

## How to Talk to Your Parents

- **Pick a parent** You might feel more comfortable talking to just one parent in particular instead of both. If so, put some thought into who would be the best to talk to: mom or dad?
- **Pick a place** Find a place with minimal distractions, away from electronics and siblings. Also, if you're worried your conversation could become emotional, consider a public setting, it may encourage both of you to remain calm in order to "avoid a scene".
- **Pick a time** Make sure that you have plenty of time to talk to your parents, "schedule a meeting" if you need to.
- **Watch your moods** Here's the basic rule of thumb: don't try to discuss something when emotions are already high. Find a time when everyone involved is feeling neutral. If you notice moods start to elevate as you talk to your parents, it's okay to take a time-out for a few minutes. Keep taking time-outs as you need them.
- **Follow Up** There's always a chance that your parents may not know how to respond initially. Give your parents time. Tell them you understand it's a lot to think about, don't be upset, instead plan a follow-up time to continue your discussion.

### What if I am too nervous to talk to my parents?

- **Write a letter.** This is a great option. You can be as lengthy as you want, no one can interrupt you, and your parents can re-read it if they need to before responding to you.
- **Ask a third party for help.** You've got plenty of adults out there who are willing to help you. You just have to seek them out and ask. **The Boys Town National Hotline can help you.** We can talk to your parents for you or we can talk to *both* of you on the phone at the same time if you'd like. Just call us and ask. **School counselors or teachers can help.** They are often willing to call your parents for you or with you, and they can sometimes even set up meetings so that you and your parents can all talk together at school.

### BOTTOM LINE:

Most often your parents *want* to know and *want* to help if you're in the midst of a serious crisis. Ask yourself if it's worth it to continue struggling on your own or to muster up some courage and **get the help you deserve.**