

Our Exam–Season Agreement

A promise between a student and the people who love them

Exam season is hard on the whole family. This agreement is not a contract to be enforced; it is a way of saying out loud what each of you will do to keep the house calm and the mind clear. Read it together, tick what you agree to, change what does not fit your family, and sign it. Then stick it somewhere you will both see it.

STUDENT:

PARENT(S) / GUARDIAN:

I, the student, will...

- ☐ Sleep 7–9 hours, and stop studying by _____ p.m.
- ☐ Keep my phone outside the room during study blocks
- ☐ Eat three proper meals, even in exam week
- ☐ Take one evening off every week without guilt
- ☐ Tell you honestly when I am struggling – early, not late
- ☐ Ask for help with a subject, or with my mood, when I need it

We, the parents, will...

- ☐ Ask *how are you?* before *how much did you score?*
- ☐ Never compare you with cousins, neighbours or toppers
- ☐ Keep relatives' questions and advice away from you
- ☐ No new tutors, new advice or new worries in exam week
- ☐ Not use money or sacrifice as a reason you must succeed
- ☐ Listen first, advise later – and only if you ask

Our Sunday check-in 15 minutes, every week, no phones

ONE GOOD THING

Something that went well this week

ONE HARD THING

Something that was difficult

ONE KIND OF HELP

What would make next week easier

Day and time we will meet: _____

Phone and screen rules we agree on

OUR SIGNAL WORD

When the student says this word, it means: "I need to talk. Please listen – no lecture, no questions about marks."

Our result-day plan

BEFORE

We will open the result together / the student will see it first (circle one)

FIRST 48 HOURS

No phone calls to relatives. No decisions about the future. Food, rest and company.

AFTER 2-3 DAYS

We sit down calmly to talk about next steps – options, not blame.

Whatever the result, we promise to:

If things feel too much

Name one trusted adult outside the family the student can talk to (teacher, cousin, counsellor):

Our family doctor or counsellor:

Warning signs we promise to act on. If, for more than two weeks, sleep or appetite change sharply, the student withdraws from family and friends, seems persistently low, irritable or tearful, or stops caring about things that used to matter, we will talk about it and seek help from a doctor or counsellor. **Any talk of hopelessness, of being a burden, or of not wanting to live will be taken seriously and acted on the same day.**

What helps me unwind student

What helps us stay calm parents

Our review date

We will read this agreement again and adjust it on: _____

Student's signature

Parent / guardian's signature

Date

HELP, ANY TIME

Tele-MANAS 14416 / 1-800-891-4416 (free, 24x7) · **Childline 1098** (under 18) · **Emergency 112**