

I Need to Talk

When you need help, advice, or support, it's important to talk to a parent. But that doesn't mean it's always easy. Here are some tips to help.

If you can't talk to a parent, find a trusted adult who knows and cares about you and wants to help. It could be a relative, Church leader, teacher, or school counselor. Use the same tips.

Pick a good time to talk when you can have your parent's full attention. Go on a drive or a walk. Let them know if it's urgent.



If you're worried about disappointing or upsetting your parents, say how you feel.



- Talk to your parents often about everyday things. Then it will be easier to talk to them about a problem.
- Listen to what your parents say and be respectful. Think about how they might feel. Talk without arguing or whining.
- Be clear and honest so your parents can know what's going on and how you feel. Don't try to hide things from them.
- Remember to talk to your Heavenly Father too! When you pray, He can help you.
- Be patient with your parents. It might be hard for them to be calm and know how to deal with a problem right away. Remember that parents can make mistakes too.

Think about what you want from the conversation. Do you want advice, or permission, or just someone to listen? Tell your parents what you need.



Remember that your parents were kids once too!

They understand a lot more than you think they do.