

Moving On

Topics and skills covered in this programme include:

The challenges of moving on, recognising and dealing with stress, communication skills, recall previous successful 'first times', differences, peer pressure, saying no.



Be prepared:

You are a parent/carer, not a medical or legal expert. You aren't expected to know everything. It's OK to check things and look things up but remember, some online sites aren't reliable. Our family hub has some reliable and trusted sites with more information to help you:

Scan here

<https://link.lsec.uk/family-hub>



Pick the time and place. A calm, quiet place where you won't be overheard or interrupted is best. Don't aim to shock or scare - that approach doesn't work.



The facts, useful information and how to word things:

Any worry or concern about moving to secondary school is completely normal and will be shared by many others.

Worry can be described as stress. This is normal too. What happens to you when you are stressed? - feel flushed, sweaty, develop a headache, or feel sick.... What strategies can you use to ease the stress a little? - deep breathing, talking to an adult, listening to music or reading...

We are all different, but we'll find new friends at secondary who share our interests and personalities. You don't need to change to fit in.

Peer pressure is when someone around your age encourages you to do something. This can be negative or positive. Think about what might happen if you agree - then decide.

Always hang around with people you know and trust. Avoid dodgy people and places.

Change the subject or say no with a reason, if asked to do something you know you shouldn't. You can also make up an excuse and walk away.

What things have you done for the first time that turned out well in the end? Starting primary school, first assembly, school play, residential...

Concentrate on your communication when meeting new people. Speak clearly, maintain eye contact, think about what you are going to say, and be a good listener - nod, appear interested, maintain eye contact again and don't interrupt. Make sure your non-verbal communication (body language) matches what you say - positive gestures and facial expressions.