



# BEYOND GRADES: Helping your daughter to flourish



This guide is for parents and carers of our students in Years 8 and 9. It offers research-backed prompts and activities to help you to reflect on how you support your child to flourish both inside, and importantly outside of the classroom, with your and our support. Based on the latest ICGS initiatives and 2024–2025 research, the guide covers five key domains: **Identity, Voice, Relationships, Learning, and Wellbeing.**

We have included clickable links to our sources which you can access for more information.

## IDENTITY & SELF-CONFIDENCE

- How do we help her feel proud of who she is as she changes and grows?
- What messages do we give her about body image, self-worth, and uniqueness?
- How do we respond when she feels insecure or compares herself to others?

### WHY IT MATTERS

Girls aged 12–14 often experience a drop in self-esteem, especially around appearance and peer comparison (The Children's Society, 2024).

[SOURCE 1](#)

[SOURCE 2](#)

## VOICE & AGENCY

- How do we encourage her to speak up at home and in school?
- Do we give her space to make decisions and learn from mistakes?
- How do we support her when she feels unheard or dismissed?

### WHY IT MATTERS

ICGS's Be Bold Changemakers programme (2024–2025) emphasises developing girls' leadership and advocacy skills at this age.

[SOURCE 1](#)

[SOURCE 2](#)

## RELATIONSHIPS & BELONGING

- How do we help her build healthy friendships and navigate peer pressure?
- What do we do when she feels left out or misunderstood?
- How do we model empathy, boundaries, and respect in our own relationships?

### WHY IT MATTERS

Girls aged 12–14 often experience a drop in self-esteem, especially around appearance and peer comparison (The Children's Society, 2024).

[SOURCE 1](#)

[SOURCE 2](#)

## LEARNING & GROWTH MINDSET

- How do we talk about effort, mistakes, and learning at home?
- Do we celebrate her curiosity and creativity beyond grades?
- How do we support her when she feels overwhelmed or discouraged?

### WHY IT MATTERS

Positive parenting and growth mindset approaches are linked to better academic and emotional outcomes (Frontiers in Psychology, 2024).

[SOURCE 1](#)

[SOURCE 2](#)

[SOURCE 3](#)

## WELLBEING & RESILIENCE

- How do we help her manage stress, screen time, and sleep?
- What routines do we encourage for her mental and physical wellbeing?
- How do we model resilience and emotional regulation ourselves?

### WHY IT MATTERS

Girls aged 12–14 are increasingly affected by anxiety, body image concerns, and digital stress (The Good Childhood Report, 2024).

[SOURCE 1](#)

[SOURCE 2](#)

## REFLECTION

- What is one thing you do well in supporting your daughter?
- What is one area you'd like to grow in?
- What new insight did you gain from the "Beyond Grades: Helping your daughter to flourish" workshop?

