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## How To Talk To Your Parents

From [Mike Hardcastle](#),  
Your Guide to [Teen Advice](#).  
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You may just need help relating to your parents or you may need to talk to them about something difficult. Either way, read on!

**Difficulty:** Hard

**Time Required:** 15 minutes

### Here's How:

1. Find a time that you and your parents can be comfortable and relaxed together.
2. Make sure no one is focusing on something else while you're together (paying bills, playing Playstation, making dinner, watching TV).
3. These first two steps might take some effort and patience. Be persistent!
4. If you just want to shoot the breeze, try to bring up something they're interested in. Ask them questions about their day (they love this!).
5. If you have something specific you want to talk about, let them know what it is.
6. If they react to what you tell them, listen to them. Don't react back!
7. Let them finish and don't interrupt. Ask them to do the same for you.
8. When you feel like you've told them what you wanted to, thank them for listening.
9. If you feel like there are still things that need to be talked about, set up a time with them to talk about it another day.

### Tips:

1. Show them respect by focusing your attention on the conversation, looking them in the eyes, and by not being sarcastic or rolling your eyes.
2. Be honest. Honesty builds trust. And life is good when your parents trust you.
3. Stay cool. If you can stay calm if things get heated up, you're showing them maturity.

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