



Computer Fun:

Learning Resources

The adults have NO idea what they are talking about...do they?

Sometimes adults are just so lame. But when you stop and think about it objectively, they do seem to have their act together most of the time. Adults manage to feed your family and keep a roof over your heads. Admit it – sometimes you even have fun together! Every day you are more capable of making decisions for yourself, but remember this: the adults have been where you are now, even if it seems it couldn't possibly have been the same back then. They love you and they want the best for you. Give them a break and listen to what they have to say. They'll be more likely to listen to you the next time you want to be heard.

Share your feelings

Most days your emotions are so close to the surface, it feels like the next question or demand from parents or teachers will make you explode. Before that happens, try to take a little time to learn how to communicate what you're feeling to your family, teachers and friends.

Communication is just helping the people around you understand what's going on in your heart and mind. If that seems really hard to do, you can try to talk about your feelings to a friend first, or write about them in a journal. When you can consistently and effectively express your wishes, your needs, and your opinions, you'll have more calm discussions and fewer blow-ups with your parents and with your friends, too.

Can you help THEM understand?

Talking with adults can feel uncomfortable, but it's not fatal. The more questions you ask and discussions you have, the more comfortable you'll feel. Make a point of having conversations with parents and teachers on a regular basis and try hard to keep them as discussions, not arguments.

Have you ever heard someone say "conversation is a two-way street"? Take a deep breath and really listen to what adults have to say. Even when you feel like interrupting or disagreeing, wait! When you listen to them, they're more like to listen to you. And you really want to be heard, right? Guess what...so do they.

Don't forget the kids, either. Even though your younger siblings are usually a pain, they really do look up to you. You're setting a good example for them. Try listening to what they are saying, too, and helping them learn how to talk it out. When everyone feels heard and respected, your home will happy and harmonious.

How do you know when you've done a good (enough) job?

Sharing your feelings with adults isn't easy. Like anything else, the more you do it, the easier it gets. Practice! When you can't remember the last time you slammed a door in anger, you'll know you're getting there. You might also notice that your parents are less likely to yell at you, too, and that they have given you more trust and more responsibility. You've achieved mutual respect and that's a sure sign that you are doing something right.

Getting older doesn't automatically mean that you get to do more of what you want. You have to earn your freedom by showing that you can make good decisions and handle them correctly. Allowing you to have more choices and more freedom is your reward.