

SUPPORTING YOUR CHILD THROUGH YEAR 12

KEY TAKEAWAYS



STRESS VS DISTRESS

Some stress is a normal part of Year 12 and can help motivate effort.

Distress is different — it tends to:

- Last for weeks, not days
- Affect sleep, mood, motivation, or learning
- Lead to withdrawal, avoidance, or shutdown

If you're seeing patterns rather than one-off bad days, it's worth checking in.

WHAT HELPS MOST AT HOME

You don't need to fix everything. Small, consistent support matters.

- ✓ Focus on effort, not perfection
- ✓ Avoid comparisons with others
- ✓ Listen before offering solutions
- ✓ Keep conversations calm and regular

Connection matters more than pressure.

EXTRA SUPPORT NEEDED

- Ongoing low mood or irritability
- Changes in sleep, appetite, or energy
- Loss of motivation or focus
- Withdrawing from friends or family
- Frequent physical complaints

Trust your instincts — early support is always easier than waiting

WAYS TO HELP

- Regular sleep, nutritious food, and physical activity
- Balance between study, rest, and social time
- Staying connected with friends and enjoyable activities
- Simple weekly planning when things feel overwhelming

You don't need to do all of these perfectly — even one or two helps.

WELLBEING RESOURCES STUDENT/PARENT/CARER

