

BACK TO SCHOOL WITH HEADS TOGETHER 10 TIPS FOR TALKING

Big changes like starting a new school can add to the pressures young people feel and talking to teenagers about these changes isn't always easy. We've put together ten tips to help you encourage teenagers to tell you about their worries.

PREPARE FIRST: pick the right time and place and get into the right frame of mind to have these important conversations.

Subject

- DESIGN:** Sit on your hands. Less is often more in design so try not to give unasked-for advice. Sometimes listening to them offload is all that's needed.
- HISTORY:** Share your own stories. Show that you have had similar feelings. Try to have a two-way conversation, not a grilling.
- SPORT:** Share a task. Play sport, build furniture, put up a tent. Use their expertise to achieve a task together on an equal footing.
- HOME ECONOMICS:** Focus on making the cake...and chat. Walk the dog...and chat. A focus on something else can take the pressure off hard conversations; it allows a teenager to talk to the cake decorations.
- MATHS:** Basic rules are fundamental. Agree basics like: listening, no shouting, respecting different opinions and agreeing a way forward at the end.
- GEOGRAPHY:** Give them space to question and time to absorb the information. Young people may not open up straight away, so check in with them from time to time.
- ENGLISH:** Imagine yourself in their shoes, how they might be feeling, what they might be thinking. Let this guide your support.
- CITIZENSHIP:** Be a role model. Seeing how you cope with difficult feelings will help a teenager cope themselves.
- DRAMA:** Have a supporting cast. Parenting can be stressful, so have someone you can turn to for support.
- GENERAL STUDIES:** Remember nobody is perfect and it's natural to get upset or angry sometimes. Tough times can help teenagers develop the skills and resilience that will last a lifetime.



REVIEW: WELL DONE. DON'T WORRY IF THE RESULTS AREN'T INSTANT. THE EFFORT TO TALK AND LISTEN WILL BE APPRECIATED AND WILL LAY THE FOUNDATIONS FOR FUTURE CONVERSATIONS.

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