



# Start Now Cornwall

## website for 10 - 13 year olds

### Information for parents / carers



Start Now Cornwall is a local wellbeing website created to support children and young people in Cornwall.

Our 10–13 section has been designed especially for those in upper primary and early secondary school — a time filled with change, pressure, questions, and new experiences.

#### Why a site for this age group?

Children aged 10–13 often start dealing with things like:

- SATs and school pressures
- Transition to secondary school
- Friendship changes, online life and early social media use
- Worries about growing up, emotions and wellbeing

#### The site helps by offering:

- Clear, age-appropriate information about these topics
- Simple guides on how to ask for help
- Signposting to trusted local support in Cornwall
- Tips, videos and activities to understand feelings and build confidence

Everything is created with local young people to make sure it feels relevant, supportive, and easy to use.

#### How parents and carers can use it

We encourage parents and carers to:

- Explore the site together with your child
- Check that they know where it is and what it's for
- Use it as a starting point for conversations about school, friendships, emotions, or worries
- Revisit it whenever changes or challenges come up

**Start Now Cornwall is a safe, supportive space designed to help young people feel informed, confident, and able to reach out when they need to.**

