Talking to an Adult

When you decide to talk to an adult, having a plan is important. Sometimes teens who have been bullied don’t know who to talk to, what to say, or how to even approach an adult. Having a plan will help you get what you need from the conversation.

**GOAL:** The following activity will help prepare you for when you need to talk to an adult, whether is it about bullying or something else you are having a problem with.

Answer the following questions, be as specific as possible.

**1. List 5 adults you would feel comfortable talking to. They can be anyone such as a teacher, parent, aunt, grandparent, church staff, school staff, or coach.**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2. List three different ways you could start the conversation. In each of these three ways, tell the adult what you want from them, such as advice, or just someone to listen.**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_

**3. Expressing to the adult what you want from the conversation will help give them direction in responding to you. Now end the conversation. Tell the adult what you want from them after the conversation is over, for example, you want them to follow up with you later.**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_