

BE SPECIFIC

WHAT DO YOU WANT TO CHANGE? WHAT DIFFERENCE WILL IT MAKE TO YOU?

Being specific when you're negotiating change will make finding a compromise much easier.

Putting it through a number of filters will help you be sure of yourself and enable you to talk to your carer in a way that's calm and respectful on both sides.



FILTER ONE

Change what you plan to say from an 'I Want' statement to a question. It's a much better starting point for you to be able to put your feelings across.

E.g. change. "I want to stay out later." to

"Can we have a talk about when I have to come in at night?"

FILTER TWO

Be able to explain your reason for asking.

E.g. "Can we have a talk about when I have to come in at night. I'm home earlier than all my friends and I'm getting hassle at school."



FILTER THREE

Help your carer understand the difference what you've asked will make to you.

E.g. "I'm struggling to fit in a bit at school and it makes me stand out."

