

Here Are Some Tips For Talking With Your Parents

Prepare before you talk.

STEP 1

Think about what you want to say and about some solutions to the problem.

STEP 2

Think about how your parents might react. How will you respond to them?

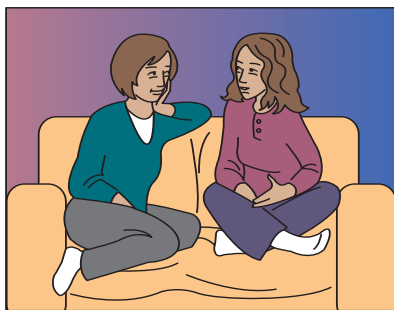
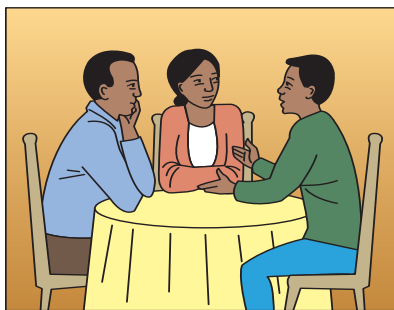
Find a good time and place.

STEP 1

Find a private place, whether it's your room or the front steps. Or maybe you can talk while taking a walk or shooting hoops.

STEP 2

Ask your parents if they have a few minutes to talk.



Take things slowly.

STEP 1

Don't expect to solve everything right away. Difficult problems often don't have simple solutions.

STEP 2

Work together to find a way through these challenges. Some conversations will go better than others.

Keep it up.

STEP 1

Don't think you have to have just one big conversation. Have lots of small ones.

STEP 2

Make time to talk a little each day if you can, even if it's just for a few minutes.