

# 'Life beyond Scotch'

## 5 ways to support your son after leaving school

- **How to foster/promote the relationship with your adult son?**

Reflect on the first 18 years; our worries can be a barrier to communication. Promote side by side discussion rather than face to face.

- **How to facilitate your son's growth?**

Be helpful and motivating, however daily structure is now his responsibility. Exposure to the 'real world' will aid his growth.

- **Warning signs of mental health issues and what to do?**

Direct questioning can alienate him, focus on friends/mates. Is he worried about his mates' actions/habits? He is likely to have the same habits as his friends. The role of GP is important.

- **Key skill development areas for well-being and future career**

Critical skills – communication, teamwork, Innovative mindset, resilience & adaptability, problem solving and interpersonal skills. The ATAR becomes less important. Broadbased degrees are sound choices as many are naturally unsure of their future career direction when they leave school.

- **How to further support your son in his transition?**

Widen your & his support network. Identify trusted adults who he can talk to and use as a 'sounding board' / mentor about future career and social issues. Mentors should be people you both trust who can respect your son's confidences provide an alternative perspective and escalate issues when necessary.

