



Transition Support Programmes **Moving to Secondary School** **Resource Pack**

Welcome to the Adolescent Development Services'
Transition Support Programmes
Moving to Secondary School
Resource Pack

This resource pack aims to help young people in Year 6 with the process of moving up to secondary school. It includes ideas and information on activities, videos and websites covering the topic of moving to secondary school.

We have designed this pack to be both fun and informative- you will get out of it as much as you put in so why not go for it?

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Adolescent Development Services, Targeted
Programmes - Children Services



Transition Support Programmes

Moving to Secondary School

Resource Pack

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What about change?

Secondary school brings with it a lot of change. Read through these quotes and discuss with your family and friends what each one is saying about change and challenge....

We are like teabags— we
don't know our own
strength until we're in hot
water.

Sister Busche

A smooth sea never
made a skilful mariner.

Anonymous

Resolve to be a master of
change than a victim of
change.

Brian Tracy

If you don't like something,
change it; if you can't change
it, change the way you think
about it.

Mary Engelbreit

Change always comes
bearing gifts.

Price Pritchett

When one door closes, another
opens. But we often look so
regretfully upon the closed door
that we don't see the one that has
opened for us.

Alexander Graham Bell

Challenges are what make
life interesting; overcoming
them is what makes life
more meaningful.

Joshua.J.Marine

If nothing ever changed,
there'd be no butterflies.

Anonymous

Continuity gives us roots;
change gives us branches,
letting us stretch and grow
and reach new heights.

Pauline.R.Kezer

It is not the strongest of the
species that survive, nor the
most intelligent, but the one
most responsive to change.

Anonymous

Try and think of changes that have occurred in your life that brought you positive things— even if you dreaded it at first. Share this with your family and friends.

TURNING OVER A NEW LEAF

Starting a new school can be an opportunity to turn over a new leaf. This could mean, for example, if you had not tried very hard in science at primary school, you could be determined to do better at secondary school. Set yourself three 'new leaves' for secondary school. You could choose from the list below or add your own.

New Leaf

Tick to
Choose

How Will I Do This?

Try harder in a certain subject
(write the subject/s here):

Be more organised about the stuff I need to take to
school

Get Fit

Try to do my work more neatly

Try to fall out with friends less

Never be late for school

Worry less about what other people think of me

Concentrate harder in lessons

Get told off less

Try to be positive about things

Join at least one club

Try not to be nagged into getting ready for school in
the morning

Do homework the day it is set

Smile more

...Or some new leaves of your own

M Y

R O U T I N E

Your routine will change when you start secondary school. Talk together and try and work out what this will look like. Fill in the schedule below with how you plan to structure your day.

TIME

MY DAILY ROUTINE

--- : ---

TIME TO WAKE UP

--- : ---

SHOWERING/WASHING

--- : ---

GETTING DRESSED

--- : ---

BREAKFAST

--- : ---

BRUSH TEETH

--- : ---

LEAVE FOR SCHOOL

--- : ---

ARRIVE AT SCHOOL

--- : ---

END OF SCHOOL

--- : ---

AFTER SCHOOL CLUB / SPORTS

--- : ---

ARRIVE HOME

--- : ---

HOMEWORK

--- : ---

EVENING MEAL

--- : ---

LEISURE/FAMILY TIME

--- : ---

BATH AND BRUSH TEETH

--- : ---

BED TIME

Top Tips!
Make sure all your belongings have your name on them



Pack your bag the night before—always use your timetable to help you



Always use your school diary/planner—it helps!



Set an alarm clock leaving enough time for a shower and breakfast



Leave the house with plenty of time for your journey to school



MY NAME:

GETTING ORGANISED: SCHOOL UNIFORM

Top Tip!

Remember to write your name on all your uniform in case it gets lost!

Schools have different uniforms for lots of reasons. It shows other people which school you go to, and it saves having to decide what to wear each school day! Look at the information from your secondary school. If you do not have your uniform list you can look it up on the school website or contact the school office and ask for it to be sent to you.

Think about what you need to buy and make a list. Talk to your friends and family and tick it off when you have got it.

My uniform shopping list:

For some subjects you might need special items or kit. Look at what you need for:

PE

.....

SCIENCE

.....

TECHNOLOGY

.....

Ask your family about what they wore at school.

Have they got any photographs that they can show you?

Have they got any funny stories that they can tell you about their uniform?

Mywore
(write or draw a picture below)

The effects of peer pressure and influence

Peer pressure: someone persuading you to do something e.g. someone pressurising you to skive off school.

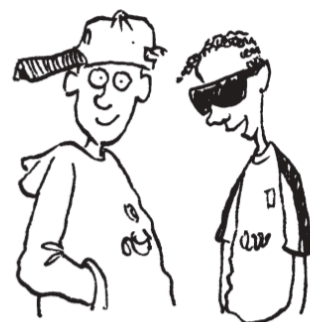
Peer influence: doing something because it is what everyone else is doing e.g. wearing trendy clothing.

Discuss with a partner:

Do you think peer pressure and influence are always bad?

Now think about how you respond to peer pressure and influence.

Consider how much you agree or disagree with each of the following statements and write the number in the table below.



- ① STRONGLY AGREE ② AGREE ③ UNSURE ④ DISAGREE ⑤ STRONGLY DISAGREE

I like to feel that I 'fit in' with all of my friends and not stand out too much.	
I would smoke if I was being teased because I refused to.	
I would do something dangerous if it made me look good.	
I only do things that I really want to do.	
If a group of people were teasing someone I did not know, I would laugh.	
Whether I did something that I did not really want to do would depend on who it was trying to persuade me.	
I think that it would be hard to persuade me to do something silly.	
I think it is really important that everyone thinks I'm great.	
I would do anything to avoid being laughed at by other people.	
If someone teased me about the shoes I was wearing, I would never wear them again.	
I would have the courage to wear a hideous coat to school!	





When we are children and teenagers we often don't like to be seen as different from everybody else. When we get to secondary school we usually want everyone to think we are 'cool'. We can sometimes be scared to be different in case someone teases us. This can mean we do things that we wouldn't do if we were on our own or just with a close friend.

Peer influence - being 'cool'



Being 'cool' is almost like a set of rules that teenagers and children give to themselves. To be 'cool' you have to follow these rules. Aren't there enough rules already?

- 1) Write a list of rules that you think a person would need to follow to be 'cool'.



Think about:



- * clothing
- * hairstyle
- * shoes
- * hobbies and interests
- * the way a person has their bedroom or house
- * 'cool' parents
- * behaviour and attitude at school and outside school
- * personality
- * friends
- * how much like a grown up a person is...



- 2) Now write a list of rules that the same person would have to follow to be the least cool person in the world!
- 3) Discuss these two sets of rules: is it really important which set of rules you are closer to following? Are 'cool' people really better than people who are not 'cool' at all?
- 4) Which of the following do you think makes a person REALLY 'cool'?



Always wears the latest fashion	OR	Wears what they really want to wear whether it's trendy or not
Works hard at school and does well	OR	Messes about because it makes people laugh
Has parents/carers that give them rules and supports them	OR	Has parents/carers that let them do whatever they want
Says when they are upset about something	OR	Never shows emotion
Joins in when someone is being teased	OR	Sticks up for people

- 5) What do you think can be great about a person who never follows the 'cool' rules?



Bullying is one of the most common fears primary school pupils have about secondary school. Although bullying does happen, it is not really common. Most people are likely to find themselves being a witness to someone else being bullied.

Anti-bullying



1) Which of the following do you think are true about bullying?

Some people deserve to be bullied.	The bully is always bigger than the person they bully.	Some bullies make people hand over their possessions.	Bullying always involves hitting someone.
TRUE/FALSE	TRUE/FALSE	TRUE/FALSE	TRUE/FALSE
If someone calls someone a nasty name once, it is definitely bullying.	Deliberately ignoring someone and leaving them out can be bullying.	Schools have to know what they are going to do if bullying happens.	Bullying should always be reported. If bullying does not stop, it needs to be reported again.
TRUE/FALSE.	TRUE/FALSE	TRUE/FALSE	TRUE/FALSE
Bullying usually means that a person has been nasty to you more than once.	Some bullies use mobile phones to bully. It is not a good idea to give your mobile phone number out to everyone.	Bullying can make people very miserable, become ill and really dread coming to school.	
TRUE/FALSE	TRUE/FALSE	TRUE/FALSE	
If you are bullied, you need to tell someone and keep telling people until someone makes the bullying	Children and young people can ring ChildLine (0800 1111) for advice about what to do if they are being bullied or if they are bullying someone else, and you can ring at any time of the day and night.	If a person is being picked on and feels like they cannot stick up for themselves, they are being bullied.	
TRUE/FALSE	TRUE/FALSE	TRUE/FALSE	
Bullying needs to be taken seriously.	Only boys bully.	If you see someone being bullied the best thing to do is ignore it.	
TRUE/FALSE	TRUE/FALSE	TRUE/FALSE	

2) If you saw someone being bullied what are the pros and cons of the following actions that you could take?

- * Ignore what is happening.
- * Tell the bully to stop what s/he is doing.
- * Go and find an adult to tell immediately.
- * Join in with the bullying.
- * Try to get other pupils nearby to join forces to try and stop the bullying.



If anyone finds themselves in a situation they do not think they can sort out on their own, they need to find some help. They need to keep looking and asking for help until things are sorted out. This might sometimes mean being quite persistent about finding and getting help.



What to do when you need help

Some of the kind of things a person might need help with are:

- Bullying
- Feeling self-conscious
- Relationship worries
- Crushes
- Friends
- Medical problems
- Relationships with parents/carers
- Feeling unliked
- Fashion
- Schoolwork
- Homework
- Having arguments
- Feeling left out
- Feeling different
- Having too much to do
- Rules and restrictions
- Feeling depressed
- Feeling stressed
- Growing up
- Coping with change
- Pressure to do things they don't want to do

Many adults and young people are not very good at asking for help. List as many things as you can think of that might stop a person from asking for help.

2) What helps a person to ask for help?

3) What kind of things might happen to a person that never gets help?

4) List all the possible sources of help and advice that you can think of. Include different people (friends, teachers, club leaders, neighbours, relatives), professionals and organisations including helplines.



Who would you turn to?



If something is bothering you and you cannot sort it out, it is really important to find someone who can help. When you are at secondary school, you might find that you sometimes need help.

A) Who would you turn to first...

If you were unhappy about arguments that you were having at home?
.....

If you were finding your school work really difficult?
.....

If you were worried about something to do with the changes of puberty?
.....

If you were being bullied?
.....

If you had fallen out with one of your closest friends?
.....

If you needed some advice on what to buy someone for their birthday?
.....

If you had a crush on someone and it was causing you a lot of upset?
.....

If you were worried that you might be ill or that you had something wrong with you?
.....

B) Discuss these

1) Which of the following make a person good to turn to for help, support or advice? Which would not?

Lets you speak without interrupting you.	Laughs and makes out your problem is not that bad really .	Keeps secrets if you ask them to.
Tells you about a time when they felt the same and makes the conversation all about them – not you.	Takes your worry seriously.	Says sympathetic things such as, 'that must be really difficult for you.'
Does not look that interested in what you have to say.	After hearing what your problem is, they tell you what they think you need to do in a bossy way.	Comforts you.

2) Do you consider yourself to be a person that people find easy to turn to if they need help?

3) What can stop people from asking other people for help?



What advice would you give the following secondary school pupils?

When you go to secondary school you might find yourself in various challenging situations, similar to the Year 7 pupils below.

Eddie

I really like my new science teacher as he is fair and makes lessons fun. However, my friends mess around in class and call me names for wanting to pay attention. I am sick of them teasing me and I don't want to get into trouble. What should I do?
Eddie, Year 7

Sandeep

Lots of the pupils in my French lessons have started picking on this girl called Olivia. She's alright but they are always teasing her and calling her names. At the last French lesson I joined in but now I feel really bad about it. I think everyone will expect me to carry on joining in because they thought it was really funny and I don't want to say anything because they might start picking on me. What should I do?

Sandeep, Year 7

Zeni

When I line up for the dinner queue, some of the older pupils push in front of me. By the time I get to the front of the queue there are never any sandwiches left that I like. This happens nearly every day.
Zeni, Year 7

Precious

Miss Truddell, the PE teacher, said we now have to shower after PE- because of all the changes happening to our bodies we sweat more than usual. Even though there are separate cubicles I feel really conscious of my body and am dreading getting undressed in front of the other girls.

However, if I don't shower I know that I will smell for the rest of the day. What shall I do?

Precious, Year 7

Kobe

MY BEST FRIEND HAS GOT LOTS OF MONEY AND HAS BOUGHT LOTS OF NEW EQUIPMENT FOR YEAR 7. ALL MY EQUIPMENT IS OLD STUFF THAT HAS BEEN HANDED DOWN FROM MY OLDER BROTHER BECAUSE MY FAMILY CAN'T AFFORD TO BUY NEW EQUIPMENT. I FEEL SO JEALOUS OF MY FRIEND. WHAT SHOULD I DO?

KOBE, Year 7

Lauren

I have just started hanging around with a group of kids from my form group. The other day I was in the shop with them and they took some sweets and crisps and put them in their bags without paying for it. They want me to do the same to be part of their group. I don't want to do this because I have always been taught that stealing is wrong, however I really want to 'fit in' with them. What should I do?

Lauren, Year 7

Think about the different options that each of the pupils have and the consequences of these actions.

Write your advice on the next page.



My advice to:

Eddie

Sandeep

Zeni

Precious

Kobe

Lauren

Put a tick in the boxes that show how you feel about secondary school.

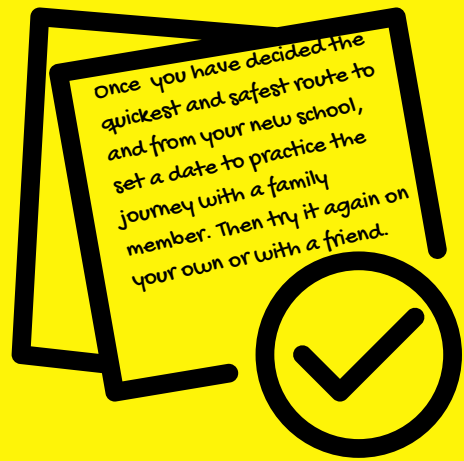
Feelings about secondary school

	OK	Don't like	Excited	Worried	Not sure	No big deal	Great	Sad	Annoyed	Scared
Having more homework										
A new journey to school										
Having more science and sports equipment										
No longer being with all your friends from primary school										
Being the youngest in the school										
Being put into groups for more subjects										
Having lots of different teachers										
Being in a much bigger building										
Making new friends										
More difficult work										
Having to look after your possessions in a different way										
Having to move to different classrooms for different lessons										



STREET SAFETY

For the majority of pupils, moving onto secondary school will mean a new route to travel into their new school and possibly travelling on their own. Your safety is very important and so you need to be aware of possible dangers and how to avoid them.



Think about what could happen in the following situations and how you would avoid negative situations like this happening. Discuss with your family or friends and write your answers underneath:

1. You cannot be bothered to walk to the zebra crossing and so cross the road between two parked cars. You're not sure that the oncoming car has seen you. _____

2. Your friend is trying to persuade you to go to the park after school but you promised your carer you would be straight home to help him with some chores. _____

3. You are cycling to school when you realise that you have forgotten your helmet. _____

4. You are running late to school because there was a traffic accident and the bus arrived 20 minutes late. Once on the bus you want to call the school office to let them know but find that your phone battery is dead. _____

5. You are walking home after school and you see a fight break out. Everyone rushes over to watch the fight and some start filming it on their phones. _____

My Oyster Card



When you are 11 years of age you will be entitled to a Zip Oyster Photocard which can give you free and discounted travel on all Transport for London travel until the age of 15. Ask your parent or carer to follow the website link below to complete the application:

<https://tfl.gov.uk/fares/free-and-discounted-travel/11-15-zip-oyster-photocard>

Things to remember about your Oyster Card:

- **Always keep it in a secure place. They are easily lost and so it should be kept in a wallet, purse or zipped pocket. You may have a school locker in which you can keep valuables during the school day.**
- **Do not keep it with any bank cards because this affects the electronic strip.**
- **Do not give your Oyster Card to anyone else to use. This is fraudulent. The Oyster Card can only be used by the person to whom it is registered.**

Safety Tips When Out and About

1. Be aware of your surroundings. Make sure you are fully alert and that you cannot just see, but hear what is going on around you. It is best not to have headphones in, but if you do, have them turned down to low volume and one ear free. Also big hoods may restrict your view so it's best to have your hood down.
2. Stick to busy, well-lit roads, and avoid short cuts through alleyways.
3. If you think someone is following you, cross the road or go to a place with lots of people around, like a bus stop or a shop.
4. If you feel threatened do whatever necessary to draw attention to yourself to alert others.
5. If you are waiting for a bus, try to use bus stops on busy well lit roads.
6. If someone tries to take something from you without your consent, hand it over! Your items can be replaced and your safety is the most important thing.
7. Keep mobile phones and other valuables out of sight. Have your mobile on the vibrate setting to avoid attracting unnecessary attention.
8. Do not carry weapons because they are more likely to be used against you, and it is illegal.
9. If you are ever lost and do not have a phone on you, go to a safe place like a shop, and ask someone for help. You can also ask an adult making sure you are in a busy, well lit area.

Talk to your parent or carer and list some of the safety rules that you all agree to:

OUR SAFETY RULES

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....

IF SOMETHING HAPPENS

GET SOMEWHERE SAFE!

- CALL 999 IMMEDIATELY
- TELL YOUR PARENTS OR CARER IMMEDIATELY
- TEXT 6106 TO BRITISH TRANSPORT POLICE IF YOU ARE TRAVELLING (THEY WILL TEXT YOU BACK)



**STREET
WISE**



REMEMBER!

EYES UP - NOT ON YOUR PHONE
EARS OPEN - NOT PLUGGED IN
HANDS - STASH YOUR STUFF
FEET - MOVE AWAY, AVOID TROUBLE
MOUTH - REPORT EVERY CRIME,
EVERY TIME

BE ALERT. DON'T GET HURT



**STREET
WISE**

**COMMUNITY
SAFETY PARTNERSHIP**
Richmond upon Thames

Funded by the Richmond & Kingston
Safer Neighbourhood Boards

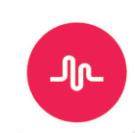
STAYING SAFE ONLINE-QUIZ



Test your knowledge on the following quiz to see how much you really know about staying safe when online.

In pairs or in groups, have fun with this Online Safety quiz and see how many answers you can get right. There's a maximum of 52 points that can be scored!

1. How many of these app and game related logos can you identify?



STAYING SAFE ONLINE-QUIZ



2. How old do you have to be to use these sites and games?

- A. Facebook
- B. Instagram
- C. Snapchat
- D. Roblox
- E. WhatsApp

3. What should someone do if they're being bullied online? (Circle all the correct answers).

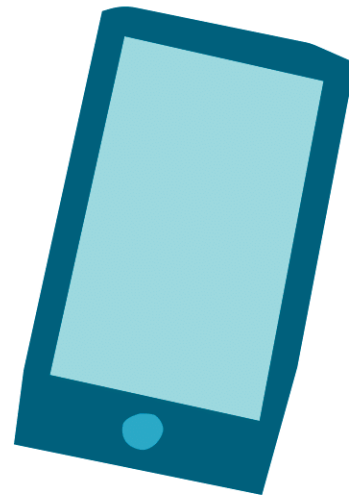
- A. There's nothing they can do, they will just need to put up with it
- B. Post mean things about the person bullying them so they know how it feels
- C. Report or block the person bullying them
- D. Threaten the person bullying them
- E. Talk to an adult they trust
- F. Keep a record of the bullying so they can show an adult they trust

4. To keep safe online, what information should you not post online?
(Circle all the correct answers).

- A. Your full name
- B. What you've had for dinner
- C. Where you live
- D. Which school you go to
- E. Passwords
- F. A cartoon image as a profile picture instead of a photo

5. What should you think about before posting something online?

- A. Is everyone else in the photo or post happy for it to be on the internet?
- B. Does the post have any personal information that I don't want everyone knowing?
- C. Would I be happy for this to be on the front page of a newspaper?
- D. Does it break any of the rules of the site that I'm posting on?
- E. Could it upset or offend someone who sees it?
- F. All of the above



STAYING SAFE ONLINE-QUIZ



6. If a friend has been asked by someone to send a nude or semi-nude picture of themselves, or if they're asked to do something on webcam that makes them feel uncomfortable, what could they do?
(Circle all the correct answers).

- A. Tell the person they don't feel comfortable doing that
- B. Say no and tell them it's illegal
- C. Report and block the person
- D. Ask an adult for help
- E. Download the Zipit app, which has funny gifs that can be sent in response to a request

**Read through the statements below and decide if they're true or false.
Circle the answer you choose.**

7. A friend meets someone online who tells them they are the same age.
So it is safe to share personal information.

True

False

8. A friend is being bullied on a game, but there is nothing they can do. It is just something they have to put up with.

True

False

9. A friend shared a nude selfie with someone and it's been posted on the internet.
Unfortunately, there is nothing they can do about it.

True

False

10. A friend wants to talk to Childline about something that's upset them. He has read online that it's confidential.

True

False

11. Describe three things your friends could do to stay safe when they're using the internet.

1.
2.
3.

*Supported by

STAYING SAFE ONLINE-QUIZ



Now let's see how well you did. Here are the answers

Teachers notes

1. How many of these app and game related logos can you identify? (25 marks)



Facebook



FIFA Mobile
Football



Snapchat



Instagram



YouTube



Roblox



PEGI 18 / 18+



FaceTime



WhatsApp



Report Abuse Button



Steam



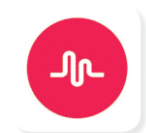
ooVoo



Clash of Clans



Flipagram



Musical.ly



Pokémon GO



Skype



Minecraft



PEGI 16 / 16+



Omegle



Childline App



Pinterest



Twitter



Soundcloud



Twitch

STAYING SAFE ONLINE-QUIZ



Answers (cont'd)

2. How old do you have to be to use these sites and games? (5 marks)

- A. Facebook 13
- B. Instagram 13
- C. Snapchat 13
- D. Roblox 8
- E. WhatsApp 13

3. What should someone do if they're being bullied online? (3 marks)

- C. Report or block the person bullying them
- E. Talk to an adult they trust
- F. Keep a record of the bullying so they can show an adult they trust

Discussion

Tell the class: it might feel like there's nothing you could do, or that it's just part of playing that game or being on that site, but you shouldn't have to put up with it. It can feel tempting to respond to the person or write nasty things back, but this often just causes the situation to escalate. Instead the best way to react is to report or block the person bullying you. You could also talk to someone you trust, like a parent, carer, teacher, or Childline. It's also a good idea to keep a record of the bullying, like a screen shot.

4. To keep safe online, what information should you not online? (4 marks)

- A. Your full name
- C. Where you live
- D. Which school you go to
- E. Passwords

Discussion

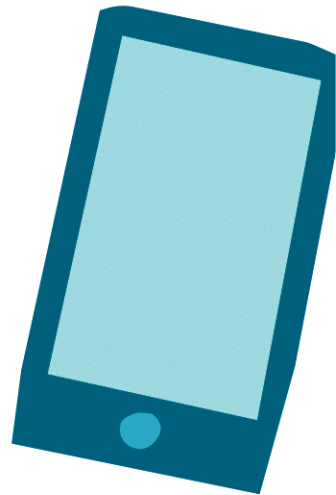
Tell the class: it's important that you change your security settings so that your location isn't shared and so that only friends can see what you post. But remember that what you post online could still be seen by people you don't know (for example, if friends are tagged in a photo, their friends might be able to see it too).

5. What should you think about before posting something online? (1 marks)

- F. All of the above

6. If a friend is asked to send a nude or semi-nude picture of themselves, or if they're asked to do something on webcam that makes them feel uncomfortable, what should they do? (5 marks)

- A. Tell the person they don't feel comfortable doing that
- B. Say no and tell them it's illegal
- C. Report and block the person
- D. Ask an adult they trust for help
- E. Download the Zipit app, which has funny gifs that can be sent in response to a request



STAYING SAFE ONLINE-QUIZ



Answers (cont'd)

Discussion

Tell the class: It's not OK if someone pressurises you into doing something you're not comfortable with. It's also illegal to have, share or send any sexual photos of someone who's under 18 – including images of yourself; all children and young people have the right to say no. Remember that you can lose control of an image once it's online, and it could be shared with others. To help, you could download the 'Childline Zipit app' to help deal with the situation by having access to responses if asked to share an image. Childline can also help you remove an image from the internet if it's been shared.

True or false:

7. A friend meets someone online who tells them they are the same age.

So it is safe to share personal information. (1 mark)

FALSE. Tell the class: it's important to remember that people are not always who they say they are. Be careful not to share any personal information online.

8. A friend is being bullied on a game, but there is nothing they can do. It is just something they have to put up with. (1 mark)

FALSE. Tell the class: if someone is experiencing bullying on a game, that's not OK and it's not their fault. There are things they can do, such as reporting or blocking the person bullying them, and speaking to an adult they trust.

9. A friend shared a nude selfie with someone and it's been posted on the internet.

Unfortunately, there is nothing they can do about it. (1 mark)

FALSE. Tell the class: if someone is under 18 and an explicit or nude picture or video of them has been shared online, Childline can help them to get it removed. They will need to confirm their age and where they've seen the image or video. They could also report it by using the Report Abuse button.

10. A friend wants to talk to Childline about something that's upset them. He has read online that it's confidential. (1 mark)

TRUE. Tell the class: if someone contacts Childline, whatever they say will be between them and Childline. They can feel safe knowing that no one else will find out. If Childline are really worried about someone's safety, they may need to speak to others to get them help.

11. Describe three things your friends could do to stay safe when they're using the internet. (Up to 6 marks available)

(Answers could include: not sharing personal information, such as their full name; not sharing their location; only using sites that are appropriate for their age; blocking/reporting people who send them inappropriate messages and asking their parents, carers or teachers for help; checking and updating their security settings; not accepting friend requests from people they don't know; only posting things that they would be happy for anyone to see).

TOTAL MARKS AVAILABLE: 52

BE SMART ONLINE



S

SAFE

Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.



M

MEET

Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk

**THINK
U
KNOW**
.CO.UK

A

ACCEPTING

Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.



R

RELIABLE

You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.



T

TELL

Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or www.childline.org.uk



BE SMART WITH A HEART

Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

A balanced diet provides the body with essential nutrition and will boost your brain power.

6-8 a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Fruit and vegetables

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options

Oil & spreads

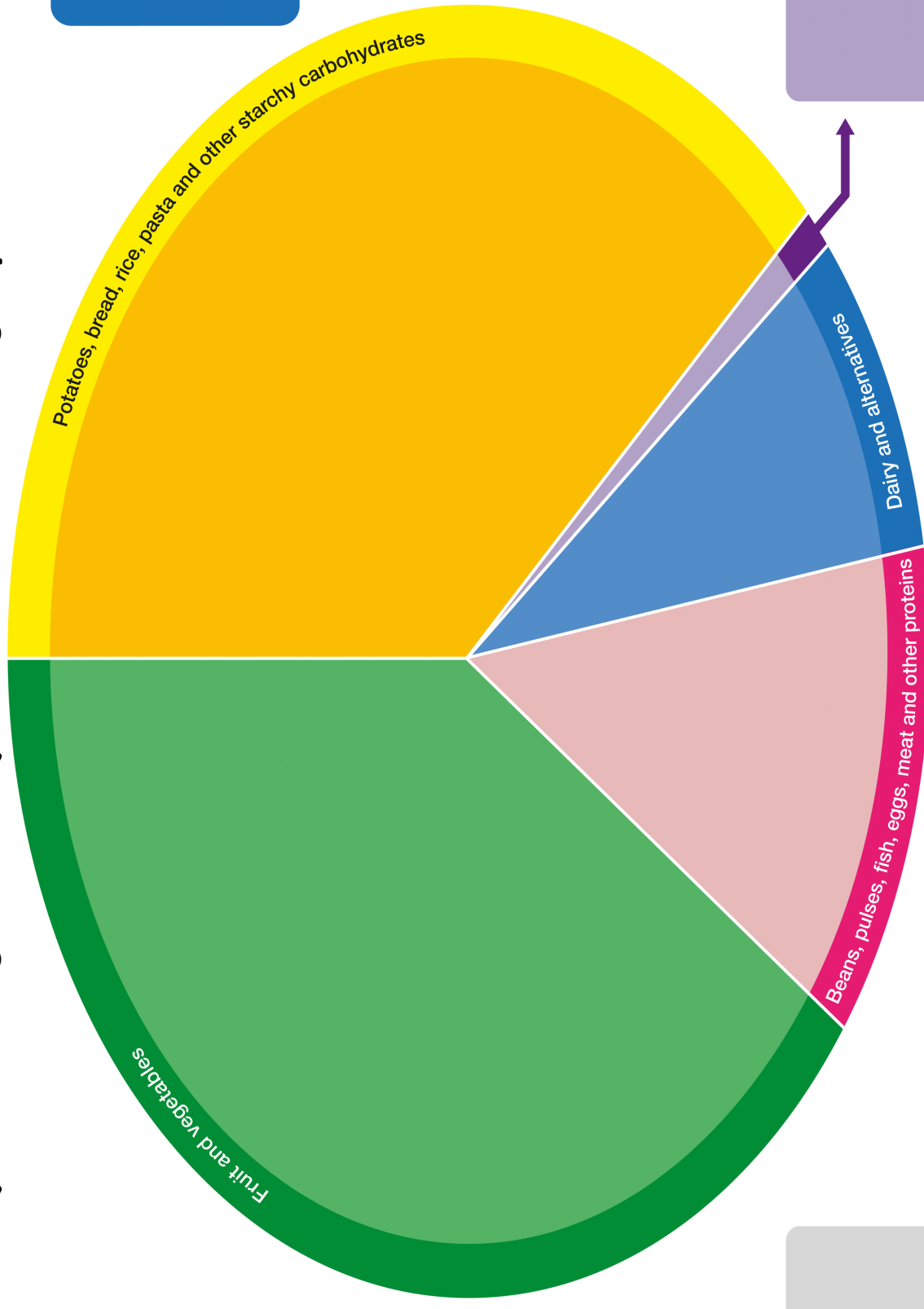
Choose unsaturated oils and use in small amounts

Per day 2000kcal

2500kcal = ALL FOOD + ALL DRINKS

Eatwell Guide

Based on the Eatwell Guide on the previous page, draw or write an example of a healthy meal making sure that you include all the food groups.



Eat less often and
in small amounts

Oil & spreads

Let's Get 'Quizzical'!

Doing some type of mental exercise can really boost overall brain activity and increase your memory power. Try and solve these ten riddles. The answers are at the bottom of the page.

1. You can feel it but can't touch it. You can hear it but can't see it. What is it?
2. What has teeth but can't bite?
3. I have lots of keys but cannot open anything. What am I?
4. What belongs to you but is used by others more than you?
5. A girl is sitting in her house at night with no lights on. There are no lamps, no candles, no light from outside, yet she is reading. How?
6. You're running in a marathon and overtake the person in second place. What position are you in now?
7. How many months have 28 days?
8. The more you take of these things, the more you leave behind. What is it?
9. What is harder to catch the faster you run?
10. If a black bug bleeds black blood, what colour blood does a blue bug bleed? (This one's just a Tongue Twister!)

Answers:
1. Wind 2. A comb 3. A piano 4. Your name
5. She is blind and reading Braille
6. 2nd place 7. All of them 8. Footsteps 9. Your breath
10. Did you manage to say the tongue Twister!!



A letter to yourself



Going to secondary school is a lot of change in a small amount of time. When anyone has to cope with change, they should expect to feel lots of different emotions while they get used to the new situation. Some emotions to do with change can be negative at first but nearly everyone eventually gets to a point when they feel fine again.

If you were to write a comforting message to yourself that you would receive when you first arrived at secondary school, what would you write?

Dear _____,

I know you have just arrived at secondary school and there are a lot of changes for you to get used to. Here is some advice for you.

Tick the advice that you think will be helpful and then add some more advice:

You might have some negative feelings at first but they will eventually go away. ☐

Soon you will feel like you have been at this school for a long time. ☐

If you do feel worried or sad, talk to someone who you trust, either at school or at home. ☐

You will get used to all the changes. ☐

Remember that all the other new pupils are probably feeling the same as you. ☐

You will soon get into a routine and not have to try so hard to remember what you need to do. ☐

What advice will you give yourself about meeting new people – children, young people and adults?

What advice will you give yourself about getting organised

What else would you like to say to yourself?

Have a good time!
Best wishes



Some information for my secondary school teachers...

Name: _____

Date of birth: _____

Primary school: _____

An interesting fact about me: _____

Most people would describe me as:

careful tidy lively hardworking

kind imaginative helpful interested

responsible organised enthusiastic calm good at following instructions

good at explaining things optimistic fun polite friendly honest

The lessons I like best are: _____

The lessons I like least are: _____

I learn well (tick the things that are true for you):

...in lessons where things are talked about

...when there are pictures to look at

...when you actually get to do and practise things

...when you get time to think about things

...when you have to draw diagrams

...when I get to work with friends

...when it is quiet

...when you just listen to the teacher

...when you research things from books

...when I have to explain things to other people

...when I can move around the room

...when there is music playing

What I hope to get better at when I get to secondary school: _____

At primary school I got told off (circle what you'd like your secondary teachers to think):

never

hardly ever

sometimes

lots

all the time





BE A

SAVVY SPENDER

READ THE TIPS BELOW ON HOW TO BE A SAVVY SPENDER.

SAVVY SPENDERS SPEND SMARTLY.

REMEMBER. THERE'S A DIFFERENCE BETWEEN BUYING SOMETHING AND BEING SOLD IT.

THINK DO I REALLY NEED THIS?

DON'T RUSH INTO BUYING SOMETHING, NO MATTER HOW HARD ANYONE TRIES TO PERSUADE YOU.

REMEMBER IT'S YOUR MONEY NOT THEIRS.

SAVVY SPENDERS KNOW THAT IF YOU HAVE TO BORROW TO BUY IT YOU PROBABLY CAN'T AFFORD IT.

IF YOU REALLY WANT SOMETHING YOU CAN SAVE FOR IT

IT PAYS TO SHOP AROUND.

THINK CAN I GET BETTER VALUE FOR MONEY ELSEWHERE?

DON'T THINK DAILY – THINK WEEKLY.

IF YOU HAVE £10 FOR THE WHOLE WEEK AND YOU SPEND IT ALL ON MONDAY YOU WILL HAVE NO MONEY LEFT FOR THE REST OF THE WEEK.

SPEND SMART.

TOP TIP!

ALWAYS ASK YOURSELF: "DO I NEED IT? CAN I AFFORD IT?" AND "CAN I GET IT CHEAPER?". FOCUS ON THE TOTAL COSTS TO MAKE A LOGICAL RATHER THAN EMOTIONAL SPENDING DECISION.

FOR MORE INFO ON HOW TO BE A SAVVY SPENDER VISIT
WWW.HALIFAX.CO.UK/MANAGINGYOURMONEY/MAKE-THE-MOST-OF-YOUR-MONEY/MONEY-BASICS/SPENDING/



SAVVY SPENDER

WANT & NEED?

BEING A SAVVY SPENDER MEANS KNOWING THE DIFFERENCE BETWEEN WHAT YOU 'WANT' AND WHAT YOU 'NEED'.

LIST BELOW 8 THINGS YOU 'WANT' FOR SCHOOL AND 8 THINGS YOU 'NEED' FOR SCHOOL.

want

need

1

1

2

2

3

3

4

4

5

5

6

6

7

7

8

8

KNOWING THE DIFFERENCE BETWEEN WHAT YOU WANT AND WHAT YOU NEED WILL ENSURE YOU SPEND SMART.



SAVVY SPENDER KEEPING TO A BUDGET

BUDGETING ENSURES THAT YOU WILL HAVE ENOUGH MONEY FOR THE THINGS YOU NEED AND THE THINGS THAT ARE IMPORTANT TO YOU.

AS YOU GET OLDER YOU HAVE MORE CONTROL ON WHAT YOU SPEND YOUR MONEY ON. IF YOU ARE A SAVVY SPENDER YOU WILL KEEP TO A BUDGET.

BELOW MAKE A BUDGET FOR YOUR WEEK AT SCHOOL. ASK YOUR PARENTS OR CARERS HOW MUCH YOU WILL HAVE TO SPEND PER WEEK.

IF YOU DO NOT HAVE A WEEKLY AMOUNT TO SPEND WHY NOT ASK THEM HOW MUCH THE FAMILY SPENDS ON SHOPPING AND WRITE A SHOPPING LIST TO PRACTICE BUDGETING.

KEEP TO BUDGET AND LOOK ONLINE FOR PRICES.



NAME

THE BANK LOGO QUIZ

MATCH THE BANK NAME
WITH THEIR LOGO

THE ANSWERS ARE AT THE
BOTTOM OF THE PAGE

1. MONZO
2. BARCLAYS
3. NATIONWIDE
4. STARLIN
5. SANTANDER
6. NATWEST
7. METRO BANK

A.



B.



C.



D.



E.



F.



G.



ONE WAY TO KEEP YOUR MONEY SAFE IS TO KEEP IT IN A BANK ACCOUNT.

YOU CAN BANK BOTH ON THE HIGH STREET IN A BANK AND ONLINE. HOWEVER YOU BANK MAKE SURE YOU DO IT SAFELY

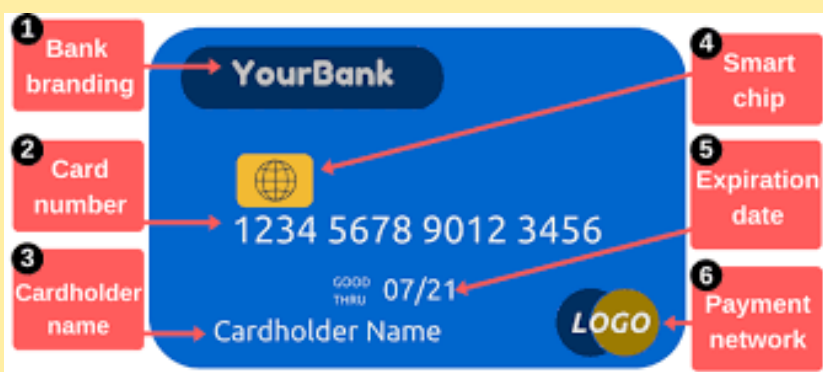
1. NEVER SHARE YOUR PIN. THAT'S THE 4 DIGIT CODE YOU USE AT THE CASH POINT OR WHEN PAYING FOR THINGS ON YOUR CARD.
2. ONLY USE SECURE WIFI WHEN BANKING ONLINE. AVOID PUBLIC WIFI OR PUBLIC COMPUTERS WHEN BANKING ONLINE SO HACKERS CANNOT GET INTO YOUR ACCOUNT.
3. CHECK YOUR BANK STATEMENTS REGULARLY. A BANK STATEMENT IS A LIST OF ALL THE MONEY THAT HAS GONE IN AND OUT OF YOUR ACCOUNT.
4. ONLY CARRY AS MUCH CASH AS YOU NEED. IF YOU DON'T HAVE CASH ON YOU YOU CANNOT LOSE IT
5. IF YOU USE A CASH POINT MAKE SURE IT IS IN A SAFE PLACE. THE SAFEST CASH POINT TO USE IS THE ONE INSIDE THE BANK.

ANSWERS
1. MONZO = G
2. BARCLAYS = A
3. NATIONWIDE = D
4. STARLIN = E
5. SANTANDER = F
6. NATWEST = A
7. METRO BANK = C

WHAT IS A DEBIT CARD?

AS WELL AS HAVING AN OYSTER CARD AND A LUNCH CARD (IF YOUR NEW SCHOOL USES THEM) IN YOUR WALLET, YOU MAY ALSO HAVE A DEBIT CARD. THIS IS DEFINITELY NOT A MUST HAVE ITEM, BUT IF YOU DO HAVE ONE HERE IS SOME INFORMATION ABOUT IT.

A DEBIT CARD IS A CARD THAT ALLOWS THE BANK ACCOUNT HOLDER TO TRANSFER MONEY ELECTRONICALLY FROM THEIR BANK ACCOUNT WHEN MAKING A PURCHASE. SO IT IS ANOTHER WAY TO PAY FOR STUFF.



MAKE SURE YOU KNOW YOUR BANK CARD AND WHAT DIFFERENT THINGS ON IT MEAN

KNOWLEDGE IS POWER.

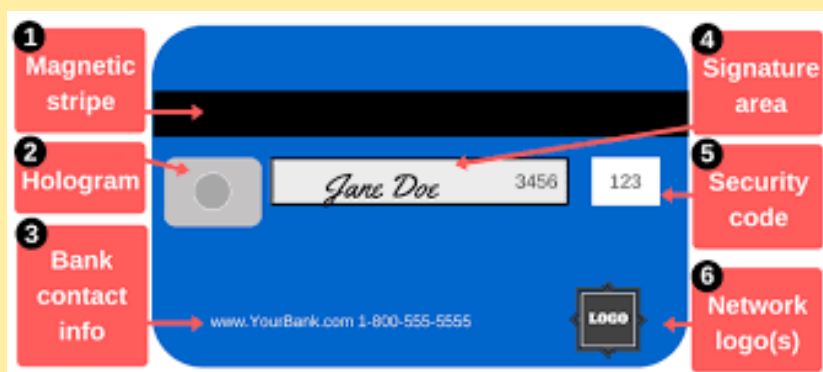
TOP TIP!

TO BUY THINGS ONLINE YOU NEED YOUR:

- CARD NUMBER
- EXPIRATION DATE
- CARDHOLDER NAME
- SECURITY CODE

SO KEEP THESE DETAILS SAFE OR SOMEONE COULD USE THEM TO SPEND YOUR MONEY.

REMEMBER NO POSTING SELFIES ON SOCIAL MEDIA WITH YOUR NEW CARD.



FOR MORE INFORMATION ON BANKS VISIT WWW.KIDS.KIDDLE.CO/BANK



CASHVILLE

KIDZ

VISIT CASHVILLE KIDZ
YOUTUBE CHANNEL TO
LEARN MORE ABOUT
MONEY

[WWW.YOUTUBE.COM/USER/CASH
VILLEKIDZ/FEED](http://WWW.YOUTUBE.COM/USER/CASHVILLEKIDZ/FEED)

WITH YOUR NEW
KNOWLEDGE
CREATE A SPEND
SAVVY POSTER
FOR PUPILS
GOING INTO
YEAR 7. MAKE
SURE TO
INCLUDE SOME
USEFUL TIPS.



Further Information for Young People

Moving to Secondary School



1. BBC BITE SIZE working with the charity **YOUNGMINDS** have a campaign called 'Starting Secondary School'. The campaign is aimed at **10 to 12** year olds, parents and teachers and designed to help support the critical step of beginning secondary school. Packed with videos, interactive games, and tips and advice, 'Starting Secondary School' will help children across the **UK** during their last term in primary school and through their critical first weeks at secondary school.

www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1

2. CHILDLINE is a free telephone helpline for children and young people in the **UK**. They also have a website with lots of helpful information. You can call them with any problem- their counsellors are always on hand to help you sort it out. Childline is open **24** hours a day every day of the year so you can call them anytime.

0800 1111

www.childline.org.uk

3. YOUNG MINDS UK have created a resource called 'Find Your Feet: Transitioning to Secondary School' that reassures children that they're not alone when it comes to their worries about secondary school, that there are ways to cope with change and there are people to talk to when things get difficult. The film shows pupils from a primary school as they're transitioning from primary to secondary school.

www.youngminds.org.uk/resources/school-resources/find-your-feet-transitioning-to-secondary-school/

4. On this YOUTUBE clip a teacher shares a range of tips based on advice he would have given himself 'back in the day' before his secondary school transition day. This day can bring many anxious feelings for some children and this video shows that this day isn't to test you, but simply, to give you an opportunity to explore the school. Secondary school transition day is amazing as you get to explore without pressure. In his words, 'You've got this!'

www.youtube.com/watch?v=3X0IDHqKUjc

Further Information for Young People



Moving to Secondary School

(cont.)

5. Hints and tips on this short film for you to watch with your family! The agency formerly known as the **DEPARTMENT FOR CHILDREN- SCHOOLS & FAMILIES produced this fun programme to give you an idea about the kinds of issues you might face in secondary school. More importantly, it gives you loads of hints and tips to make the experience a success!**

www.youtube.com/watch?v=YMVvNcuJRAQ

6. KOOTH Counsellors are available until 10pm every day. It's a **FREE, safe and anonymous online counselling for young people.**

www.kooth.com

7. ACTION FOR CHILDREN is a charity supporting children, young people and their families across England.

www.actionforchildren.org.uk

8. "MUM THINKS I'M TOO YOUNG FOR SOCIAL MEDIA" Jack is an artist and in this **BBC 'OWN IT' video he says he wants to post his work on social media. However he is only 11, so his mum has concerns. Dr Aaron explores how parents and kids might find a compromise.**

www.bbc.com/ownit/its-personal/listening-project-mum-thinks-im-too-young-to-be-on-social-media?collection=managing-parents

9. KIDSCAPE RISE workshops build confidence before moving up to secondary school. Watch the confidence-building workshop which kicked off at West Ham's Academy in action as Jack Wilshere, Ryan Fredericks and Angelo Ogbonna share their wisdom and reflect on their experiences of starting secondary school and give tips for managing change.

www.youtube.com/watch?v=AQKnVOIu77U&feature=youtu.be



ADOLESCENT DEVELOPMENT SERVICES

THE PEOPLE BEHIND THE TARGETED PROGRAMMES

*Contact us to see
how we can support
your young people*

CENTRAL CONTACT CENTRE

Targeted Programmes
targetedprogrammes@hillingdon.gov.uk
01895 556 300

To make a referral to the Adolescent Development Services' Targeted Programme offer, follow our referral link:
bit.ly/targetedprogrammes

BOYS AND YOUNG MEN'S PROGRAMME

Sandra Rose
srose@hillingdon.gov.uk
01895 556 300 ext 4124
07809230760

GIRLS AND YOUNG WOMEN'S PROGRAMME

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mgaga@hillingdon.gov.uk
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075 7214 3777

PEER LEADERSHIP PROGRAMMES

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