

MATRIC RESULTS ARE NEARLY OUT!

With matric results about to be released, parents or guardians play an important role in offering support, especially for those who may not have achieved the results they were hoping for.

HERE ARE SOME TIPS TO ASSIST THEM IN MOVING FORWARD

GET HELP IF NEEDED

Look out for changes in behaviour like:

- Spending more time alone than usual
- Different eating or sleeping patterns
- Big mood swings
- Threats of self harm
- Alcohol/drug abuse

BE SUPPORTIVE

- Stay involved in their life
- Encourage a healthy life balance
- Show interest in their activities
- Remind them that you love them

1

TALK AND LISTEN

- Start the conversation
- Listen carefully so they feel heard
- Be gentle with their disappointment
- Don't compare them to others
- Make them feel safe and supported

2

3

THINK DIFFERENTLY

- Focus on their effort, not just results
- Look at other study channels
- Each child is different
- Look into career options that suit their results

4

5

LEARN FROM HARD TIMES

- Setbacks are normal
- It's okay to feel disappointed
- Encourage growth and learning
- Set realistic goals that they can reach



**WE ARE HERE TO SUPPORT YOU,
AND YOUR FAMILY.**

COACHING, COUNSELLING,
HEALTH INFORMATION, OR ADVICE.



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

Callback *134*20068#
help@lifeassist.co.za
www.yourlifeassist.co.za/sunint

