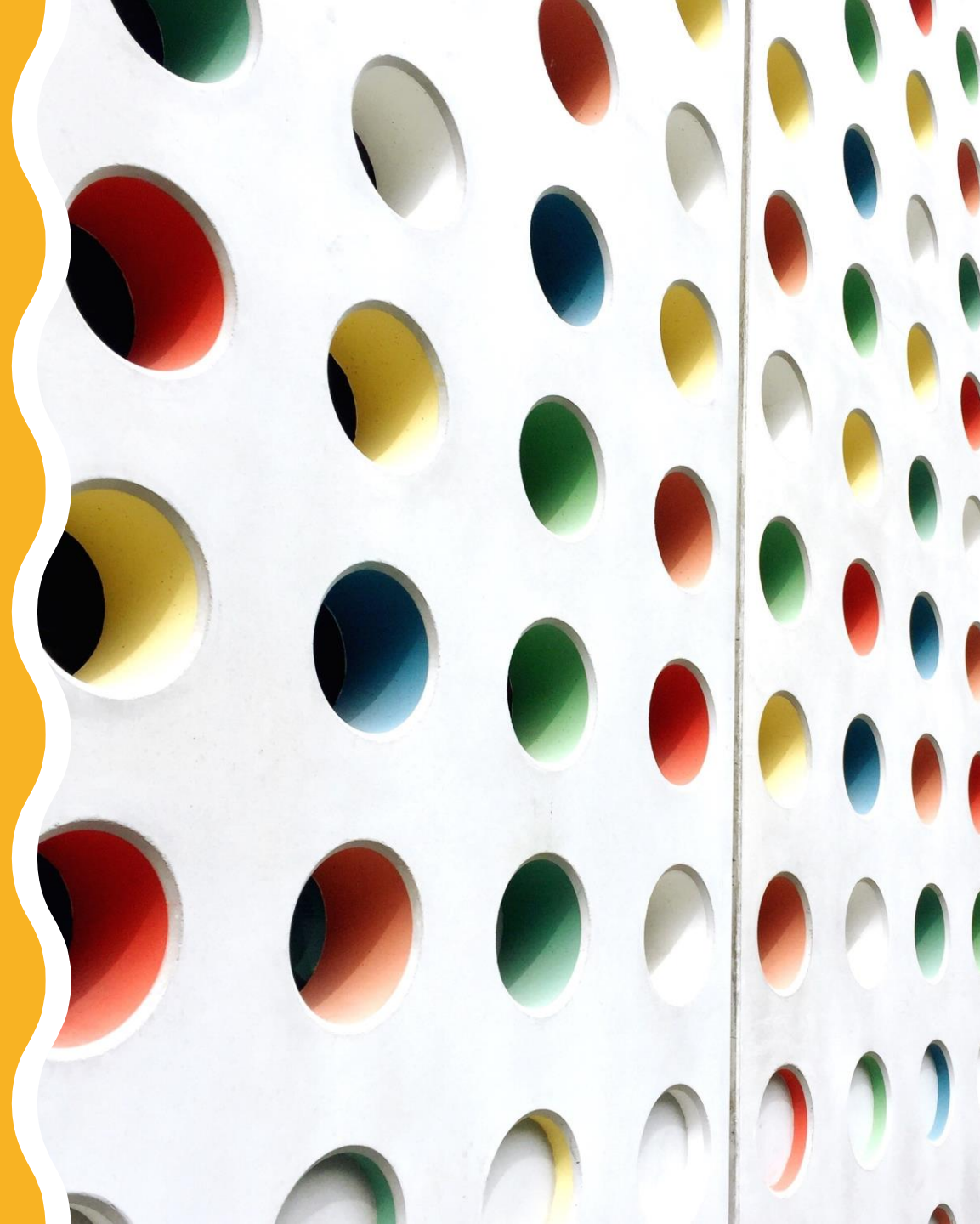


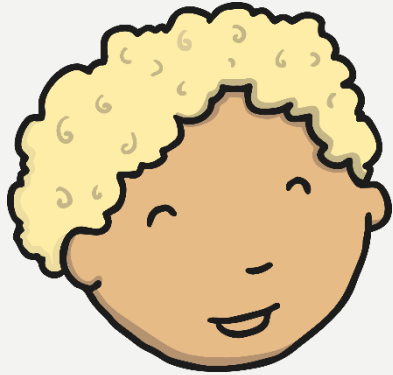
# PSHE: TRANSITION

LESSON 2:

I CAN IDENTIFY WAYS TO OVERCOME  
DIFFICULT SCENARIOS.



# THINK BACK TO YOUR WORRIES AND CONCERNS FROM LAST WEEK.



How can you show resilience and overcome these issues?  
Record your thoughts below:

## How Did Other People Feel?

A lot of your worries are probably similar to those that others had when they moved up to secondary school. Read some of the comments from current secondary school students below:

I was worried about getting lost, but the school wasn't as big as I had thought.

I was worried the teachers would be scary and shout a lot, but they were friendly and helpful just like my primary teachers.

I was worried about the new lessons that I hadn't done before but I love them now. There are more options for PE, and DT, music and art are all better than in primary school!

I was worried about getting to lessons on time, but there were lots of students willing to help. They were really friendly and pointed us in the right direction if we got lost.

I was worried about how much work and homework there would be, and that I wouldn't understand it. I didn't need to worry; the work was linked to what we already knew so it wasn't much harder than primary.

I was worried about bullying. In the first week at school our form tutors talked to us about the bullying policy and who we could talk to if we saw any bullying in school. I felt safe knowing that my teachers were there to speak to if I had any worries.

I was worried about not making friends, but now I have new friends as well as my friends from primary school. You spend lots of time together in lessons and form time so there are lots of chances to get to know people.

Read through the different scenarios. Discuss with an adult or an older sibling – someone who has already gone through this. Record your thoughts and ideas for each one below.

### **I won't know anyone!**

'I'm going to be in a new class, in a new school and I'm worried about how to make new friends.'

1. The negatives in this situation.
2. The positives in this situation.
3. What action can this person take?
4. Who can they ask for help?



## The work will be too hard!

'I found some of the work in year tricky and I'm worried I won't be able to manage at year 7 level.'

1. The negatives in this situation.
2. The positives in this situation.
3. What action can this person take?
4. Who can they ask for help?



## I might get bullied!

'I'm worried that I might get teased or hurt by the older children.'

1. The negatives in this situation.
2. The positives in this situation.
3. What action can this person take?
4. Who can they ask for help?



## The teachers will be really strict!

'I've heard that secondary school teachers shout a lot and give out lots of detentions, and I'm nervous.'

1. The negatives in this situation.
2. The positives in this situation.
3. What action can this person take?
4. Who can they ask for help?





## I might fail my exams!

'I know exams are really important at secondary school and I'm worried I might mess up my future.'

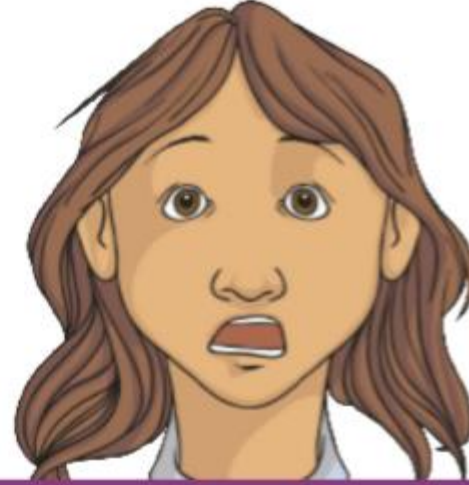
1. The negatives in this situation.
2. The positives in this situation.
3. What action can this person take?
4. Who can they ask for help?



## Small fish in a big pond!

'I'm used to being the oldest at my primary school. How will it feel to start again as the youngest.'

1. The negatives in this situation.
2. The positives in this situation.
3. What action can this person take?
4. Who can they ask for help?



## Homework!

'I've heard that you get loads of homework at secondary school, in every subject. How will I manage?'

1. The negatives in this situation.
2. The positives in this situation.
3. What action can this person take?
4. Who can they ask for help?



# OVERCOMING DIFFICULTIES:

- Now that you have thought about and discussed several different issues that could arise, create a poster to help you remember all these fantastic ideas for dealing with issues.
- Pick an issue (or more) that you are really feeling anxious about and create a bright, colourful, friendly reminder poster to help you to feel less anxious.
- Remember to include the top tips that you created through discussion with your parents / carers or older siblings.
- Include words, phrases and images to help motivate you.



# Surviving Secondary School

## Top Tips!

### Be Prepared

Look at your timetable and make sure you know where to go and when.

### Be Organised

Make sure you have the right books and equipment with you for each lesson.

### Be Brave

It might seem hard to make new friends, but everyone is feeling the same way. Say hello!

### Be Honest

If you do something wrong or forget something, it's much better to own up straight away.

# Surviving Secondary School

## Top Tips!

### Be Enthusiastic

Teachers won't expect you to get every answer right, but they will be impressed if you try your best and 'have a go' at learning new things.

### Be Yourself

Believe in yourself!  
You can do it!

### Be Resilient

Sometimes things won't go your way. This is normal and happens to everyone, so don't worry.  
Just say to yourself,  
*'tomorrow's another day!'*

### Be Kind

If someone else seems to be having a hard time, try to help. This is a good way to make friends and hopefully they will return the favour.