

# 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 adult 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."

