

The NHS suggests that parents and carers can help by:

- MAKE SURE YOUR CHILD EATS WELL
- HELP YOUR CHILD GET ENOUGH SLEEP
- BE FLEXIBLE DURING EXAMS
- HELP THEM STUDY
- TALK ABOUT EXAM NERVES
- ENCOURAGE EXERCISE
- TRY NOT TO ADD TO THE PRESSURE
- MAKE TIME FOR TREATS
- KNOW WHEN TO GET YOUR CHILD MORE HELP IF AND WHEN THEY NEED IT



Mental Health Resources:

- Mind – Counselling
- Mind – online resources
- GTBAL
- Better Help (paid)
- Finch (free)
- Calm/Headspace
- 111 op2 Crisis team
- School team/teachers/school youth worker
- Youth clubs/youth workers

Revision Resources:

- BBC Bitesize
- WJEC website/revision books (other curriculums have the same)
- Twinkl - GCSE revision guides
- Collins Revision resources for GCSE and A-Level's



Exploring the impact of Tests, Targets and Education on Young People



For Parents and Carers

What do we mean by Tests, Targets and Education?

Young people spend 6 hours a day, 5 days a week of their childhood and adolescence in school and in education.

It causes a lot of stress, anxiety and depression in young people. Young people are expected to perform well in school from as young as six and seven.

Students are pressured to get good grades more than working for the love or enjoyment of the subject. There is so much focus and competitiveness around standardised testing and exams. Young people whose potential and talents lie outside of academia and formal education are marginalised.

Mental Health:

Young People are facing high levels of academic pressure and this leads to increasing high levels of stress, anxiety and depression.

Emotional Health:

For young people, feeling a lot of pressure in school and education often leads to emotional problems, such as being less able to regulate certain emotions due to high levels of stress and anxiety.

Physical Health: Young People

experience high levels of stress, anxiety and depression can cause individuals to exercise less as well as high levels of revision needed, so there is less time to exercise or to get outside.

Peer Pressure and Grade Pressure:

During exam times, young people can be affected by peer pressure because of the competitive nature of the exam period. Schools also tend to put a high level of importance and emphasis on getting high grades when exam times come around.