

## **How to talk to your parents when you disagree about something.**

How to talk to your parents ? . We' ve got Dr Lisa Jacobs at the studio. She' s a psychologist and a colusellor. What can you do when you' ve got lots of arguments with your parents ?

Well, the first thing is this : When you are a teenager, it' s quite normal to disagree and to have arguments with your parents. Sometimes they want one thing and you want something different. The important thing is how you talk about these things with your parents.

What do you mean ?

Well talking is good but some things are not good. For example , never shout. Try to speak quietly . That changes everything and don't interrupt people . Give them time to speak. Don' t get angry and leave the room in the middle of an argument.

It' s sometimes difficult not to get angry.

Yes, but getting angry doesn' t help. When you get angry, your mum or dad get angry too so try to be patient.

What do you do when you have a problema about something ? Maybe you want to go out with friends and come back a bit later. Maybe you want to have a computer in your room.

Well, first find the time when you can speak with your parents. NOT in the morning when everybody is in a hurry and find a good quiet place to talk. The car is often a good place to talk.

So you choose a good time and place.

That' s right. And before you speak to them, think about what you want and your reason why you want to stay out later. Why you want a computer, why do you want to stay at your friend's house.

OK. Like a kind of presentation at school ?

That' s right . And make positive suggestions too. Offer to do things in the house. For example, take out the rubbish or do some of the shopping. Show that you are a responsible person. When you do that , when you are patient and you give reasons and you offer to do things, your parents will be more ready to give your more responsibility.

Thanks a lot. This was very useful.



**Drag the following expressions to match the right picture.**

Don't interrupt    Don't shout    Be patient    Speak quietly    Don't leave the room

Think about a good reason    Find a quiet place    Don't get angry

