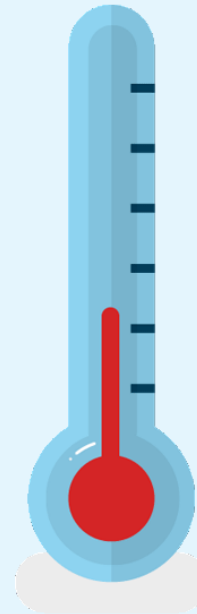


# Exam Stress: information for Secondary School parents



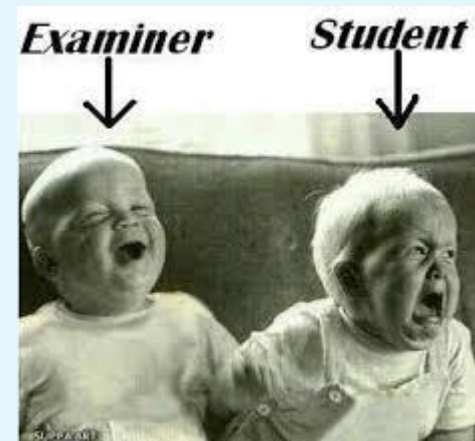
# What is exam stress?

- Stress that is caused by taking exams
- It is a mainly physical response
- The body thinks it is under attack and moves into fight, flight or freeze
- Hormones & chemicals such as adrenaline, cortisol and norepinephrine are released



# Is stress bad for you?

- Everyone needs some stress
- Stress can help motivate you and get you going in the morning
- Stress is a problem when there is too much or too little of it



# How stressed are our children

- ChildLine National Exam Stress Survey showed
- 96% of pupils said they were anxious about exams
- 59% said that parental pressure was a problem
- 64% said that they had had no support with this
- These pupils may have been offered help but did not find it effective
  
- So we will look at **what we can do to help effectively**

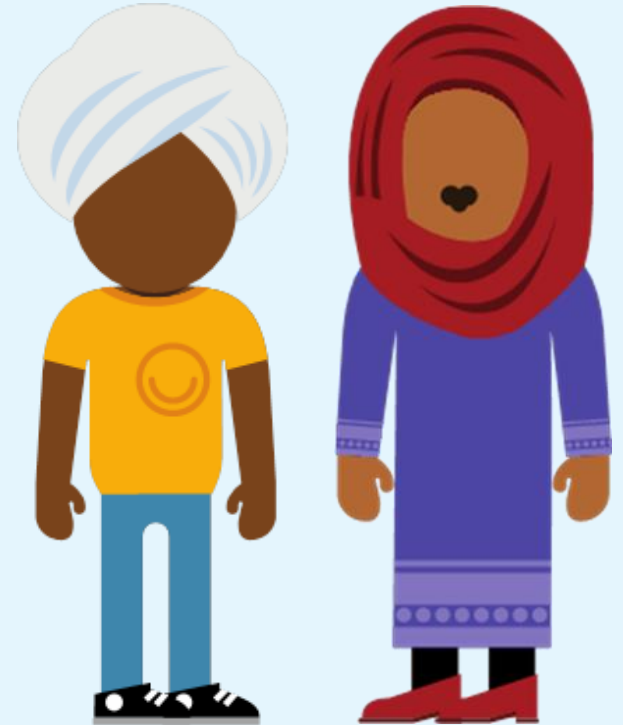




KEEP  
CALM  
IT'S  
EXAM  
TIME

# What can you do to help?

- Talk with your child
- Don't add to the stress
- Look out for signs of stress
- Encourage a healthy life-style
- Encourage breaks and treats
- Get support for yourself if needed
- Encourage evidenced based revision



# Watch for signs of stress

Children and young people who experience stress may:

- worry a lot
- feel tense & be irritable
- get lots of headaches & stomach pains
- sleep badly
- lose interest in food or overeat
- not enjoy activities they did previously
- seem negative & hopeless about the future



# Healthy life-styles: your role

You can help your child

- Get enough sleep (8-10 hours each night)
- Have a good breakfast
- Reduce high-fat, high-sugar and high-caffeine foods and drinks which can make children edgy and reduce sleep
- Be active (especially if it is with done with other people)
- Make time for treats and fun

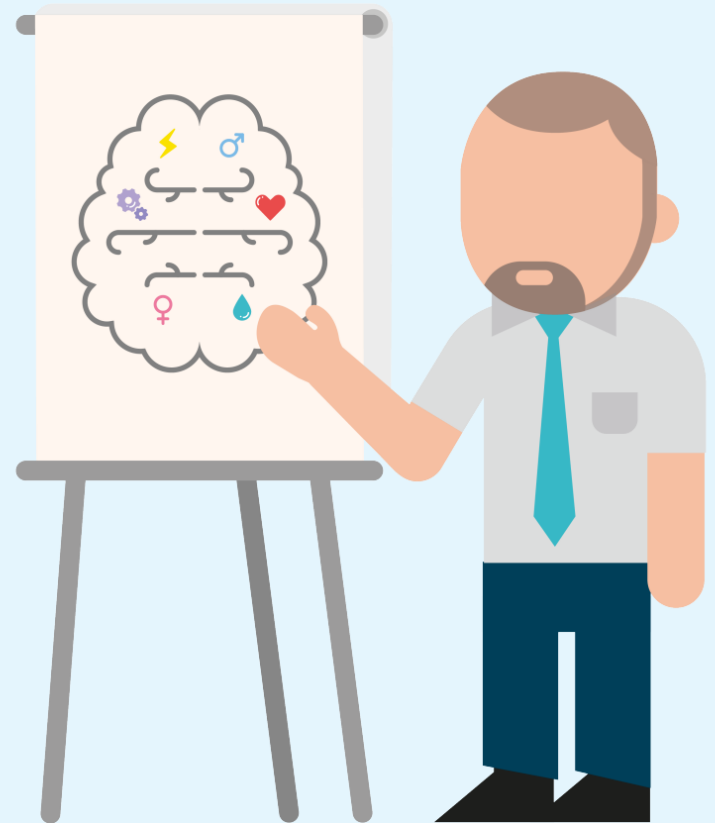


# What does the science say?



# Evidence based revision

- Revise in short (30-45min) blocks
- No all nighters
- Summarise rather than simply re-read
- Set goals for learning
- Learn to explain rather than for a test
- Practice
- Have a place to study
- Calm music or none at all
- Switch the phone/TV off



# Talking to teenagers

Talking to teenagers can be tricky at the best of times and exam stress may only make it harder. Here are some top tips:

- Choose the right time and place
- Listen, then talk
- Ask don't judge, accuse or assume
- Help them feel safe
- Try not to react if they are angry or moody



# Useful websites and apps

- <https://youngminds.org.uk/blogs/exam-self-care/>
- <https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>
- <http://www.bbc.co.uk/guides/zsvcqh>
- <http://www.bbc.co.uk/programmes/articles/1HsY1X8ySjKBMVXPVCbP4qH/exam-stress> (suitable for teenagers)
- The Headspace app
- The SAM app

# What will the school do to help reduce exam stress?

## PHGS

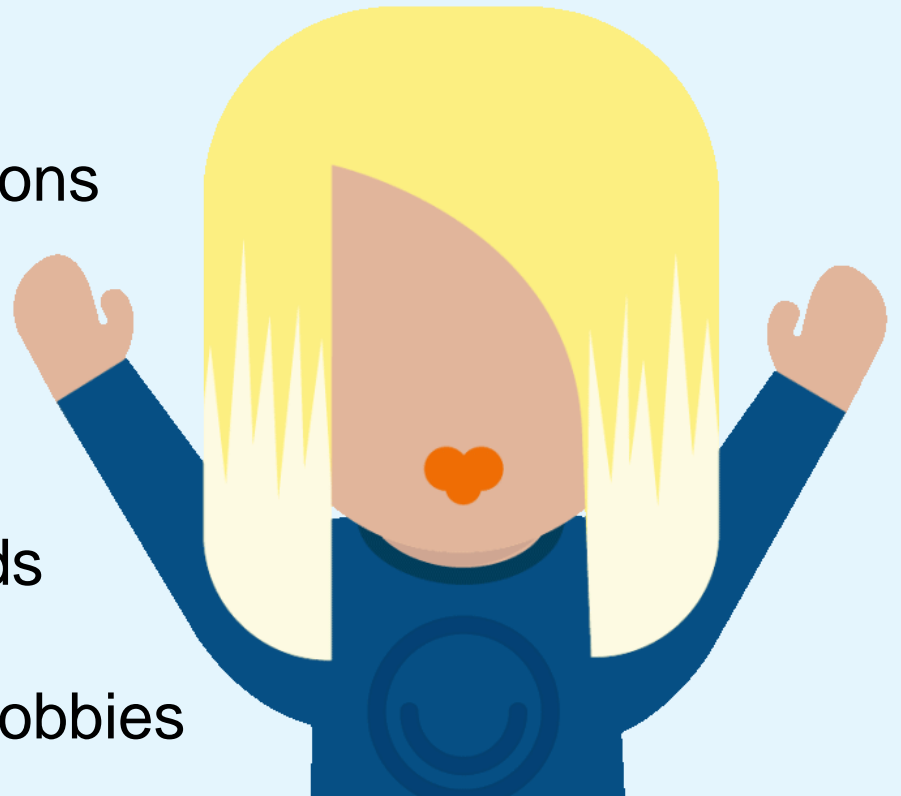
- Assemblies
- Revision groups
- Mindfulness sessions
- Mental Health First Aid Team
- Coping mechanisms
- Parent guides



# Why is it important to have good mental health?

Children & young people with good mental health are better at:

- Managing their behaviour
- Coping with difficult situations and life changes
- Doing well at school
- Making and keeping friends
- Doing well at sports and hobbies



# Taking the learning away:

The BBC have produced a helpful video for pupils on coping with exams. Give your children the link [tinyurl.com/R1ExamTips](https://tinyurl.com/R1ExamTips) so they can have a look for themselves.



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# MindMate help for parents

The screenshot shows the MindMate website interface. At the top, there is a navigation bar with the MindMate logo on the left, a language selection dropdown, the NHS logo, and navigation links for 'I'm a young person', 'Games', 'I'm a parent or carer', and 'I'm a professional'. Below the navigation bar, the breadcrumb 'Home > I'm a parent or carer' is visible. The main heading is 'I'm a parent or carer', followed by the sub-heading 'No matter how dark it is today, tomorrow things can change'. A paragraph of text explains that all children and young people experience difficult feelings, and it might be time to think about getting support. To the right of the text are two stylized avatars of a man and a woman. Below this is a row of three cards. The first card is titled 'As a parent or carer, how can I help?' and includes a 'Find out more >' button. The second card is titled 'Links and resources for parents' and includes a 'Search links >' button. The third card is partially visible and titled 'So your child is turning 18?'. A 'Hide page X' button is located on the right side of the page.

MindMate Select Language NHS

[I'm a young person](#) [Games](#) [I'm a parent or carer](#) [I'm a professional](#)

[Home](#) > I'm a parent or carer

## I'm a parent or carer

**No matter how dark it is today, tomorrow things can change**

All children and young people experience anger, anxiety and other difficult feelings as a part of growing up. But when these feelings start to get in the way of everyday life, it might be time to think about getting some support.

[Hide page X](#)

**As a parent or carer, how can I help?**

How can I help and also get the support that I need?

[Find out more >](#)

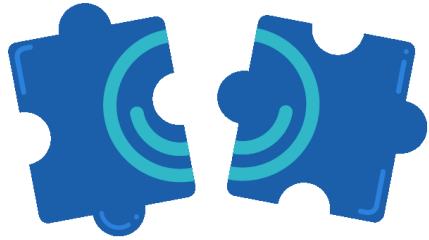
**Links and resources for parents**

A range of online information for parents and carers

[Search links >](#)

**So your child is turning 18?**

How do services change



**Goodbye  
and thanks**



# MindMate Lessons

