

Five ways to help your daughter find her voice.

Five small ways to help your daughter feel heard, speak up and trust herself - starting this week.

FREE RESOURCE FOR PARENTS & CARERS

Created by Allison Stummer | empressrising.com.au

A NOTE TO PARENTS & CARERS

You don't need the perfect words.

You just need moments when she knows her words matter.



A PERSONAL NOTE FROM ALLISON

Over more than 20 years working alongside girls and young women, I've seen how much can be going on beneath a seemingly ordinary school day.

Sometimes she needs guidance. Sometimes she needs space. And sometimes what matters most is simply knowing that someone is listening.

These five approaches are invitations to stay connected - not another thing to get right.

Allison Stummer

WHAT IF SHE DOESN'T WANT TO TALK?

That's okay. Try: **"No pressure to talk. I'm here whenever you're ready."** Sometimes a walk, a drive or quiet company makes more space than a formal question. Keep the invitation open.

HOW TO USE THIS GUIDE

01

Choose one.
Start with what fits your relationship.

02

Find an ordinary moment.
A walk or car ride may work better than a formal talk.

03

Keep it small.
A two-minute conversation can be enough. She can pass.

01 / LISTEN FIRST

Listen before you solve.

Being heard can matter more than having everything fixed.

AN EVERYDAY MOMENT

She feels left out

She comes home upset because friends made plans without her. The temptation is to say, "Forget them." But she may need to tell her story before she is ready for advice.

THREE THINGS TO TRY

1. **Make room.** Put your phone aside and let her finish.
2. **Reflect, don't judge.** "That sounds hurtful" leaves space for her experience.
3. **Ask what helps.** Would she like comfort, ideas or simply company?

WORDS YOU CAN BORROW

"Would you like me to listen, or help you think about what to do next?"

MAKE IT FIT HER AGE

AGES 11-12

"What happened at lunch?" A specific question can be easier than a big one.

AGES 13-14

"Talk now or later?" Let her choose the timing; she does not owe every group-chat detail.

ONE SMALL PRACTICE THIS WEEK

Ask one curious question before giving advice: "What happened next?" Then listen.

02 / MAKE SPACE FOR FEELINGS

Name it. Make space.

You can acknowledge a feeling and still hold a safe boundary.

AN EVERYDAY MOMENT

The answer is still no

She is disappointed that she cannot go out tonight and says you are unfair. You can stay interested in how she feels while keeping the limit in place.

THREE THINGS TO TRY

1. **Notice gently.** "You seem quieter than usual. Want to talk?"
2. **Use her words.** If she says "frustrated", do not correct her label.
3. **Separate emotion and action.** Anger is okay; hurting someone is not.

WORDS YOU CAN BORROW

"I know this feels unfair. I want to hear you, even though the answer is still no tonight."

MAKE IT FIT HER AGE

AGES 11-12

Offer words softly: "Disappointed, embarrassed - or something else?"

AGES 13-14

"I might be reading this wrong. How did it feel to you?" Let her correct you.

ONE SMALL PRACTICE THIS WEEK

Try "Best bit? Hardest bit?" over dinner. Share your own answers without making it homework.

03 / GROW INDEPENDENCE

Let her own a decision.

Offer structure without taking over her choices.

AN EVERYDAY MOMENT

A weekend that won't fit

She wants to see a friend, but homework and family plans also matter. Agree on what cannot move, then give her space to suggest how the rest could work.

THREE THINGS TO TRY

1. **Set the boundaries.** Say what is negotiable and what is not.
2. **Invite her plan.** Ask what matters to her and how she will make room for it.
3. **Reflect afterwards.** "What would you keep or change next time?"

WORDS YOU CAN BORROW

"What's your plan? I can help you think it through."

MAKE IT FIT HER AGE

AGES 11-12

Offer two workable options, and welcome another safe idea she suggests.

AGES 13-14

Let her balance commitments; agree together on transport and safety check-ins.

ONE SMALL PRACTICE THIS WEEK

Hand over one manageable decision this week - and resist quietly redoing it for her.

04 / FRIENDSHIPS & BOUNDARIES

Give her words she can use.

Real confidence includes knowing when to speak, step away or ask for help.

A MOMENT YOU MAY RECOGNISE

The group chat turns hurtful. Friends start joking about another girl and expect her to join in. She wants it to stop, but worries she could become the next target. She has choices - not a duty to confront anyone.

THREE EQUALLY VALID OPTIONS

01 / SPEAK UP - IF SAFE

"I'm not joining in."

She never owes a reply.

02 / LEAVE OR MUTE

"I can step away."

Leaving is not failure.

03 / ASK AN ADULT

"Can you help me?"

Support comes first.

MAKE IT FIT HER AGE

AGES 11-12

Practise "No thanks" and moving towards a trusted adult.

AGES 13-14

Discuss when muting, leaving or seeking help is safer than replying.

ONE SMALL PRACTICE THIS WEEK

If she is willing, rehearse for one minute: "What if they do not listen?" Include leaving and asking for help.

THE SAFETY RULE

If there is bullying, intimidation or a threat, involve a trusted adult and the school when relevant. If someone is in immediate danger in Australia, call 000.

05 / NOTICE COURAGE

Praise the brave attempt.

Notice the courage it took - not only how things turned out.

AN EVERYDAY MOMENT

She speaks up; it goes badly

She asks a friend to stop teasing her. The friend brushes it off. She says, "I should never have said anything." Do not insist it went well; first hear how it felt.

THREE THINGS TO TRY

1. **Name what happened.** "I saw you speak up even though you felt nervous."
2. **Stay curious.** Ask what happened next and what support she wants.
3. **Model courage.** Share a small attempt of your own that was not perfect.

WORDS YOU CAN BORROW

"I noticed you spoke up even though it wasn't easy. That took courage."

MAKE IT FIT HER AGE

AGES 11-12

Courage may mean asking a teacher for help or inviting someone to join in.

AGES 13-14

Courage may mean changing her mind under pressure or setting a boundary.

ONE SMALL PRACTICE THIS WEEK

Share one moment this week when you tried something difficult, then invite her story - without pressure.

KEEP THIS PAGE

One week.
Five small moments.

You do not need to do all five. Pick one, try it when it fits and come back whenever you need a reminder.

1

LISTEN

"Advice, or would you like me to listen?"

2

NAME

Make room for a feeling; keep a safe limit.

3

CHOOSE

Let her own one manageable decision.

4

REHEARSE

Speaking, leaving and asking for help all count.

5

NOTICE

Name the brave attempt, not just the result.

HER VOICE. HER CONFIDENCE. HER NEXT CHAPTER.

These small moments start conversations at home. **Empress Rising** gives girls space to explore these ideas through eight-week online programs, reflection and practical tools.

Ignite: ages 11-12 **Ascend:** ages 13-14
Independent, optional and parent-funded.

EXPLORE THE PROGRAMS

www.empressrising.com.au/programme

When extra support helps: This is general guidance, not individual health advice. For ongoing distress, bullying or safety concerns, contact a school wellbeing professional or qualified health practitioner. Free to share intact.

Further reading: raisingchildren.net.au | esafety.gov.au