

How does it feel to start secondary school?



Do Now

Date

List three skills you learned in primary school that will help you succeed in secondary school.

(Think of learning skills and social skills)

What skills are you hoping to learn in secondary school?

List three skills you learned in primary school that will help you succeed in secondary school.

- asking for help when I am stuck
- working well in a team
- reading instructions carefully
- being kind to others
- listening to others
- knowing who to go to for support

What skills are you hoping to learn in secondary school?

- improving writing
- organising my equipment
- being independent
- new subject knowledge
- making new friends
- being a good leader
- building confidence
- resolving disagreements respectfully

Lesson ground rules



-  Listen to others without interrupting
-  Be open and honest
-  Respect each others ideas and opinions
-  Encourage and support everyone
-  Think carefully before sharing anything personal about yourself
-  Don't ask personal questions to students or staff
-  Don't share anything personal about other people



Knowledge

Starting secondary school is a big change - talking about this change will help us to adapt and thrive.

Life Lesson

I can begin secondary school feeling positive and ready to take on new challenges.



British values

Mutual respect



Individual freedom



Key terms



transition		the process or period of changing from one state, stage, subject, or form to another
independence		the state or quality of being free from the control, influence, or support of others
expectations		strong beliefs or anticipations about what will happen, or what should happen, in the future

I was so nervous to start secondary school. I knew so few other people, and I didn't share classes with the friends I did know.

It took me a day to get comfortable with the new people around me, but I got talking to some new people in my form and they said they were feeling the same.

They were really cool, we hung out at morning break. They introduced me to the people they knew. It felt good.



Discuss

A

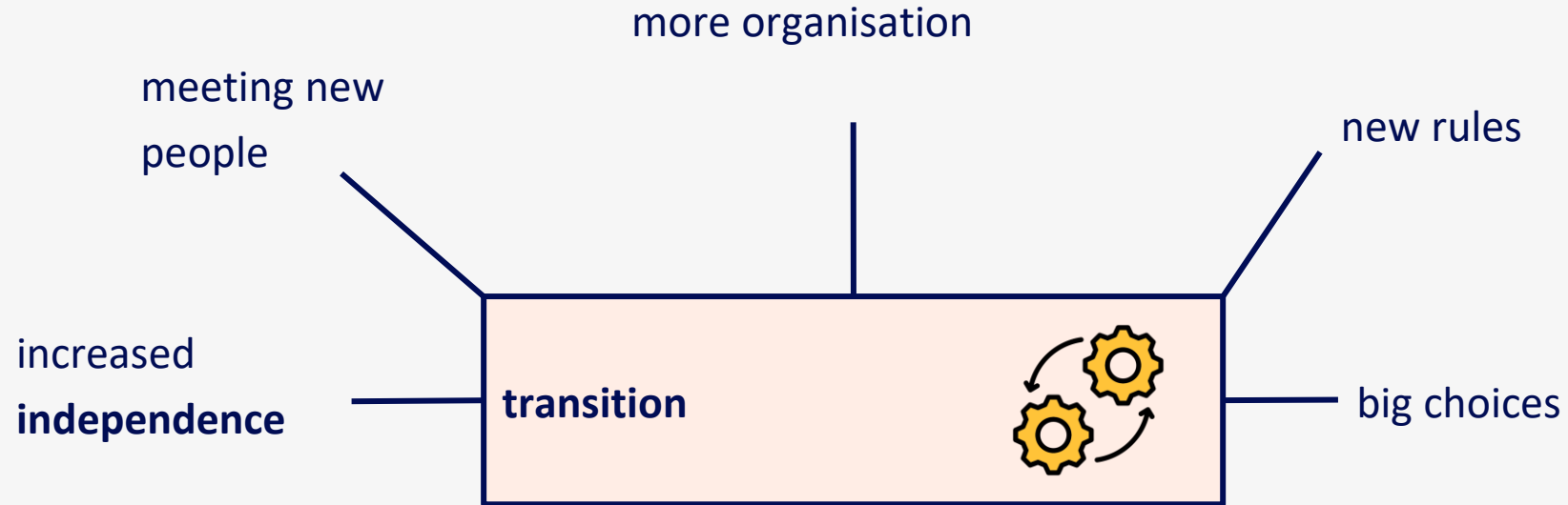
What were you nervous about for your **transition** to year 7?



What were you nervous about for your **transition** to year 7?

- new routines
- bigger school
- **independence**
- managing own time
- new people
- routines
- getting to school yourself
- more homework
- new rules
- more teachers

Transition to secondary is a big change in our lives, it brings with it:



What do you need to do in order to thrive at secondary school?



- mindset
- habits
- attitude
- choices
- challenges



What do you need to do in order to thrive at secondary school?

- be open minded and curious
- prepared
- organisation skills
- listening skills
- time management
- respectfulness
- willingness to try new things
- getting enough sleep
- knowing who to go to for support
- ability to learn from mistakes

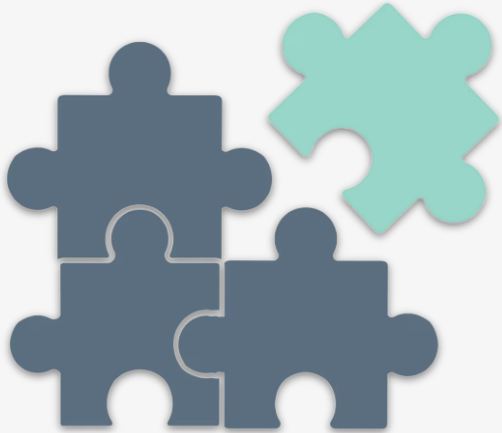
At secondary school you will get the chance to meet lots of new people, all of whom will have a range of similarities and differences to you .



Go round the room, and on your worksheet, add a name of a classmate next to each category.

Find someone who...			
has the same hobby as you.	speaks another language.	has a different favourite subject to you.	likes a different type of music.
has visited someone you've never been.	is part of a club outside of school.	has a pet.	has a different favourite book to you.

It may take some time to find our feet and feel that we belong.



Belonging is something that develops over time.

As we meet people, try new activities and gain confidence, we start to find where we feel safe, relaxed and happy.

Which better describes what it means to find belonging?

Being exactly the same as those around you.

Feeling accepted, valued and included by others.



Never disagreeing with other people.

Being the most popular in the friendship group.

At secondary school, there may be more pressure to:

join group chats



play games online



be available online



Not everyone will have the same access to phones, messaging apps or online communities. Respecting others and focusing on face-to-face friendships can help everyone feel included and connected.





Halfway point

Rate yourself from 1 (not at all) - 5 (very) on the **independence** scale:

I can...	1 - not at all	2	3	4	5 - very
pack and organise my own school bag					
manage my time well					
get myself ready in the mornings					
make my own way to and from school					
arrive on time for lessons					
ask for help when I need it					

Look at the statement you ranked the lowest, or the one you want to improve the most.

What is one thing you could do to improve your **independence** rating for it?

For each item listed, explain how it can help you be more **independent**.



watch

managing time in and
out of school



MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				

timetable

knowing which lessons
are when and where



planner

noting homework
schedules



pencil case

keeping track of
equipment needed
each day

As you gain more **independence**, you also become more responsible for your choices.



Teachers and parents may give you more freedom, but they will also **expect** you to make sensible decisions.



Discuss

C

What **expectations** might people have of us when we start secondary school?

What **expectations** might people have of us when we start secondary school?

- asking for help when you need it
- behaving sensibly in and around school
- positive representation of the school/ adults at home
- actively participate in lessons and learning
- taking initiative
- come to school with the items needed for each day
- solve smaller problems **independently**
- using social media/ online spaces in a mature way

Secondary schools will **expect** a level of 'professionalism' that you may not be used to from primary.

Look at these different areas, and explain what the **expectation** might be in sentence.

moving to and from
lessons

entering a classroom

toilet breaks

Activity - possible answers



moving to and from
lessons

move calmly and quietly, arriving on time and respecting others in the corridors

entering a classroom

enter sensibly, be ready to learn, and follow the teacher's instructions

toilet breaks

use toilets during break or lunch to avoid disrupting lessons, put hand up to ask to go during lessons if needed

A healthy network of friends at secondary school can make our time there enjoyable and meaningful.



I worried about making new friends at secondary school, I have really strong interests in things that others often don't. I didn't want to hide my interests, and I am not very good at learning new things.

In my first week I met a group who love the same shows I enjoy, but they also recommended some new music and movies I hadn't heard of before. I gave them a go, really liked them and bonded with new people!

What kind of things do we need to make new friends?



- consider your mindset

What kind of things do we need to make new friends?



curiosity



open mindedness



accepting/inclusive



authenticity



Reflect

Which do you think is the most important?

Do you think this is a good way to make friends? Why?

I met a group of people, and I wanted to fit in so I pretended to like the same things they did. I tried to act like them and do the things they did so they would be my friend, for example when they were messing around at lunch or break, I would join in so that they didn't tease me for not joining in.

- having similarities can be a good basis for friendship
- shouldn't sacrifice our own selves to fit in
- might prevent yourself meeting real friends
- important to find friends who encourage you to be your best

A group of Year 6 pupils are feeling nervous about starting secondary school next year. Create a poster that helps them feel positive, confident and prepared.

Things you could focus on/include:

- what to **expect**
- making friends
- change
- challenges
- positive messages

What are the biggest changes you have experienced since starting secondary school?



- meeting new people
- trying new things
- in or outside of school

Which of these reflects **independence** when you start secondary school?

doing whatever you want whenever
you want

taking responsibility for your
equipment, time and learning

avoiding challenges so that you don't
make mistakes

expecting teachers to solve every
problem for you

Where to get support



The Mix is here to make sure every young person has somewhere to turn — whatever life throws at them.

Find out more on the [Mix website](#)

childline

ONLINE, ON THE PHONE, ANYTIME

We're here for you, whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you.

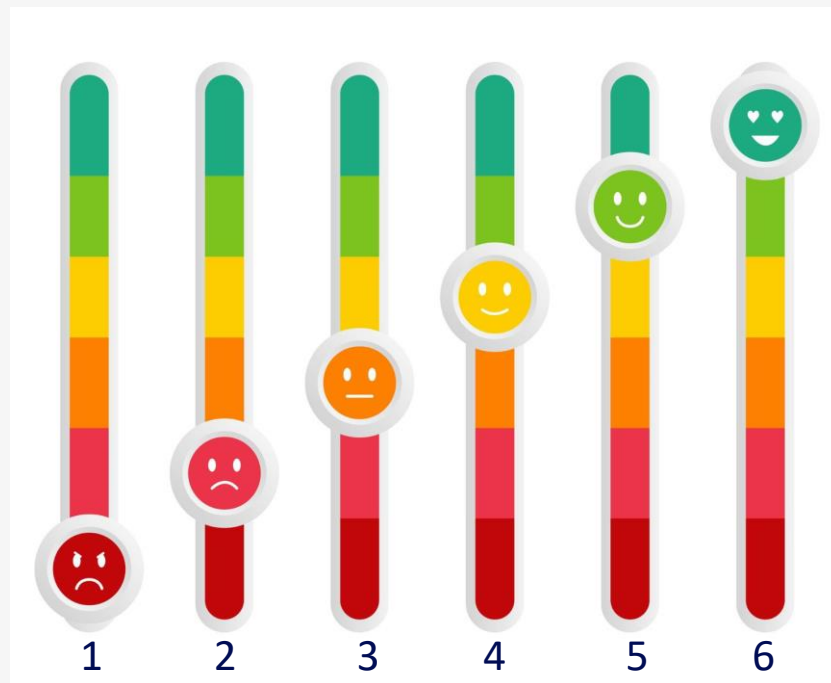
Find out more on the [Childline website](#)

YOUNGMINDS

However you're feeling right now, things can get better. And we're here to help.

Find out more on the [Young Minds website](#)

How confident do you feel about this topic?



not confident at all

very confident



Feedback

We regularly update our lessons, to make sure that our resources remain relevant, appropriate and engaging for young people.

If you'd like to let us know what you think, please complete [this form](#). It takes as little as 30 seconds and you only have to answer the questions that are relevant to you.



Life Lessons supports teachers to deliver outstanding relationships, sex and health education.

We aspire to a world where all young people are equipped to be healthy, make good decisions and navigate the social and emotional complexities of life.

[Discover our approach to learning](#)