

Bullies  out[®]



MAKING THE LEAP.

Transition - The Next Step

WHAT IS TRANSITION?

Transition marks a period of time between experiences, movements or changes in a person's life, such as, starting secondary school or college. Your transitions can be sudden or gradual and last for different periods of time. Although transition is a time of change and can be both exciting and challenging, it can also be an anxious time for you.

All young people will go through a number of the transitions, such as:

- › Starting a New School
- › Making Friends
- › Changing Friends
- › Change of Teacher/Head Teacher
- › Changing School
- › Moving Through Different Year groups
- › Moving to a New Home
- › Dealing with Bereavement
- › Divorce/Separation of Parents
- › New Siblings
- › Going Through Puberty
- › Coping with a Long Term Medical Condition

Throughout life, you may find yourself going through a number of 'transitions' but it is usually when you begin secondary school and you move from the familiarity of your primary school into the uncertainty of unfamiliar places and people! We all experience different feelings when we contemplate change and the excitement and curiosity of change can be spoiled by feelings of uncertainty, anxiety and fear. These feelings are completely normal and it is important you ask for help and support



Secondary Schools are Different Because:

- › Classes are larger
 - › The school environment is much bigger
 - › No personal desks
 - › Teachers are subject specific
 - › You might have to independently travel to school or use a school bus
 - › There is a greater volume of classwork and homework
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- › There is a need for greater organisational skills and meeting deadlines
 - › You have to make career choices at a time when you may not feel ready

Key Transition Anxieties

- › Negotiating the way around school - you may get lost and this may result in being late for class
 - › Meeting new people
 - › Meeting new teachers
 - › Learning about the rules of the school - there are usually a lot!
 - › Learning the names of your new teachers and their expectations and styles of teaching
 - › Learning about the timetable and the appropriate books and resources required
 - › Carrying equipment around all day - no central place to return to - therefore increasing the chances of losing your things or not taking the correct stuff to your next class
- › Coping with change determined by others not you
 - › Independently organising your work and managing your own timetable
 - › Coping with more physical PE and games lessons
 - › At break times there is less supervision from teaching staff
 - › Coping with new topics you have not studied before
 - › Concerns about bullying

Although all of the above anxieties are normal, try not to let them rule your life. Secondary school can seem scary for a while but you will soon settle down, make new friends and be able to find your way around.

Practical Tips

Meeting New People:

- Why not make the first move and introduce yourself? After all, they're probably feeling just as nervous as you!
- Be responsive and join in conversations and activities
- Find common interests and take part in the together
- Have a look for a lunchtime club or activity that might interest you. It's a great way to meet new people and make new friends
- Remember, making good friends takes time

What is a Good Friend?

Throughout life, we all meet many new people and make lots of new friends, but only some of them become 'good friends'. A good friend keeps a relationship healthy and strong so it important you choose the right friends for you and you treat others how you wish to be treated.

Teachers and Classes

When you move up to Secondary School, you will find you will have more teachers, more classrooms and more subjects! Although you will have a visit to your new school, it will still probably be a bit confusing at first but try not to worry, you will soon get to know your way around.

Keep your lesson timetable with you and then you'll always know where you need to be and at what time. If you're unsure of where to go, just ask a teacher and they'll point you in the right direction.

Lunch and Break Time

If you forget your packed lunch, money or lunch card, don't worry and don't go hungry! Speak to your form tutor or someone in the school office and they will be able to help you.

If you want something to do at lunch time, why not see if there are any clubs or activities you could get involved in?

Good Friends Are:

- Honest
- Trustworthy
- Caring
- Supportive
- Reliable
- Inspiring
- Great Listeners
- Positive
- Encouraging
- Optimistic
- Sensitive (and do not brag)
- They don't try to control you
- Non-judgemental

Homework

Homework is an essential part of secondary school life. It offers a continuation and consolidation opportunity for lessons taught in the classroom. For some children, the time needed for homework adds to their tiredness and stress so it is important to make time for any homework you may have and not try and do it at the last minute.

- Try and do your homework on the same day it was assigned.
- Remember, it is better to hand in something than nothing at all.
- For long-term projects, try and do some work on it regularly.
- Find out if your school has a homework club - it's worth joining.
- If you forget to do your homework or you leave it at home, tell the teacher straight away. Don't wait for them to ask for it. If you have forgotten to do it, ask your parents for a note explaining this.
- Don't try and do too much too soon. Pace yourself and work to a healthy and realistic schedule

Bullying:

The majority of people in your new school will be really nice and friendly, however, you may find that there will be someone who might try and pick on you. Bullying can happen to anyone and as some bullying behaviours are so subtle, it's not always easy to recognise if it is happening to you. If you think you are being bullied, it is important to tell someone straight away.

There are a number of things you can do and not do if you're being bullied. Different strategies can work in different situations. Don't be afraid to let someone know that you are being bullied - other people can be a great help. If you are being bullied at school, tell a close friend or a trusted teacher. Of course, you can always speak to a parent or other family member. Don't let it continue. The longer it goes on, the more hurt and anxious it will make you feel.

There is lots more help and support on our website too:

<https://bulliesout.com/need-support/young-people/are-you-being-bullied/>



GENERAL TIPS

- Try and eat a good breakfast. It will help re-fuel for the busy day ahead.
- If possible, eat a healthy snack at break time. Everyone needs energy to concentrate and eating healthily will help with this.
- Ensure that lunch choices are suitable; salads are healthy but they do not provide enough calories for the afternoon activity. Pasta, rice dishes and jacket potatoes are easy to eat and with added sauces and vegetables are filling and provide an energy boost.
- Make sure you keep hydrated and drink plenty of water during the day. Many schools now encourage children to drink water from a water bottle throughout the day.
- As a lot of schools don't have lockers, make sure your school bag is comfortable to carry.
- Theft can sometimes be a problem in some schools so keep your money and possessions in a safe place.



Then, just when you feel you have settled into secondary school, along come 'educational choices'! However, it is important that you see this period, not as something to be concerned about, but an opportunity to focus on your future and increase your independence.



Having spent all this time reading about all the issues of educational transition, it is important that you also see it as a really positive move. You are growing up, becoming independent, making new friends and facing new educational challenges. Look at the move to Secondary School as a big step forward - one that might be a bit scary but is exciting as well. Careful planning will help to make this move a really positive experience for you.

Finally, if needed, Ask For Help!

A well thought out transition will ensure you have a successful start in life which is carried through into adulthood. It will also enable you to have a clear understanding of what opportunities are available to you - both during your school years and after the age of 18.

This is why asking for help is so important, as with the right support and guidance, many goals are achievable.

Throughout all transition periods it is important to embrace your excitement and the opportunities it can bring, but to, of course, address your fears and anxieties. Experiences and challenges are great personal development. Yes, they can be scary, but this will help you to understand just how resourceful and resilient you are!

If you need to talk or would like some help and guidance:

CONTACT US!

MENTORSONLINE@BULLIESOUT.COM

WWW.BULLIESOUT.COM

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