

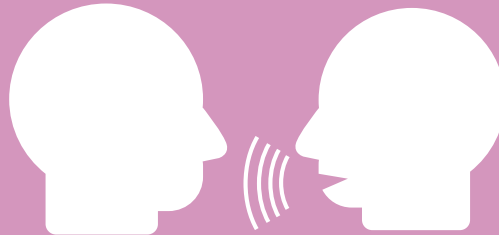
Top Tips for Navigating Results Day: A guide for parents

1. Adopt a supportive, listening approach



Be mindful of how your child perceives their results and do your best to validate their feelings.

2. Communicate



Provide opportunities for your child to discuss their feelings, this will help them to work through potential anxieties in the run-up to results day.

3. Results day preparations



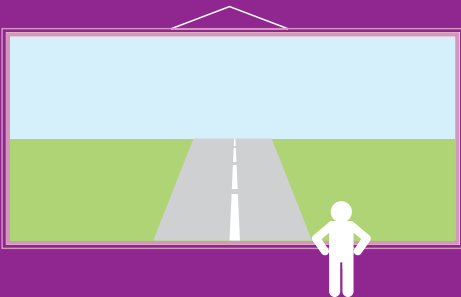
Spend some time prior to results days thinking through different options so that on the day you are aware of all the options available.

4. Assess what comes next together



Discuss next step options together and encourage your child to tap into their wider support network for further support and guidance.

5. Think about the wider picture



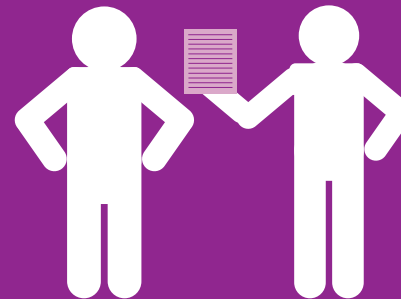
Discourage thinking in absolutes.

6. Make room for reflection



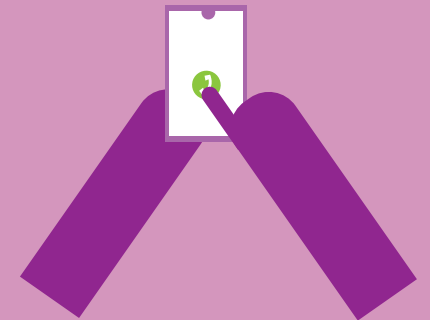
Assess what would make your child feel most comfortable closing this chapter in their life.

7. Sharing results with others



Pressure to share their results, or seeing their peers post information about their results online may be triggering for some young people.

8. Further support



There are a number of ways parents and carers can seek additional support, help and guidance.