

## Engaging Cooperation With Your Young Adult

Instead of saying, *“Turn that music down! I can’t believe how inconsiderate you are...turn it down NOW!”*, you can try:

**Describing the problem:** “ I can’t think or have a conversation when the music is blasting.”

**Describing what you feel:** “It hurts my ears.”

**Giving Information:** “Frequent exposure to loud sound can damage a person’s hearing.”

**Offering a Choice:** “What would you rather do-turn the volume way down or lower it a little and close your door?”

**Saying it in a word:** “The volume!”

**Stating your values and/or expectations:** “We all need to tune in to each other’s tolerance for loud music.”

**Doing the unexpected:** Put your hand over your ears, make a motion of turning the volume down, place palms together, and bow in a gesture of gratitude.

**Put it in writing:** Music this loud

May be cool for a crowd

But for just me and you

It is much too, too loud!

\*Adapted from *How to Talk So Teens Will Listen and Listen so Teens Will Talk* by Adele Faber and Elaine Mazlish

