

# Tip:

## WHAT NOT TO SAY OR DO



### Don't Compare

01.

Avoid: "Your sister got better grades."  
Comparisons can damage confidence and self-worth.

### Don't Dismiss Their Feelings

02.

Avoid: "It's not the end of the world."  
Even if true, it can feel invalidating. Acknowledge their emotions first.

### Don't Overreact

03.

Avoid showing visible disappointment or anger. Stay supportive and constructive.

### Don't Pressure

04.

Avoid: "You should have studied more."  
It's not the time for blame. Focus on solutions and support.

### Don't Take Over

05.

Let them lead the conversation with schools or universities if they're ready. Be there to advise or support them up.