Life After School: Finding Your Feet

Free Introductory Teen Support Page

An introductory support page to help teens feel calmer, clearer and more confident as they move into their next chapter after school.

Write down your answers in a notebook or journal

For Your Teen

4 Deep Questions to Reflect On

1. What have I learned about myself during my school years that I want to carry with me into this next chapter?
2. What friendships, memories or lessons from school feel meaningful to me — and what do I want to let go of?
3. What am I most worried about right now, and what might help me feel more steady and supported?
4. What kind of person do I want to keep becoming as life changes around me?

4 Gentle Tips for This Next Phase

- It's okay not to have everything figured out yet — clarity often grows step by step.
- Friendships may change, but that doesn't mean the good memories or connections meant nothing.
- Talk kindly to yourself during uncertain moments — your self-talk matters.
- Take with you what served you: lessons learned, strengths built, and the parts of you that feel true.

Remember: You do not need to rush this chapter. You are allowed to grow into it.

Parent Support Corner

Ways to support your teen through this season:

- Listen without rushing to fix — sometimes your teen needs calm presence more than answers.
- Reassure them that uncertainty is normal and that many teens feel mixed emotions at this stage.
- Encourage healthy self-talk and gently remind them of their strengths, growth and progress.
- Make space to talk about changing friendships, emotions and hopes for the future without pressure.

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