

Moving to secondary school is a big change in your life, but you've overcome some significant changes in your life already! Here are some tips to help you manage this change:

You're not alone.

Sometimes the change might feel too much, or you might feel like you don't know what is happening or what you're supposed to do. Talking to other people in your classes can help you realise that you're not alone and that any feelings you have are normal. Talking to other people about how you feel is an important way to cope with change.

It is always okay to ask for help.

It is okay to find change like this worrying or stressful at times. If you find yourself feeling overwhelmed, you can ask for help from someone in school or from family and friends at home.

Sleep, eat and exercise well.

Any kind of change, worry or stress is harder to cope with if you are overtired or hungry. Try to keep to a good sleep routine and eat healthily. Exercise releases hormones that can help to reduce any feelings of stress or anxiety.

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.