

# KNOW YOUR 'WHY?'

The success rate of demanding change just because you want it to happen is pretty slim. The adults in your life have a duty of care, a big part of which is keeping you safe, healthy and out of trouble.

If you're able to negotiate, put forward evidence and prove your reliability you'll be able to work towards more independence with the back-up of your carer ... they want you to be happy.

***It can really help to get things out of your head and on paper. It'll let you solidify what you want to discuss and feel less angry, anxious or emotional.***

Use the printable alongside to write down exactly what you want to change. You can use it to show your carer or keep it as a tool to help yourself ... try to be as honest as you can.

