

KNOW YOUR 'WHY?'

The success rate of demanding change just because you want it is pretty low.

The adults in your life have a duty of care; their job is to keep you safe, healthy and out of trouble.

If you can negotiate, show evidence and prove you're reliable, you can work towards more independence with your adult's support. They genuinely want you to be happy.

It can help to get your thoughts out of your head and onto paper.

It makes what you want to discuss clearer and can reduce anger, anxiety, or overwhelm.

Use the printable to write down exactly what you'd like to change. You can share it with your adult or keep it as a tool for yourself — just try to be as honest as you can.

