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HOW TO DO JUST ABOUT ANYTHING: FLY SOLO, PAGE 3 • PERSUADE YOUR PARENTS, PAGE 4 • CUT YOUR OWN HAIR, PAGE 6 • MAKE YOUR OWN MONEY, PAGE 10 • COOK YOUR OWN DINNER, PAGE 11 • SAY NO, PAGE 6, AND MORE

ILLUSTRATION BY SUPER FREAK

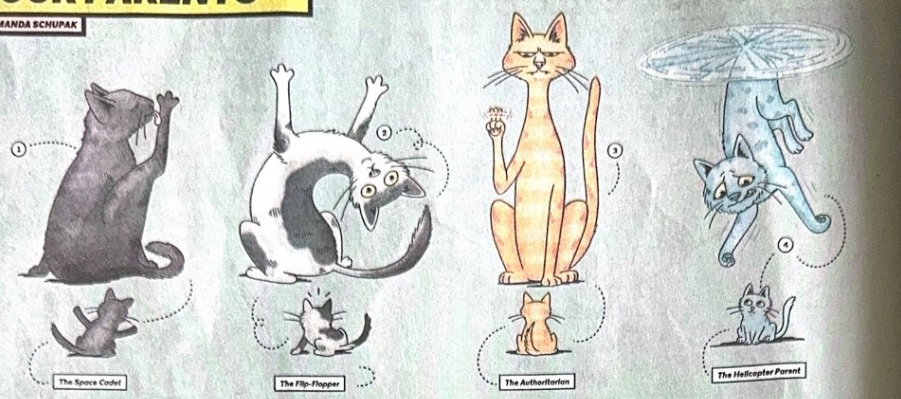
CAPABLE

HOW TO MANAGE YOUR PARENTS

INSTRUCTIONS FOR EVERY MAKE AND MODEL

BY AMANDA SCHUPAK

ILLUSTRATION BY ANDREW RAE



SO, YOU'RE READY for more freedom. The obstacle? Your parents. They're so unfair. So controlling! But before the situation escalates to dramatic-blowout levels, consider this: Maybe they're just scared, says Traci Williams, a family psychologist. "Ultimately, your parents want to protect you," she says. Aww. The next time you want to ask for permission for something, Williams's advice is to write down your thoughts beforehand, be specific about your goals and tailor your approach to their parenting style. Try to get into their head space — after all, parents are people, too.

PARENTING STYLE:
THE SPACE CADET

Almost as frustrating as the parent with too many rules: The parent who never actually specifies what the rules are. Sometimes parents are too busy, tired or distracted to keep close tabs on what's going on in their kids' lives. But just because they're not drawing up a list of every little thing you can and can't do doesn't mean you can get away with whatever you want. Help them draw the lines. Specifically ask: "Is it OK if I . . . ? What about . . . ?" so you both know what's allowed and what's off limits.

PARENTING STYLE:
THE FLIP-FLOPPER

Kids whose folks are inconsistent about the rules never know what to expect. The strategy here: Ask for what you want, Williams says, and if they say no, ask why. Maybe you can strike a deal or at least understand their reasons. Then discuss when you can revisit the conversation. A word of a warning for kids whose parents aren't always on the same page: If one parent shuts you down, don't try to be sneaky by asking the other, Williams says — it may not be worth the conflict it could create.

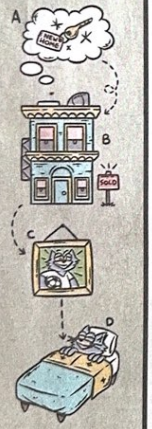
PARENTING STYLE:
THE AUTHORITARIAN

For the parents whose favorite word is "no," try appealing to their emotional side. Letting them know how you feel can help to soften them up, Williams says. If playing the sad card doesn't work, and they hit you with the old "Because I said so," you might have to let it go. But if they give in, be sure to say thank you, both in the moment and afterward. It will show them you appreciate their trust — and make it easier the next time you ask for something.

PARENTING STYLE:
THE HELICOPTER PARENT

Overprotective parents tend to be all up in their kids' business. They want to know what you're doing, when and with whom. So it's extra hard for them to let go. Make it easier by finding out what would be in their comfort zone. If they're anxious about letting you sleep over at a friend's house, ask if they would be OK with your hanging out there until after dinner. Or give them the friend's parents' phone number so they can talk to them first. Just remember, we all need a little hand-holding sometimes. Even parents. ◆

CAN'T WAIT



I'M EXCITED TO HAVE MY OWN APARTMENT, WHERE I'LL CONTROL EVERYTHING, LIKE FURNITURE AND DECORATIONS. I WANT LED LIGHTS IN EVERY SINGLE ROOM, A LOT OF COLOR AND A LOT OF SOCCER THINGS, LIKE A PORTRAIT OF MY IDOL, KYLIAN MBAPPÉ. AND MY BED WILL NEED TO BE VERY COMFORTABLE — I LIKE TO SLEEP A LOT. ***Rory Banks, 13, Northport, N.Y.***

SET THREE GOALS FOR SUMMER

START FIGHTING YOUR OWN BATTLES

TIME TO CUT OUT THE MIDDLE-MOM

BY ALEXANDRA FROST



ILLUSTRATION BY YEYE WELLER

WHEN YOU'RE A LITTLE KID, it only feels natural to run to your parents over every problem. Your soccer coach isn't giving you as much playing time as you'd like? Mooooooommmmm! Multiplication just isn't clicking for you? Daaaaaaddddd! But as you get older, getting your parents involved stops being convenient and starts feeling like . . . too much. That's a good sign it's time to think about speaking for yourself. Here's some advice on how to start, from three kids who have done it.

TALK TO YOUR COACH

Asking your coach about the decisions they make on and off the field is intimidating. But it's worth it, says Liam Soger, 10, who lives in Hillsdale, N.J. For one thing, it's a good way to find out what you can improve on. And it shows that you're genuinely interested in getting better. Liam started doing this with his baseball coach a few years ago, and now it's the norm for him — recently, he spoke up when he didn't get to start a game his coach had said he could pitch. His advice: If you're nervous, talk to other kids on your team. Learning how their conversations went over can remove some pressure. Next, run your questions by a parent, if you want, to get clear on what exactly you want to talk about, like trying a new position or getting more time on the field. Then choose a moment when your coach will have time to chat. Before or after practice works great. While she's rushing around on game day? Not so much.

EMAIL YOUR TEACHER

If something is going wrong at school — you failed a test or just aren't getting the latest algebra lesson — you can (and should) reach out to your teacher to talk about it. That's what Camryn Brooke McCormick, 14, who's from Monroe, Ohio, began doing in seventh grade before a parent-teacher conference she was worried about. To start, Camryn recommends sending an email with a clear subject line like "Missing Louisiana-Purchase Packet" or "Conferences on Feb. 14." Then be direct: Start with "Hi, (teacher's name)," and then give the reason you're emailing. Make sure you remember to say please. Then sign the email with "Sincerely" or "Thank you," along with your first and last name and your class, so they know who you are. Another tip: Email late in the day or after school, so they receive it outside of the busy school day.

GIVE YOUR POLITICIANS A NUDGE

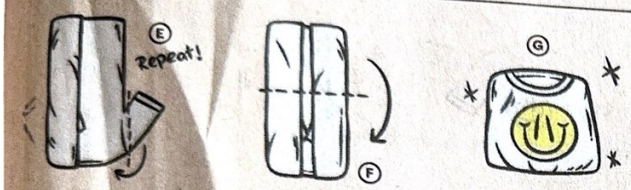
Just because you can't vote doesn't mean you can't push the adults in charge to do something about a problem that's frustrating you. For example, Alexandra Lay, 15, felt that her community wasn't doing enough to fight climate change. So she got her town, Arlington, Mass., to help fund a restaurant composting program that would cut emissions from landfills. Her tips: Start by doing research to make sure your idea is workable. Then learn about your town's legislative process to see how you can make it happen. Alexandra needed to find 10 registered voters to sign on to her idea before the town's leaders would vote on it. She got them, and her proposal passed — 207-41 One last word of advice: Don't get too discouraged if things move slowly. It has taken Alexandra 18 months of working with the town to get the composting program going — but so far six restaurants are interested. ◆

ASK YOUR PARENTS IF THEY NEED HELP WITH ANYTHING



FIXING THE WI-FI, MEETING NEW PEOPLE AND 19 OTHER SKILLS THAT ARE WAY EASIER THAN YOU THINK.

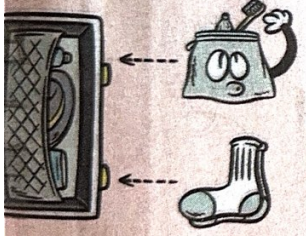
HOW IS IT THAT THERE ARE SO MANY THINGS ADULTS JUST KNOW HOW TO DO? MAKE SMALL TALK. FOLD CLOTHES. CLEAN UP BROKEN DISHES. GET RID OF CREEPY BUGS. WELL, HERE'S A SECRET: THEY HAD TO LEARN ALL THAT STUFF AT ONE POINT, TOO. NOW IT'S YOUR TURN. WE'VE ROUNDED UP 21 DIFFERENT SKILLS THAT EVERYONE SHOULD BE ABLE TO DO FOR THEMSELVES. NOW YOU HAVE NO EXCUSE!



3 Next, fold the straight edge to the middle of the shirt, creasing it the long way. Then do the same thing on the other side.

4 Now fold the bottom of the shirt up to the collar, the short way (like a hamburger). "That way the sleeves won't fall out," von Sternberg says.

5 Flip the shirt over. The sleeves should be on the inside and the front decoration on the top. When you put it away, you'll know which one it is. Dresser chaos conquered!



3 Roll up heavier items (like pants and sweaters) sleeping-bag style and put them in your suitcase. Then do shirts, underwear, socks and other light items.

4 Put your toothbrush, toothpaste and soaps into a resealable plastic bag to avoid spills after taping any lids shut. Pack these last for easy access.

5 Check for anything you may have missed and zip up your bag. If it won't close, try moving bulky clothing to the middle, or removing one of your extra items. Happy traveling!

SHAKE SOMEONE'S HAND

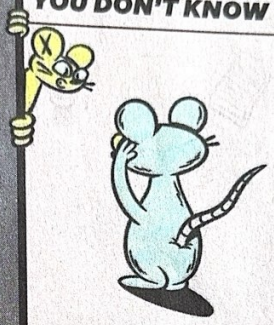


1 Handshakes: They're not just for businesspeople! Sure, you could just give a little wave when you meet someone. But strong impressions are made in the first few seconds, says Helena Goto, an expert negotiator. So stand tall, make eye contact and smile.

2 Extend your right hand. (Even if you're a lefty — sorry!) Think Goldilocks: Don't grip too hard (ouch) or too soft (meh). Lift the person's hand up and down for a few seconds.

3 Remember, you aren't a robot: Pair your handshake with a warm greeting like "Nice to meet you!"

TALK TO SOMEONE YOU DON'T KNOW



1 You're at a birthday party, and your best friend isn't there yet. Or you just joined a new school, and you don't know anyone at lunch. You're alone, but you don't have to be! Your first move should be finding someone you want to talk to. Maybe they're also sitting by themselves, or they're wearing a shirt for a band you like.

2 You can't chat with someone unless you approach them. If they're alone, walk right up and introduce yourself, says the psychologist Bethany Cook. If they're with others, stand nearby listening, nodding and laughing at the right times. Then chime in.

3 Not sure what to say? Keep a few go-to phrases in mind. Simple is best: "Hey, I'm [name]. Can I jump in on this game?" Or ask a question about them. When you're in a group, choose something they're all likely to enjoy, Cook says. Sports kids might want to talk about a recent game. Theater kids might want to discuss last week's school play.

4 Don't give up if you have a bad experience — it's OK if things are awkward the first time (or the first few times). Keep trying!

3 If the person on the other end asks you a question you can't answer, don't panic! You can always say "Could you hold for a second while I find that information?" or even "Can I call you back in a few minutes?"

4 At the end of the conversation, Serventi suggests repeating the appointment date back to make sure you have it right. Then end with "Thank you. Have a great day!"

5 If nobody picks up, leave a voice message with your name, callback number and the reason you called.

CLEAN UP BROKEN GLASS



1 First, put on shoes. You don't want to step on broken glass, says Khrystyna Brykailo, the owner of White Glove Cleaner in New York City. Then grab a paper bag (or a plastic one if you must), a dustpan, a broom and a vacuum cleaner.

2 Use the broom to sweep the largest pieces of glass into a pile, then into your

WEAR CONTACT LENSES



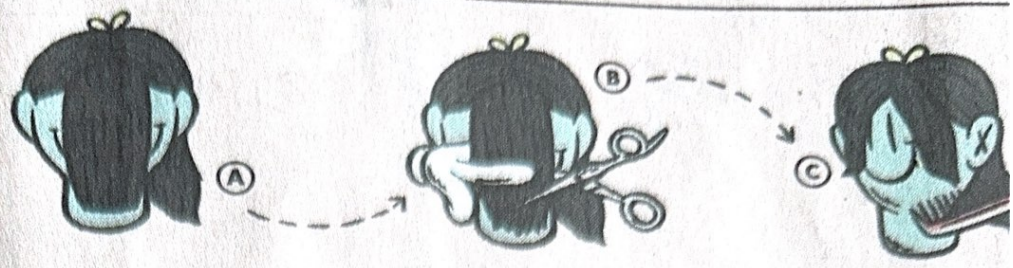
1 If you're dying to get rid of your glasses, your first stop should be the eye doctor, who will examine you and order your contacts.

2 Time to put them in! Wash and dry your hands right before you do, says Dr. Christopher Hsu, an ophthalmologist.

3 Gently use your index finger to lift the lens up. It should look like a tiny bowl sitting on your fingertip. Wet it with some saline solution — never water!

4 Now for the tricky part: Getting it in your eye. Use your other hand to gently pull down the lower edge of your eye-

CUT YOUR OWN BANGS



1. "If you can put your hair in a ponytail, you can probably cut bangs," says the celebrity hairstylist Brad Mondo. He recommends curtain bangs, which swoop to the sides of your face and are easier to cut.

2. Get a pair of hair-cutting scissors. They only cost a few dollars and cut much better than craft scissors.

3. When you're ready to cut, get your hair damp, then part it down the center in front of a mirror. Grab all the hair at the front of your head, to about 1.5 inches back, and pull it forward.

4. Divide the gathered hair into two "pie slices," Mondo says, then pull the rest of your hair into a ponytail.

OPEN A STUCK JAR

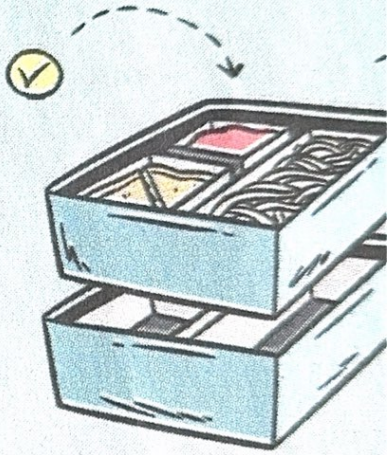


1. Your toast popped. The peanut butter is slathered on. And the jelly is ... stuck! First, try tapping the lid of the jar on the counter, then giving it a try.

2. Still stuck? Put a towel over the lid for a better grip. Or try a tip from the TikTok channel of the TV host and author Martha Stewart: Wrap three thick rubber bands around it. Grab on and twist with all your might.

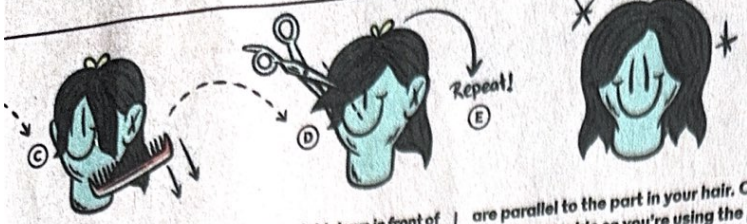
3. As a last resort, turn the jar sideways and run hot water over the entire lid. After about 30 seconds, it should be easier to open.

PACK A BETTER LUNCH



1. Christina Nguyen, a chef from M neapolis, has a lot of thoughts on sc lunch — particularly because her m used to wrap up cold spam fried "It's a really delicious thing whe hot," she says, "but a gross thi eat when it's cold." She recommen cusing on ingredients that taste chilled, like noodles with peanu sauce and vegetables or pasta s

2. For some inspiration, consider



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air into two "pie
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5 Comb the slices straight down in front of your face, then clamp your middle and index fingers across them at your top lip. Cut a straight line across, below your fingers.

6 Separate the slices again. Grab the right one, clamp your right fingers at the bottom, and pull it across your nose to the other side of your face, until your fingers are parallel to the part in your hair. Open the scissors wide so you're using the part where the blades meet. Cut the hair in a line below your fingers. Repeat on the left.

7 Comb them into place, and slide your fingers slowly to the bottom of each side to see if they're even. If not, don't panic: Bangs are easy to grow out and clip back.

SAY NO



1 ... TO A FRIEND

Your pal wants to play in the mud, but you're in new sneakers. To soften your "no," give an alternative, says Vindia Fernandez, a neuropsychologist. Like going on the swings!

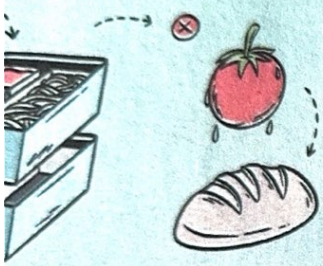
2 ... TO YOUR PARENTS

A recipe for getting grounded? Not if you do it right. The best way to get them to listen is to tell them why you're saying no, Fernandez says. "The reason makes all the difference."

3 ... TO A RANDOM PERSON

But when someone you don't know approaches you, you don't have to explain. "'No' is a complete sentence," Fernandez says. The same goes for anyone who makes you feel unsafe. Walk away and tell an adult you trust.

R LUNCH



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ing up your lunchbox. One with compartments (like a bento box) will give you lots of variety and keep each part of your meal separate and un-smushed.

3 To avoid a soggy sandwich: Skip wet ingredients like egg salad or tomato, or pack the bread and fillings separately and assemble at lunchtime. And use a stronger bread, like a baguette or ciabatta.

MAKE AN APPOINTMENT



1 Phone calls, especially to strangers, can be scary. But a little preparation will help you feel better. Gather information like the dates that work for you ahead of time, says Darian Serventi, who scheduled appointments at a hospital in New York. Grab a pen and paper too, so you can write down dates and phone numbers.

2 Right before you call, think through what you're going to say. Try something like: "Hi, this is [name]. I'm calling to see if [insert question here]."

3 If the person on the other end asks you a question you can't answer, don't panic! You can always say "Could you hold for a second while I find that information?" or even "Can I call you back in a few minutes?"

4 At the end of the conversation, Serventi suggests repeating the appointment date back to make sure you have it right. Then end with "Thank you. Have a great day!"

5 If nobody picks up, leave a voice message with your name, callback number and the reason you called.

FIX YOUR WI-FI



1 Before your Wi-Fi ever goes down, ask your parents where your modem and router (which connect your household to the internet) live. Knowing where they are will be handy later.

2 Restart your phone, computer or other device. Something might be stuck or preventing it from connecting to the internet, says Jeffrey Lustina, an I.T. specialist.

3 Some devices have a digital switch for the internet. Find it by searching for "Wi-Fi," and make sure it's on.

4 Restart the Wi-Fi connection to your house: Unplug your modem and router for about one minute. Turn the modem back on first, then the router.

5 If that doesn't work, there might be a problem with the neighborhood's internet. Now you can complain to your parents about it, so they can call the provider. In the meantime, how about digging into a good book?

LF



YI-FI, MEETING NEW 19 OTHER SKILLS THAT SIER THAN YOU THINK.

NOW HOW TO DO? MAKE SMALL TALK. FOLD GS. WELL, HERE'S A SECRET: THEY HAD TO R TURN. WE'VE ROUNDED UP 21 DIFFERENT HEMSELVES. NOW YOU HAVE NO EXCUSE!

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