

Relationships



Let's talk

You probably talk to friends way more than you talk to your parents. That's natural. Even if you and your parents have a great relationship, you want to find your own path and make your own choices.

Still, most of us want a parent's help, advice, and support at times. But talking to the adults in your life can seem difficult or intimidating - especially when it comes to certain subjects. Here are some tips to make it easier.

Talk about everyday stuff — and do it every day

The more you do something, the easier it gets. Talking to the adults in your life about everyday stuff builds a bond that can smooth the way for when you

need to discuss something more serious.

Find something trivial to chat about each day. Share something one of your teachers said or something you are proud of. Even small talk about what's for dinner can keep your relationship strong and comfortable.

It's never too late to start. If you feel your relationship with your parents is strained, try easing into conversations. Mention that cute thing the dog did. Talk about how well your little sister is doing in math. Chatting with parents every day not only keeps an existing relationship strong, it also can help a frayed relationship get stronger.

www.kidshealth.org

How can we help?

If you need to talk to someone, scan the QR code, fill out the form online or email us:

safe@educ.somerset.gov.uk

Useful websites

www.nspcc.org.uk

www.cybersmile.org

www.ceop.police.uk

www.childline.org.uk



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