

Young people these days are faced with endless expectations of how they should look, act and achieve life goals. But there are ways of overcoming these pressures.

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PRESSURES AND EXPECTATIONS

Now more than ever young people are faced with endless pressures and it's not easy to...

look a certain way

act a certain way

have a good career that pays well

find the perfect partner

live life a certain way

reach a certain level of academic achievement

deal with the constant and sometimes terrifying changes going on in the world around us

Pressures and expectations

Sometimes it can feel like the pressure is coming from everywhere, our parents, school, the media, friends, everyone.

Talk about a **stress out!!**

Some of these things you can't escape or do anything about.

What you can do is make a decision about what you want out of life. And hey, if you don't get there the first time you try, well, there's a saying for that:

"Where there's a will, there's a way"

So, for example, you have a bad year 12 result and don't get into your preferred career. There are always other options that can help you move into your chosen field.



Dealing with pressures from your parents/carers

If you are facing pressures from your parents/carers to make choices about your future that you're not happy with, you could try talking to them. Let them know what you're passionate about and that you love them for caring about you, but that you have different ideas about your future.

Some positive things you could try:

- Tell them how you feel, think, and what you need and want. Make it about you instead of them, try saying "I want/I need/I think this" instead of "You want/need/think this". This will help them see that you aren't just disagreeing with them.
- Actively listen to what they have to say. This way they will be more likely to listen to what **you** have to say.
- Plan what you want to say before you talk to them. Think about how they might react so you can have some responses ready.
- Try and find a time to talk to them when you know you will have their full attention. If they are really busy, tell them ahead of time that you want to talk to them so they can set some time aside.
- If you really don't think you will be able to say everything you need to say by talking to them, you could write it all down in a letter .

There are also a couple of things you should try not to do:

- **Don't make it personal.**
Try to remember you are mad at their ideas only and at what they are doing, not who they are.
- **Avoid putting down their ideas and beliefs.**
Instead of saying "that's stupid" try "I would rather do this because..."

If talking to your parents/carers doesn't work, you could try talking to another relative, a teacher, your school counsellor, or another adult you can trust to give you advice on how to deal with the situation.

