



Personal Development: A Guide for Parents/Carers

Exam Stress

In June, your child will be sitting their first mock exams. This is a crucial part of their school journey and prepares them for their final exams at the end of year 11. Whilst we know mock exams are incredibly useful for our students, they can also bring feelings of worry. The most important thing to know: it is completely normal for young people to feel this way. As a parent/carer, it can be difficult to know how to support your child during this time; especially when you aren't confident with the exam topics yourself!

Getting organised

The old saying 'failing to prepare is preparing to fail' rings true here. Students will be guided through the revision process by making revision timetables and learning about a range of revision strategies. It is also useful for students to have a quiet space with all of their revision materials in one place – this also means putting their phone/devices away for a set period of time so they are free of distractions.

Routines

It can be easy for students to throw routines out of the window when it comes to exam time by staying up late to cram revision in, eat junk food whilst studying or staying in their room all day. Encourage your child to remember the basics of looking after themselves such as drinking enough water, eating well, getting a decent night's sleep, and exercising.

Click on the links below to access further support:

[Revision strategies](#)

[Young Minds guide for parents](#)

[Red Cross guide to dealing with stress](#)



As this is the first year we have published parent/carer guides for PD, we would like to hear your feedback. Please use this link to share your thoughts: <https://forms.office.com/e/uq6vNnZtTr>

Year 10: Summer Term 1

Unit 5: Exploring Influence

This unit explores the various influences that young people experience as they are growing up. As part of this unit, students explore:

- Positive role models
- Gang culture including the role of women in gangs
- Getting out of gangs
- Joint enterprise
- The impact of crime including violent crime

Discussion points/questions for home:

- Can your child share any examples of positive role models in their lives? What qualities or behaviours do they find inspiring about this person?
- Can your child share any examples of negative role models in their lives? What qualities or behaviours do they notice about this person?
- What does your child understand about gangs and gang culture?
- Can your child offer strategies for someone who may wish to get out of a gang?
- Can your child explain the law on joint enterprise? Can they give any examples of people who have been prosecuted under joint enterprise laws?
- Can your child explain the impact of crime, including violent crime, on a victim? A community? A society?

Click on the links below to access further support:

[Information from The Children's Society about child criminal exploitation and county lines](#)

[Information from the NSPCC about child criminal exploitation and gangs](#)

[Fearless: anonymous reporting of crime and information for parents/carers](#)