

# Step Into Secondary



# Starting the new chapter

Sending your kids to secondary school means some changes are happening and new challenges are on the horizon.

Your kids are becoming more independent – like taking the bus on their own, for example. That's exciting, and we should encourage it.

At the same time, we have to make sure they have the skills to stay safe, to speak up if necessary, and to show kindness and respect to others.



# Discuss with the person next to you

1. How do you feel about your child going to secondary school?
2. Do you have any worries about secondary school? If yes, what are they?



# A new council resource

- All Year 6 parents will receive this resource
- It's been designed with students, school staff and parents
- Use it to talk through tricky scenarios with your child over the summer
- Good preparation will make all the difference for a smooth transition!

### Tips for parents

- 1 Choose a calm time and environment to make it easier to open up and engage.
- 2 Practice speaking out, and role-play getting help.
- 3 Set a positive example through your own behaviour and safety practices.

Children can worry that they'll get in trouble if they tell you about an uncomfortable situation. Reassure them that you'll always support them.


- 1 Practice the route to school. Maybe there are other children in the neighbourhood to form a walking group?

### How to use this resource

This resource is for parents/carers and children to use together. Follow the arrows and use the suggested discussion questions to explore the scenarios, and learn how to deal with them safely and with confidence.

Listen actively and allow your child to share their thoughts without criticism. This activity is not about right and wrong, but about finding a solution together.

Don't forget to fill out the contact details of trusted adults. There's also a list of support resources, if you have additional concerns.



### 5 top tips for handling tricky situations


Always pay attention to what's going on around you. Trust the little voice inside your head - if something feels wrong, it's likely because it is.

- 1 Be confident and stay true to your own beliefs and boundaries. That can mean saying 'no' or leaving a situation if you feel uncomfortable.
- 2 Everyone deserves to be treated with respect and kindness. Your actions have consequences, online and in real life. Respecting others includes accepting a 'no'.
- 3 If you see someone else in a tricky situation and it's safe, stand up for them or get help. If something happens to you or someone else, always tell someone you trust.
- 4 If something is bothering you, there are people you can talk to, whether at school or at home. You'll be able to work things out with others on your side.


### What would you do?

Start here

- 1 On the way home from school, you walk through a park and listen to music. Two young people on bikes approach you and tell you to hand over your phone.




Who could help?



London Borough of Redbridge  
No place for abuse  
For more information visit: [redbridge.gov.uk](http://redbridge.gov.uk)

- 2 You've met someone online while gaming. You've been chatting for weeks, and now they ask which school you go to, suggesting they'll come by to meet you there tomorrow.



Is this ok?

### Trusted contacts

In case you need to call someone for help, it's important that you have the contact details of people you trust. Keep this card in your wallet or bag.

Name	Number

Write your own address and home phone number here:

My address: \_\_\_\_\_

My phone number: \_\_\_\_\_

# Tips for parents to ensure a safe transition

- **Use the “Step Into Secondary” resource** with your child at home over the holidays. Choose a calm time and environment to make it easier to open up and engage.
- **Practise speaking out**, and role-play getting help.
- Set a **positive example** through your own behaviour and safety practices.
- Children can worry that they'll get in trouble if they tell you about an uncomfortable situation. **Reassure them that you'll always support them.**
- **Practice the route to school.** Maybe there are other children in the neighbourhood to form a walking group?

# Messages to reinforce at home

1. Always **pay attention** to what's going on around you. **Trust** the little voice inside your head - if something feels wrong, it's likely because it is.
2. **Be confident** and stay true to your own beliefs and boundaries. That can mean saying 'no' or leaving a situation if you feel uncomfortable.
3. Everyone deserves to be treated with **respect and kindness**, online and in real life. Respecting others includes accepting a 'no'.
4. If you see someone else in a tricky situation and it's safe, **stand up for them or get help**.
5. If something is bothering you, there are always **people you can talk to**, whether at school or at home.

# Getting support

**In an emergency, always call 999.**

## **YoungMinds**

Mental health support for young people and information for parents.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

## **Childnet**

Advice for young people and parents on staying safe online.

[www.childnet.com](http://www.childnet.com)

## **Childline**

A free 24-hour phone number and chat for children to get help for all kinds of personal issues.

0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

**There are trusted adults at your primary and at your secondary school who children can always talk to.**

**Make sure your child has the phone numbers of some trusted adults in their bag, as well as their home address and phone number.**

