling calm.
-  **Be open to compromise.** Try negotiating when you and your parents don't agree. This may mean you offer to compromise on certain issues. If your parents notice you are willing to meet them half way they may be more likely to compromise with you.
-  **Offer your experience and opinion.** You can still voice your opinion and let them know why it's important to you.
-  **Accept their decision.** Sometimes parents say 'No' and at times you'll have to deal with it. This doesn't mean you have to agree with your parents over every issue.

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website [www.accesswellbeing.com.au](http://www.accesswellbeing.com.au)