CREATE YOUR OWN PRIVATE SPACE

Privacy can be hard to get sometimes, especially when you have to share a room with one or more siblings. Even if you have your own room, family members might still burst into your room without warning. Trust me, I've been there. I had to share an attic room with

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my younger brother for many years, which became super weird when I started turning into a woman. Undressing became uncomfortable, I couldn't chat with my girlfriends privately on my computer or on the phone; even listening to music or watching TV became tough, because we had completely different tastes. But what if you do have your own room, but still feel like you have no privacy?

You can start by talking about it. Most of the time, your family isn't even aware that they're being annoying. Start by telling them what you're doing or planning on doing in your room. Say that you're playing an online game or working on a school project. Or tell them when you're having someone over and you want to spend some alone time without interruption. Build enough trust so your parents don't have to come into your room for an unimportant reason. If you prove that you're responsible and trustworthy, your parents will stop treating you like a little kid.

Of course, trust comes with a price tag. If you want to be treated like an adult, you have to behave like one. Remember that your parents are still responsible for you and don't want you to get up to weird stuff. And yes, they have the right to at least ask what you're doing.

Other quick tips to gain more privacy or trust in your house are:

- Put a password on your devices. And make it one that's hard to crack.
- Incognito function on your web browser is your best friend.
- Don't leave stuff in your room that actually belongs somewhere else in the house, like plates and glasses. That way, no one has a reason to go into your room to collect them.
- Reassure your family that you're doing well. Or if you're not doing well, tell them so. The more you involve your family in your life, the more the trust will grow.
- Help your parents around the house. If you're active in the household, your family will be grateful and treat you like an adult more.

Privacy is a matter of trust, mutual respect, and decency. If you show that to others, they'll show it to you, too.

The Ultimate Survival Guide to Being a Girl

Copy this door hanger, cut it out, and hang it on your doorknob.

