

Simple tips that make talking easier

Talking to your parents, friends and family - especially about emotional stuff isn't always easy, but being able to have good conversations strengthens relationships, allows you to express what you need and resolve problems.



Plan what you want to say	Before you start talking think about what you want to say. You can even jot down a few notes to get it clear in your mind.
Pick a good time	Choose a moment when you both have time to speak and won't be rushed. It's better to avoid late nights when everyone will be tired.
Put phones away	Turn off the TV, music and put away your phones so there won't be any distractions while you talk.
Start Well	Begin with something simple and direct like "I need to say something important."
Stay safe	If you don't feel safe, leave the room if necessary.
Stick to one issue at a time	This is especially important if you are trying to sort out a problem. Just talk about one thing and don't get side tracked.
Stick to the facts	If you are trying to sort out a problem, it can be easier to separate the facts from what you are feeling about a situation. Think about what you want to happen and ask for that.
Try to stay calm	Try to stay calm by taking a few deep breaths and relaxing your body before you start to speak.
Practice	If you are worried about a conversation it can help to practice what you are planning to say with a trusted adult or friend.
Listen	Don't forget to listen to the other person too. When it is your turn to listen don't interrupt. Repeat back some of what they have said and ask questions about it.
Avoid "You always" and "You never"	Sentences that begin with "you always" or "you never" are rarely completely true and they often make people defensive. Instead try "I" statements. e.g., I'd like to see my friends more
Don't give up too easily	Sometimes it takes a few attempts to have a good conversation. Don't be put off if it doesn't work first time or if it feels difficult. Having good conversations is a life skill we all need to practice throughout life.



Top tips for setting up a good conversation



Remember unless you speak to your parents they won't know what you think. Learning to have a good conversation is a life skill that will benefit all your relationships.

PLAN AHEAD

Think about what you want to say before you begin.

START WELL

"Can we talk? I have something important I want to say"

ONE ISSUE AT A TIME

Deal with one thing at a time and don't get sidetracked

STAY SAFE

Leave the room if you need to

DON'T GIVE UP

If your first conversation doesn't go well, try again