

RSE DAY

Celebrating relationships & sex education



Example Questions About Embracing Change

Thinking about moving to secondary school:

- Can you tell me what you remember about starting secondary school?
- How did you feel? Were you looking forward to it?
- What were you looking forward to?
- Were you worried about anything?
- Who or what helped you feel better about the move?
- Once you'd made the change, what were the best things about being at secondary school?
- Do you have any tips about how to embrace the change from primary to secondary school?

Thinking about friendship:

- Can you remember your first friend?
- How did you meet them?
- Are they still your friend? How has that friendship changed?
- Can you think of friends you used to have but don't anymore? What happened?
- Have you made new friends since you started school/as you've got older?
- Do you keep in touch with old friends? When and how do you do that?
- Do you have any tips for embracing change in friendships?

General Questions:

- Can you tell me a bit about some of the changes you have experienced in your life?
- How did you feel about them at the time?
- How do you feel about them now?
- Do you think you learnt anything from experiencing these changes? If so, what?
- Do you have any top tips for embracing changes in life?