



## Talk to your parents

Be clear about what you want from them

- Tell your parents what you want to talk about and what you want from them.
- Do you want to get their advice on choosing a career? Or do you just want someone to listen without judgement?
- If your parents know what you want from them, they will be more likely to give you the support you need.

Find the right time to work through information together

- Don't try to start this conversation when your parents are busy or distracted.
- Set up a time to chat so you can both focus on the conversation.
- Research careers and jobs together. Look for information online and attend career expos or employer open days.
- Exploring information together will help start conversations about your plans and goals.

Know when to change the subject

- Your parents might have their own hopes and career goals for you. This might make them react strongly when you start talking about your future.
- If the conversation isn't going how you'd like, it's okay to gently pull the plug and try again later.
- You could also try talking to a friend or another family member.

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