

POSSESSIONS

- Keep your money, keys and other valuables in a safe place - theft is a problem in some schools.

PRACTICAL TIPS

- Get a big school bag but one that is comfortable to carry.
- Pack your school bag the night before going to bed. Check your timetable for the next day. Make sure you have exercise books, gym kit, equipment and textbooks for all your subjects.
- Keep a subject diary with a copy of the subject timetable.
- Cover exercise books in different coloured paper to avoid confusion.
- Do not carry too much money or too many pens, pencils and stationery - just what you need. Otherwise you have more to lose, misplace or have stolen.



HOMEWORK

- Do your homework the same day it is assigned.
- It is better to hand in something than nothing at all.
- If you have a long-term project, try to do some work on it every day. Set yourself a schedule and stick to it.
- If you forget or are unable to do your homework, tell the teacher before the lesson if possible. Most teachers prefer a note from home.
- If your school has a homework club, use it!
- Pace yourself. Take regular breaks so your head doesn't spin and your mind stays fresh.

REMEMBER

Moving up to secondary school is a big step. It should be fun and exciting, but for most children it is also a little scary. There are lots of suggestions inside this leaflet. Read it and try to:

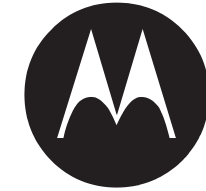
- Talk over your fears
- Relax
- Enjoy yourself

HELP AND ADVICE

ChildLine 0800 1111
KIDSCAPE www.kidscape.org.uk

KIDSCAPE is a charity committed to keeping young people safe. For copies of our free booklets on preventing bullying and keeping children safe, send a large SAE with 6 loose 1st class stamps to:

Kidscape, 2 Grosvenor Gardens,
London SW1W 0DH
www.kidscape.org.uk



MOVING UP!

Going to Secondary School Information for Children



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LAING

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MOVING UP!

It's exciting and sometimes a bit frightening to go to secondary school. There will be new things to learn, the school may be bigger, you will have more teachers and more homework. You will also make new friends and have fun.

KIDSCAPE has talked to lots of young people and here are their tips to help make the move easier.

TEACHERS AND CLASSES

- You may have six or more teachers and six or more different subjects and classrooms. It may be slightly confusing at first, but you will soon get the hang of it.
- Make a list of subject, teacher's names and subject rooms.

BULLYING

- No one deserves to be bullied.
- Always tell someone if you are being bullied. Get help from your parents, a teacher, the school nurse.
- If you see someone being bullied, get help - don't be a bystander.
- If someone bullies you, try to ignore it. If possible act like it doesn't bother you. Bullies usually get bored if you don't react and look for another victim.
- Walk tall, pretend you are confident even if you aren't. Smile.
- Stay with a crowd - bullies pick on those who are alone.
- Bullies are cowards.
- Bullying is always cruel, whether it is name-calling or hitting or sending someone to Coventry.
- Bullying can happen by text message or Instant Messaging (IM). Don't give out your mobile number or IM identity unless you know the people and trust them.

LUNCH AND BREAKS

- If you forget your money or your lunch card, don't worry. Speak to your form tutor or someone in the office who may be able to help.
- Find out about what you can do on breaks and at lunch - some schools have clubs and activities, others allow you to go to local shops.



TIPS FOR MAKING FRIENDS

- Smile, be pleasant and say hi to people. We are all more attracted to nice people.
- Make the first move. Join in school and lunch time activities.
- Learn to be a good listener. Look at people while they are talking and concentrate on what they are saying.
- Ask lots of questions. A good way to let other people know you are interested in them is to ask about what they like and what they think.
- Be positive - don't moan. If you only talk about your problems, friends will get tired of hearing tales of woe.
- Beware of false friends. Sometimes we stay with friends because there is no one else around. Watch out for 'friends' who try to get you to do things which you know are wrong.
- Don't be bossy or show-off. It gets really boring if someone always wants to be in charge or constantly brags about how great they are.
- Try to think of things to do which might be interesting. It's fun to be around people who are creative and have good ideas.
- Check on activities in the community like sports or music clubs, swimming, scouting - all good places to make friends.
- Don't bug people - if they don't want to be friends, move on to someone else. Not all friendships work out.
- It's good to have friends who have their own ideas and opinions. Don't expect everyone to be just like you.

GETTING LOST

- It sounds funny but many children get lost either going to their new school or in the school itself. Practise your route to school, get a map of the school and plot out where your classes are.

