

# RSE DAY

Celebrating relationships & sex education



## 13. Teacher guidance on supporting transition to Secondary School

- ✓ Encourage children to visit their new school.
- ✓ Invite some past pupils back to talk to the class and answer questions.
- ✓ Ask children to identify all the people they can ask for help at home and in school. This can include anyone they trust or anyone that cheers them up as well as professionals and helplines.
- ✓ Encourage children to develop their own 'resilience toolkit'. Building up resilience can help us to better look after ourselves and our mental health. Ask them to make a note of all the things they already do to help themselves, as well as some new things they can try e.g. Get plenty of sleep, eat healthily, ask for help, talk to friends, not giving up. What would be in their top 3?
- ✓ Address fears. As a class make a list of all the things children think may happen or be different about secondary school. In groups discuss which ones worry them most, then as a class think of solutions or ideas to help with these worries.
- ✓ Think about and share all the good things children are looking forward to about secondary school.
- ✓ Set up a worry box for concerns that children in the class may have about transition. These can be posted without names to be discussed in a class session or with a name if children would prefer a more private conversation.
- ✓ Highlight the importance of being prepared! Support children to get organised early, collect everything they will need, plan their journey to school and who they will be travelling with.

### Resources:

Anna Freud Mentally Healthy Schools: [Moving up! The transition to secondary school](#)

An animation and accompanying teacher toolkit developed in collaboration with young people, teachers and mental health experts, aimed at supporting children who have recently started or are due to start year 7.

The animation aims to support pupils to:

- identify potential worries associated with starting secondary school.
- know they're not alone if they are feeling worried.
- talk to a trusted adult or friend if they have any concerns.
- identify solutions and strategies for looking after their mental health, including self-care.