teen health
11-19 service

Moving On Up!

Your Guide to starting Secondary School

Name: _____

Primary School: _____

Secondary School: _____

Leicestershire County Council

www.teenhealth.org.uk

To find out more about Teen Health **scan the QR code** to look at our website.

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Introduction

Going off to a new school can be an exciting time and you will have lots to think about.

We understand you may have mixed emotions, concerns and questions about moving onto a new secondary school. Managing change can be tricky, but it's a normal part of growing up!

Teen Health have created this booklet to help you to feel more prepared and confident. It focuses on lots of different things you might need to know and do and will give you useful information, activities and tools to help you.

Throughout the booklet you will find top tips from other young people that have been on this journey too. They once stood where you are!

Tips to help you complete this booklet

There is lots of information - take your time to complete the booklet at a pace that feels right for you. Maybe you could complete a section a week? Or could you ask a grown up to help you or even a friend that's starting secondary school with you?

Keep an eye out for...



Activities

Useful tips!





Challenges!

This booklet is just for you, there is no right or wrong answers. **Have fun!**



Everyone is unique!

It's hard to be different,
to act just like you.
to love your uniqueness,
in all that you do.
You don't have to look very far to see,
someone who's different from you or me.
Maybe they came from a place far away,
or maybe they're people you see every day.
With different hair or different clothes,
different interests or a different nose.
Different ideas that you haven't heard,
a different language or a different word.
Wouldn't it be boring if we were all the same,
At secondary school there is so much to gain!
So, if you want to learn about something new,
be a friend to someone who's different to you.
And remember - love your uniqueness in all that you do!

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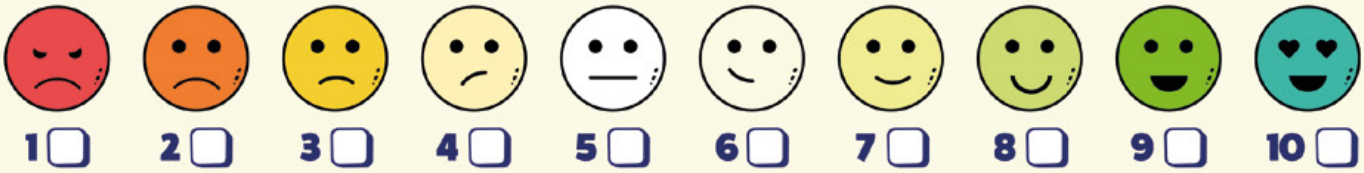
How do I feel about starting secondary school?

Activity

Let's start by thinking about how you are feeling now you are 'Moving on up' to secondary school.

Look at the scale below and tick the number that best matches your feelings. Then write or draw in the table below the things you are looking forward to and the things you might be worried about.

Worried / Sad **Happy / Excited**



1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐

things I am looking forward to	things I am worried about

What makes you unique?

Activity

Time to focus on you. Complete the different sections below to help you think about what is unique about you!



I feel happy when...

My favourite thing about me is:

One thing I would like people to support me with...

These are some of the amazing things I can do...

When I get upset, this helps me...

Sometimes I find these things tricky...

What's happening to my brain at my age?

At the age of 11 your teenage brain is starting to develop, and you will begin to notice exciting changes, just like when you were younger. These changes can impact how you think, act and feel. Knowing more about your brain development can help you to notice and understand the changes.

Activity

Have a go at our 5 minute brain quiz to learn more!



ACTIVITY

1. Your brain is fully developed at the age of 18?

☐ True ☐ False

2. Your teenage brain is ready to learn and adapt to new things?

☐ True ☐ False

3. When you are a teenager, you don't need much sleep and staying up late gives your brain more processing time?

☐ True ☐ False

4. Exercise helps to make you smarter?

☐ True ☐ False

5. When you are a teenager, you start to want to take risks and are less worried about the consequences?

☐ True ☐ False

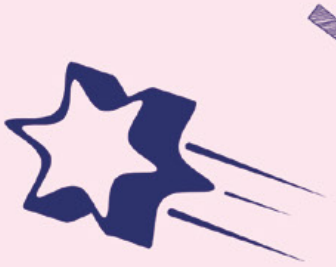
6. When you are a teenager, you are less emotional than when you were younger?

☐ True ☐ False

Answers on the next page!

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Answers to the brain quiz!





1.

It's false!

Although your brain stops growing in size, it continues to develop and mature until you are 25 years old! The teenage years are all about fine tuning how your brain works. The scientists call this pruning.

2.

It's true!

Your brain has an amazing ability to adapt and respond to new experiences. Doing something new and challenging, and being creative, can strengthen your brain and help it to mature.

3.

It's false!

Your brain needs time to process and develop, so getting a good night's sleep is really important! The special sleep hormone, called Melatonin, that helps you get to sleep, works differently when you are a teenager. This explains why some teenagers may stay up late, or struggle to wake up early. How many hours of sleep are you getting?

4.

It's true!

Scientists now know that after you have exercised your body produces a special chemical that makes your brain more willing to learn. So, if you are stuck on some tricky homework, do some exercise and try again. You might find you are more able to solve it.

5.

It's true!

Scientists know that when you are a teenager you are more likely to take risks and not consider the consequences. This is because different parts of your brain are developing at different paces. It is important to think about how you stay safe!

6.

It's false!

Your brain is going through lots of changes – it is normal to feel more emotional during your teenage years whilst your brain continues to develop! You start to have hormone changes and increased emotions - these can sometimes seem new and intense.



How did you score on the quiz?... Surprised by any?



Why do I even need to go to school... IT'S BORING!

Think about when you first started primary school.... Could you read? Could you write? Did you know your times tables? Could you make a friend?

That's right, the answer is no! You have learnt so much in your seven years at primary school – how amazing is that! Moving to secondary school means you will learn even more.

Activity

Here are some reasons why school is so important. Read through them carefully... the **bold words** are the answers for the crossword below, can you find where they go?!

- Continuing to learn at secondary school can help you to improve your chances of having a positive **career** when you grow up.
- School provides you with somewhere to develop your social skills - good **friendships** can help you to feel **positive** and **happy**. At secondary school you can make lots of new friends.
- Being at school can give you a sense of **belonging** – this is the feeling of being accepted, valued and included. Can you think of a place where you have felt like this?
- School can offer you lots of different challenges and you will learn the **skills** to overcome them. This will help you when you're an adult.
- School can provide a **safe** space for you to learn and talk about issues that you care about. It also helps you gain an understanding of other people's lives and experiences.
- Not only will you build on your **knowledge** and learn new subjects, you may discover new **talents** too.

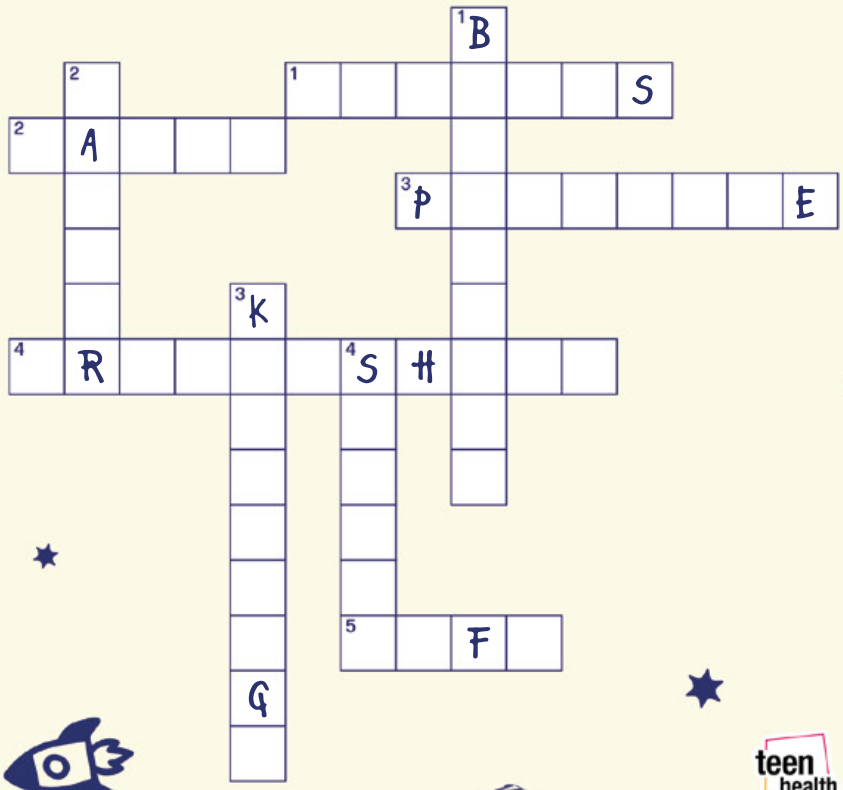
Can you complete the crossword puzzle?!

Across

1. Britain's got _____(s)
2. The opposite of sad
3. Feeling really good about something
4. Good relationships between people who like and care about each other
5. Free from danger or harm

Down

1. A sense of being accepted and included
2. A chosen profession or occupation
3. What you gain by learning and reading books
4. Things that make you really good at something



Activity log



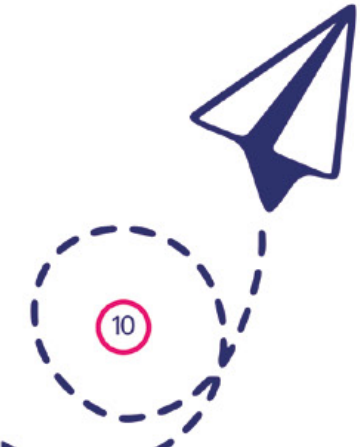


Introduction

Tick off the activities and challenges you have completed in this section.
Think about which you enjoyed the most.

tick here

	I have said how I feel about starting secondary school
	I have said what makes me unique
	I have completed the brain challenge
	I have completed the crossword about the benefits of school



Organisation and new routines

Important information about your school

It's normal to have lots of questions about your new secondary school and every school can be different. Your new school will help you and your parents and carers to understand what you need to know, so you can work together to feel ready and prepared.

You might find out information at your school open evenings, induction days, on the school website or even in your first week too. But don't worry, you won't be expected to know or remember everything straight away.

Activity

Using the box below, make a list of the questions that you might have about your new secondary school, and think about how you will find out the answers. Ask your parents/carers to help you!



things I still need to find out?

Starting new routines

Secondary school is a time where you may need to change your morning and evening routines or start putting some new routines in place. According to the mental health charity 'Mind' having a routine can help you to feel more positive, more motivated, feel less stressed, reduce feelings of low mood and worry. To have a good routine means you also have to use other skills to like being organised, and planning your time. Thinking about new routines can sometimes feel scary, but don't worry...you have already been practicing your skills at primary school!

Activity

Time to get creative! Grab a piece of paper, find your favourite pens, stickers and anything else you want to use to create your new morning and evening routine. Think about what you need to do, when and how long each task might take you.



Why don't you try practising your new routines!

Top Tip!

Don't worry, **nobody is 100% organised** all of the time and it is not always possible to stick to a routine every day, as life can sometimes be unpredictable. Try to be flexible if things change and get back to routine when you can - you have got this!

Homework

In primary school you will already have been practicing your homework skills - like reading, spellings and times tables. At secondary school you will be getting more homework, and this can feel a bit overwhelming sometimes, but remember your homework is helping you to learn. Being organised and prepared is a great way to help yourself.

- ✔ Set aside time to complete it - allow more time in case you get stuck or things change.
- ✔ Complete your homework in priority order, starting with the one that is due first.
- ✔ Find or create a space at home to complete your homework. Somewhere you can feel productive.
- ✔ Try to avoid distractions, such as the TV or background noise.
- ✔ If you are struggling, ask for support from the teacher that set it before it's due.
- ✔ Try doing your homework with your friends so you can help each other.

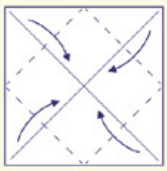
Challenge!

Time to make yourself a homework problem solver to help you if you get stuck! Either draw out or print out the template on the next page and follow the instructions below to help you create your new homework problem solver!

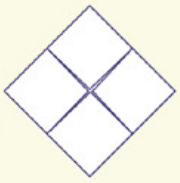


1. 

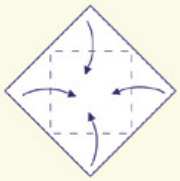
With the pictures face down, fold on both diagonal lines. Now unfold them.

2. 

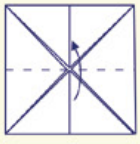
Fold all four corners to the centre.

3. 

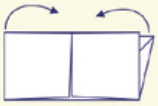
Turn the paper over

4. 

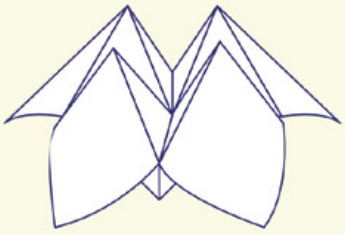
Once again, fold all the corners to the centre.

5. 

Fold the paper in half and unfold.

6. 

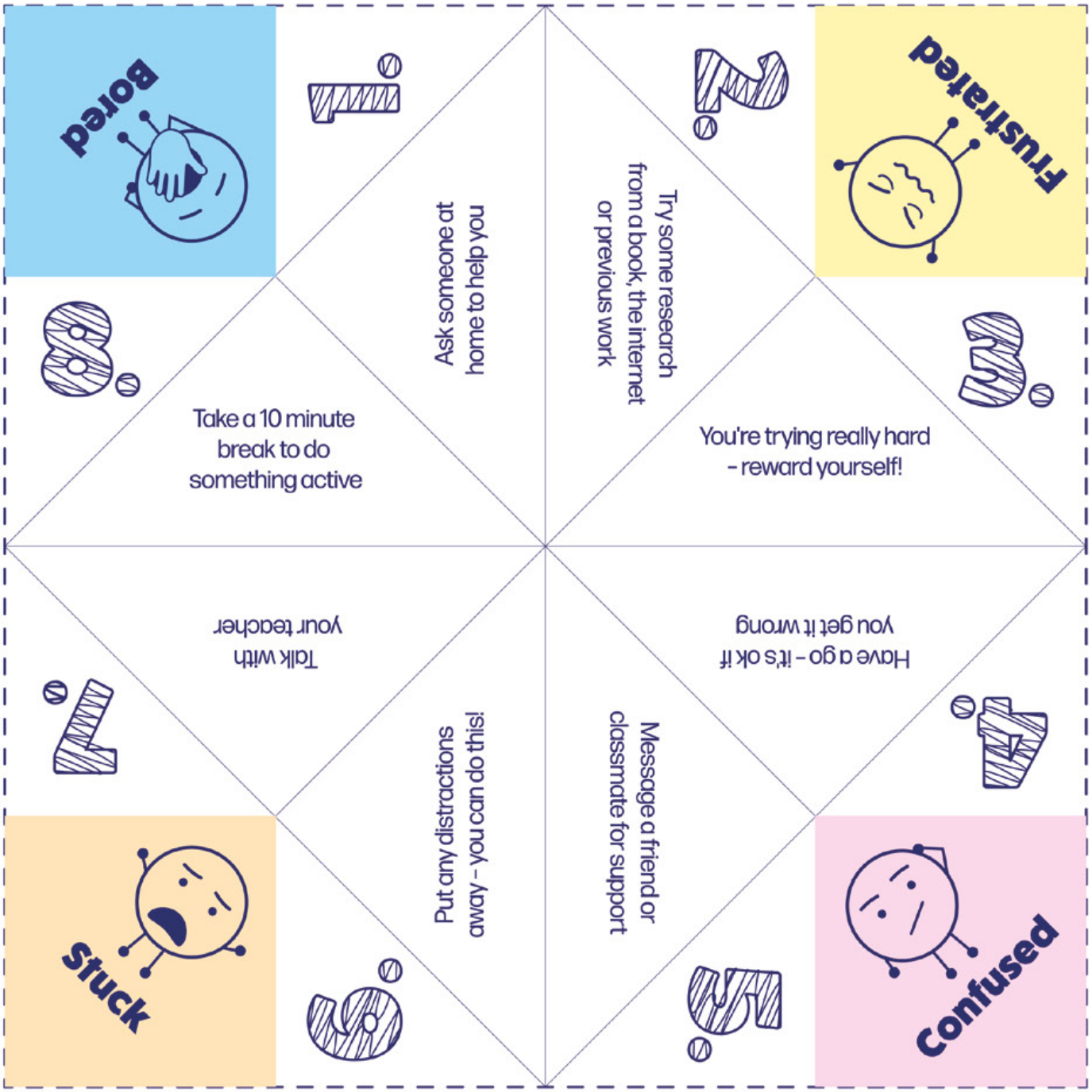
Fold in half from top to bottom. Do not unfold.

7. 

Slide thumbs and forefingers under the squares and move the Homework Problem Solver back and forth to play!

Homework Problem Solver template

(Cut along the edge of the Homework Problem Solver to create your own. Remember to ask an adult for help if you need to!)



Getting ready for your first week

Activity



Use the checklist below to help you prepare a list of the things you will need for your first week in secondary school.

Tick things off as you get them ready!

- [ ] School Uniform
- [ ] School Bag
- [ ] Pencil case
- [ ] Water bottle
- [ ] Stationary for my pencil case
- [ ] PE kit

Top Tip!

- ✔ Label your things, you will be less likely to lose them.
- ✔ Try your uniform on a few days before to make sure it fits and feels ok.
- ✔ Pack your bag the night before so you feel prepared and not rushing in the morning.
- ✔ Practice getting up early a couple of days before your first day.
- ✔ Remember to ask for help if you need to!

Other things to get ready?

Top tips from young people

Make a list of your morning routine, this helped me to stay organised and remember to do everything

To get up in the morning, try using the 5, 4, 3, 2, 1 rule so when you are in bed count from 5-1 and **when you hit one encourage yourself to get up**

Don't worry - homework is not as overwhelming as you think! You don't get homework for each subject every week It's usually core subjects weekly

Near the end of year 6, I was only walking to school with my family. Then I was getting nervous to walk with my friends in secondary school. **I asked one of my friends if they wanted to walk together** for the last few weeks of year 6, so **we soon got used to it**.

You will get a map of your new school but ask **a teacher for directions if you need to**

You can get your book bag and homework ready so when you are in a rush you can just put it in your bag then go!

When I was getting used to being at secondary school it was ok not to remember everything all of the time , **friends, teacher and my family helped me when I needed it**, especially with my new timetable

Getting out of bed is really hard for a teenager but **it helped me to get up on time so that I didn't have to rush or feel stressed**

Activity log

Organisation and new routines





Tick off the activities and challenges you have completed in this section.
Think about which you enjoyed the most.

tick here

	I have thought about the important information about my new secondary school and now know what else I need to find out
	I have been creative and made my new routine
	I have tried practicing my new morning and evening routines
	I have made my homework problem solver
	I have made my checklist for my first week so I am prepared

Friendships and support networks

Friendships

Moving to a new school means meeting lots of new people and forming new friendships which is very exciting! It's normal to feel a bit nervous about this too, as changes can feel scary, but remember everyone else will be feeling the same way.

Here is some useful information that will help you feel more confident meeting new people and making new friends:

Be yourself – spend time with people who accept you for who you are. You should never have to change who you truly are to be friends with someone.

Always be supportive, respectful and kind – always help people when you can and treat others how you would like to be treated. Kindness goes a long way!

Give everyone a chance – difference is what makes us interesting. You could find similarities with someone which you did not expect!

Get involved – join new clubs or activities to meet new people.

Take the first step – say Hi or ask how someone's day is going. Giving someone a compliment can be a great way to start a conversation too!

Healthy and unhealthy friendships

Before you begin your secondary school adventure, it's important to remind yourself what a good friend is and what an unhealthy friendship looks like. Friendships can have a huge impact on our wellbeing and happiness, so it's important to have a good understanding of this.

Activity

Tick the qualities below to show whether you think they are signs of a healthy or unhealthy friendship:

qualities of a friendship

	Healthy	Unhealthy
Supportive and encouraging		
Often makes you feel sad or guilty		
Pressures you to do things you do not want to do		
Makes you laugh and feel happy when you are together		
Respects your boundaries		
Gets angry and aggressive towards you		
Shares interests with you that you both enjoy		
Often criticises you, judges you or puts you down		
Kind and understanding		
Controls who you are friends with		
Allows you to be yourself		
Frequently argues and makes you feel unhappy		
Reliable and trustworthy		
Communicates openly and talks through problems when needed		
Makes you feel like you need to change yourself to be liked by them		
You both put in effort to spend time together		

tick which one you think



Top Tip!

Remember, no friendship is perfect. It can be normal to have disagreements or fallouts with your friends and a couple of negative qualities doesn't always mean a friendship has to end. But if a friendship ever makes you feel unhappy or uncomfortable, it's important to talk to a trusted adult.

Recipe for a good friend

Activity

Now you have reflected on the qualities of a healthy friendship, can you design a recipe for a good friendship?

Imagine you are making a potion and when people drink it, they become the ideal friend for you. Write or draw the qualities that you believe are important into the cauldron below.



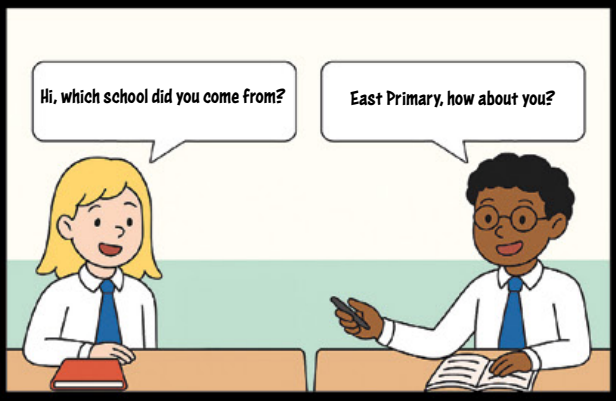
Activity

Now highlight the qualities you feel you have that makes you a good friend too!

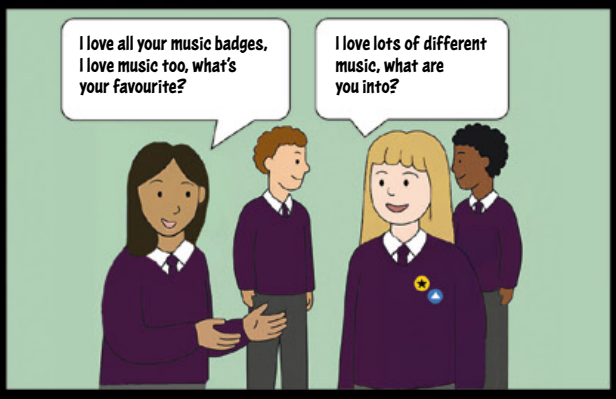
How to make new friends

Many of us struggle to talk to new people, but meeting new people doesn't have to be scary. Have a look at some ideas below to help you start building new friendships at your new secondary school.

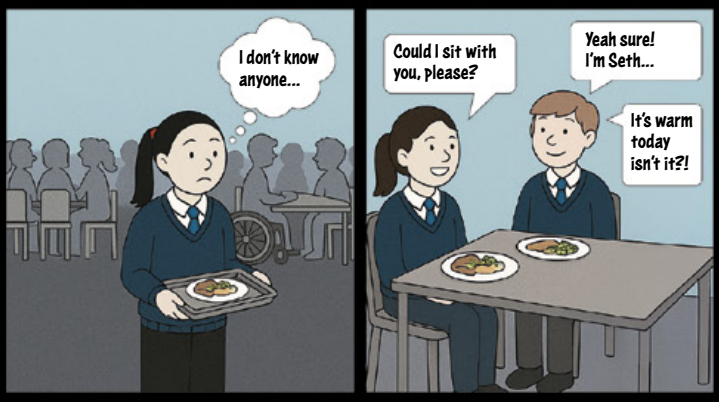
MAKING NEW FRIENDS!



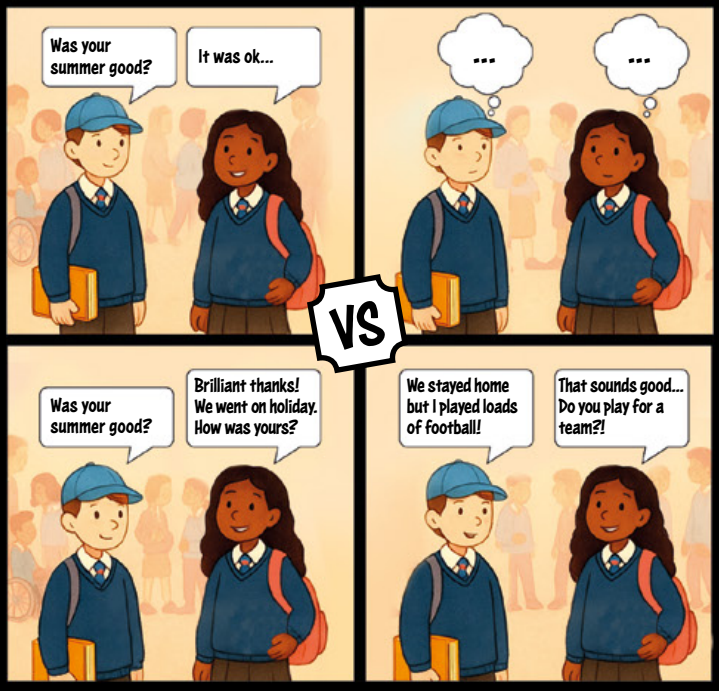
Use conversation starters...



Look for common interests...



Speak to someone on their own...



Ask open questions...

Challenge! Practice starting a conversation with 3 different people that you don't know very well. Think about what went well and how it could have gone even better.

TOP TIP!

Remember, when you are speaking to someone new your body language is important too. Even though you might be feeling nervous try to smile, relax, turn towards the person and try not to be distracted by the things around you. This will help to keep the conversation going!

My support networks

What is a support network and why is it important?

A support network is a group of people who we have in our lives that provide support and advice or sometimes just a listening ear when we need someone to talk to.

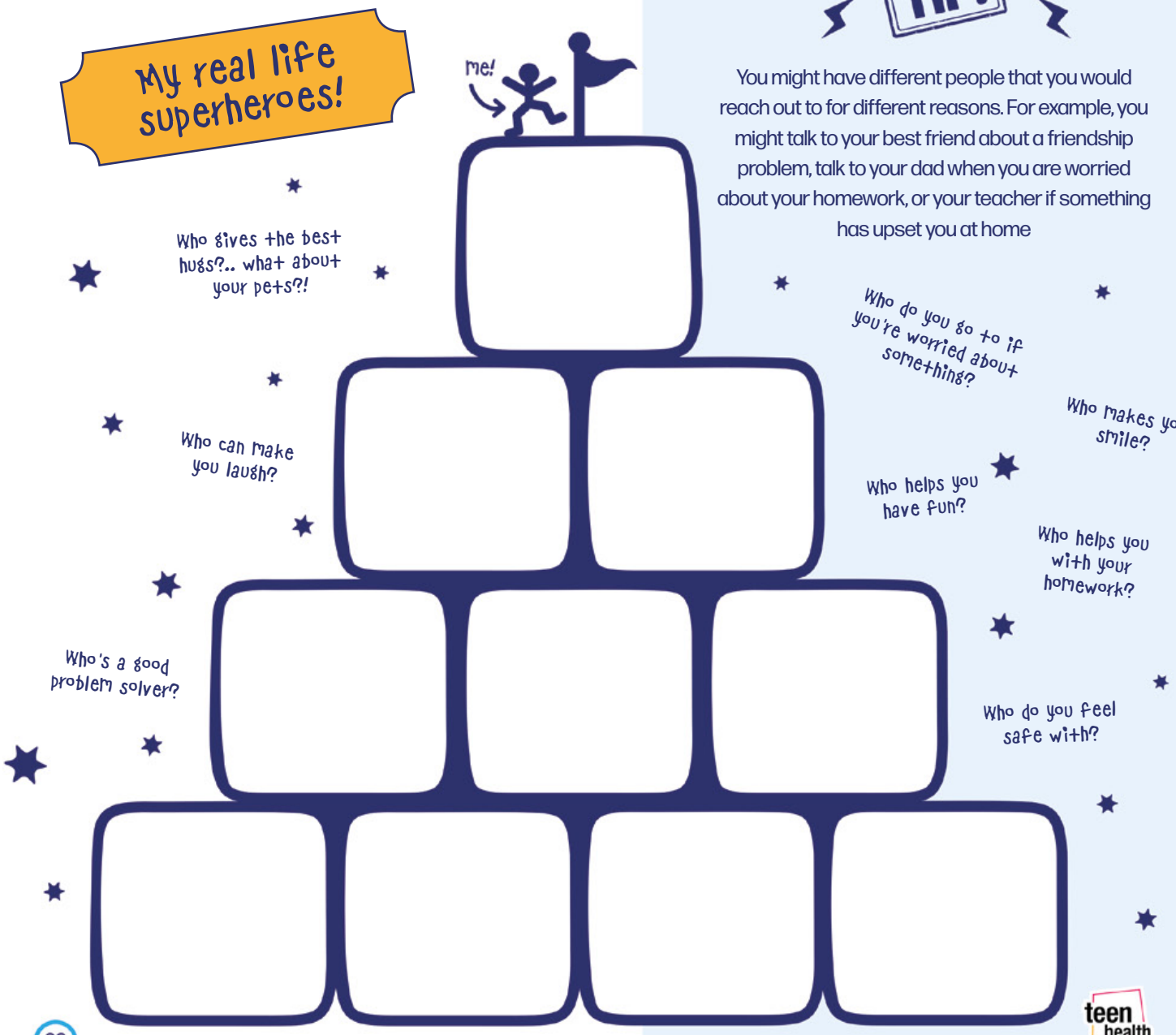
Support networks are important because often it can be difficult to manage feelings and experiences on our own, especially when we are going through times of change or experiencing feelings for the first time that we may not fully understand yet.

Activity

Using the pyramid below, fill in the blocks with the names of all the people you can think of that you can include in your support network. This can be anyone you trust or anyone that cheers you up – even your pets!... you can write more than one name per block if you need to!

TOP TIP!

You might have different people that you would reach out to for different reasons. For example, you might talk to your best friend about a friendship problem, talk to your dad when you are worried about your homework, or your teacher if something has upset you at home



What is a trusted adult?

It's important to have a trusted adult at school, who makes you feel comfortable and who you can ask for help when you need it.

Trusted adults listen to your needs, respect your thoughts and feelings and will always do their best to support and advise you. When you were at primary school, there will have been lots of adults around and some of those will have become your trusted adults. At primary school your trusted adults might have been any of the examples you can see to the side.

Who is a trusted adult at my school?

- ✔ Teachers
- ✔ Teaching assistants
- ✔ Special Educational Needs Coordinator
- ✔ ELSA support staff
- ✔ Sports coaches
- ✔ Office staff
- ✔ Lunch time staff
- ✔ Cleaners and premises team



Activity

Grab a piece of paper, or use the box below to draw or write a trusted adult from your primary school. Then write or draw all the reasons you trusted this adult and what it was you liked about them.

Draw or write down your trusted adult and your reasons here...
add more than one person to a box if you need to!

Who could I ask if I didn't understand something?

Who would I speak to if I was worried about something?

Who can I speak to if I'm struggling with something?

Who could help me see that I can do something?

Who would I go to see if I didn't feel well?

Who would I go to see if I was upset?

teen health

There will be a lot of adults at your new school! Secondary schools are very big and this can feel overwhelming at first as it takes time to figure out who you can learn to trust. However, thinking about what it was you liked about your trusted adult at primary school, will help you to look for these qualities in the new adults you are going to meet at secondary school.

Here are some examples of who may become your trusted adult at secondary school:

- ✔ Teachers
- ✔ Teaching assistants
- ✔ Head of years
- ✔ Assistant head of years
- ✔ Pastoral staff
- ✔ Special Educational Needs Coordinators
- ✔ Health and Wellbeing Officer from Teen Health
- ✔ Library staff
- ✔ Sport coaches
- ✔ School counsellor
- ✔ Canteen staff



Activity

Did you know there will be a Teen Health worker, called a Health & Wellbeing Officer, at your secondary school who can help to support you with your health and emotional wellbeing. Go to the Teen Health website using the QR code or link below and find your school to see who your Health & Wellbeing Officer is and what day they are at your school.

Write it below so you can keep the information, so you don't forget.

My Health & Wellbeing Officer is:

They will be in my school on:

www.teenhealth.org.uk



Most secondary school have a team of workers who are there to support you if you are struggling. This team is usually called a pastoral or wellbeing support team. During your first week try and find out where they are based so you can go to them if you need some help or someone to talk to.

Top tips from young people

When I started school I went through the same and **I was just myself**... I made new friends by being myself and being funny!

I have been through this and I was worried too. My advice would be to smile at people, start conversations and be positive.
You will find the right friends for you!

Try to make conversations with people in your lessons and **see if you can spend lunch and break with them**

Remember - Everyone is in your situation, **you are not on your own**

Talk to others about how you're feeling and how their experience is going – **this really helped me!**

If you're feeling down **tell someone** (head of year or pastoral) they are there to help and **they listened to me when I needed support**

Wait until you get into your classes, there are different seating plans, so **more opportunities to make friends with different people**

Activity log





Friendships and support networks

Tick off the activities and challenges you have completed in this section.
Think about which you enjoyed the most.

tick here

	I have completed the table about Healthy and Unhealthy Friendships
	I have created a recipe for a good friend and circled the qualities I have too
	I have started practicing conversations with 3 different new people
	I have completed my support network
	I have drawn my trusted adult and written all the things I like about them.
	I have found out who my Teen Health worker is at my new school.

teen health

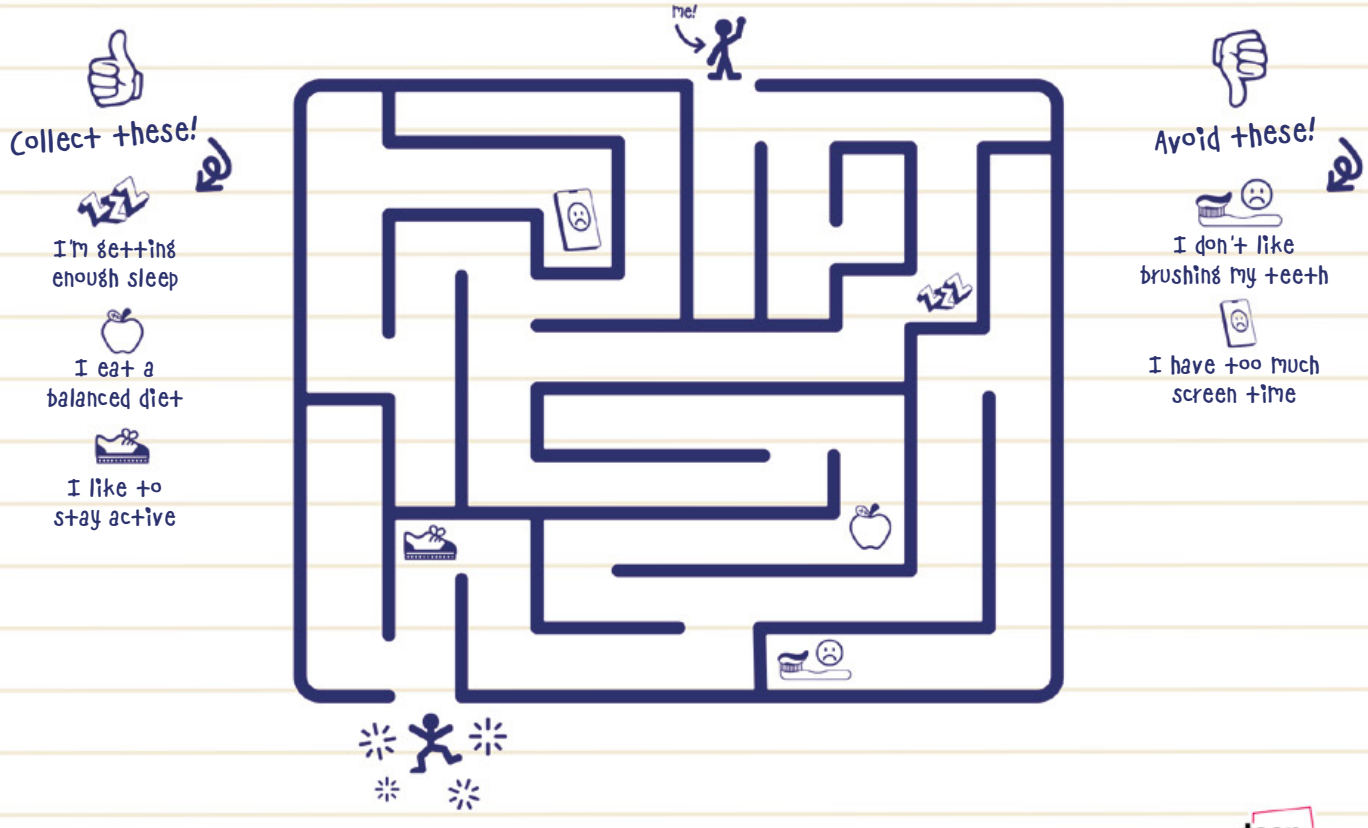
Looking after yourself

As you get closer to your teenage years, your body and mind are constantly growing and changing, and taking care of yourself is one of the best things you can do to feel good and stay healthy! When you look after your body by getting enough sleep, eating a balanced diet, and staying active, you have more energy to do the things you enjoy - like hanging out with friends or learning new things at school. Looking after your mind is just as important—by finding ways to relax or managing stress, you can stay happy and confident.

Taking care of yourself helps you grow stronger, smarter, and ready for all the great things ahead! Its a really important thing to do to help you on your journey to secondary school.

Activity

Can you trace your finger around the maze, picking up healthy ways to look after yourself as you go?



Building your self-esteem

Self-esteem is how you feel about yourself—whether you think you're capable, valuable, and worthy of love and respect. It's important because when you feel good about who you are, it helps you try new things, believe in yourself, and handle challenges better!

Having high self-esteem means you're more likely to be kind to yourself, even when things don't go perfectly. It also helps you make better choices, like standing up for yourself, being honest, and surrounding yourself with positive people.

Activity

Think about the things that are wonderful about you! Spend a couple of minutes writing down the things you are good at and qualities that you are proud of. If you get stuck, don't worry! There are some ideas on the sides to help you.

things I am good at!	qualities I am proud of!

Drawing

Reading

Looking after my baby brother or sister

Football

P.E

Dancing

Looking after my dog

Kind

Creative

Funny

Friendly

Brave

Loyal

thoughtful

Challenge! Practice saying something positive about yourself every morning for 7 days. Think about how this made you feel. For example, I am brave, I am thoughtful, I am loved just the way I am. You can say these out loud in front of a mirror, or just in your head. How does it make you feel?

Top Tip! It can sometimes be hard to recognise the things that are great about ourselves. However, our friends and family can often help remind us! If you find it hard to complete this activity, ask someone you love to give you some ideas.

Managing your worries and anxiety

As humans, we feel a whole range of feelings and emotions. It's normal to feel worried or anxious at different points throughout your life, especially when changes are happening. With practise, you can learn ways to help you manage these feelings and feel calmer.

To help you manage anxiety and worries:

Talk about it
If you're feeling worried, talk to someone you trust, like a parent, teacher, or friend. Sharing how you feel can help you feel understood and less alone.

Create a worry box
Write down your worries on a piece of paper and put them in a container or use the Notes app on your phone. This helps you put your worries aside for a while and reminds you that it's okay to let go for a moment.

Use positive self-talk
When you start to feel anxious, tell yourself things like, "I can handle this," or "It's okay to feel worried sometimes." Being kind to yourself can help you feel more in control.

Focus on what you can control
When things around you change, there may be parts that you can't control. Instead of worrying about them, focus on what you can control, like your attitude, how you react, or what you could do next.

Stay organised
Sometimes, worrying comes from feeling unprepared. Make a plan or list of what you need to do, so you feel more in control and less stressed about what's coming next.

Breathe deeply
When you're feeling anxious, try breathing slowly in through your nose for 4 seconds, holding it for 4 seconds, and then breathing out through your mouth for 4 seconds. This helps calm your body and mind.



Challenge

Do you ever feel anxious in certain situations? Why not try some of these techniques to distract your brain and help you to stay calm.

5, 4, 3, 2, 1 Grounding technique!



5. things you can see



4. things you can touch



3. things you can hear



2. things you can smell



1. things you can taste

Why not try...

- ✓ Counting things around you (e.g. how many blue things are in your room)
- ✓ Doodling or colouring
- ✓ Counting backwards from 10, then from 25, and then 50
- ✓ Spelling words backwards in your head

Staying active and your hobbies

Hobbies help you relax, focus, and be creative. They also give you a sense of achievement when you get better at something or learn a new skill. Hobbies can be a great way to keep active, like playing sports, running, dancing, or even just going for a walk but there are lots of other fun hobbies too, like drawing, playing an instrument, reading, or building things. Trying something new is a great way to have fun – you never know what you might like until you try it! It can also be a great way to take a break from school and a chance to meet new people too

Activity

Think about the activities and hobbies that you already do and enjoy and make a note of them below. Next, think of some activities or hobbies that you might like to try in the future!

What activities or hobbies do you currently do and enjoy?	What activities or hobbies would you like to try?

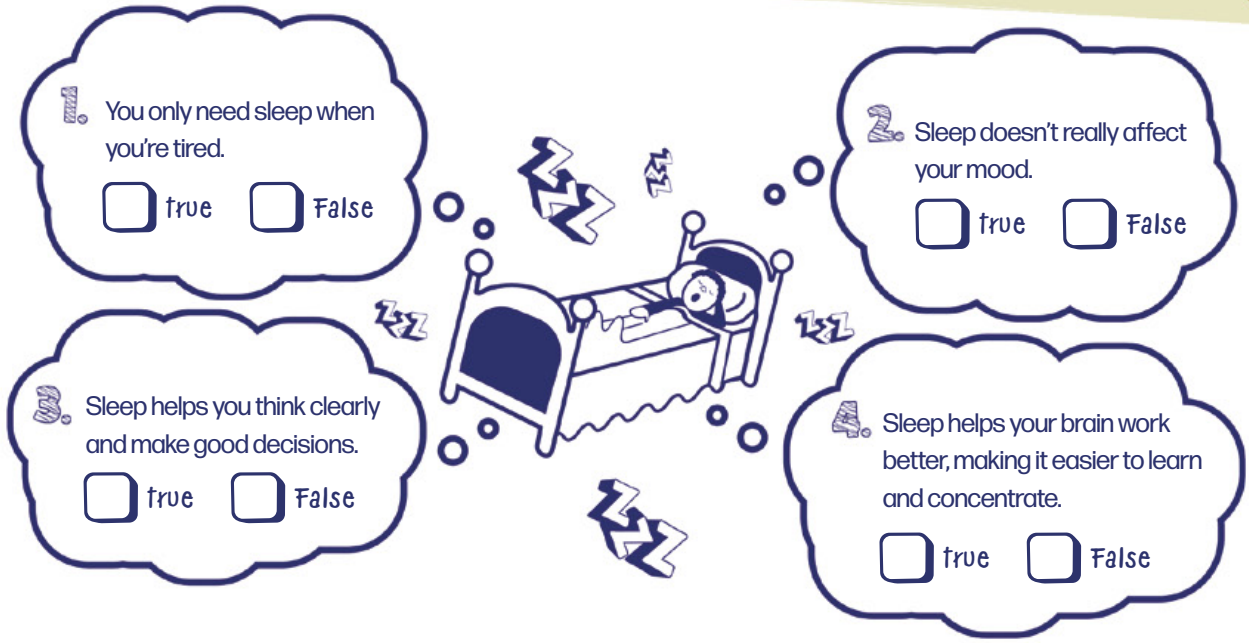
Your sleep routines

When you get enough sleep, you feel more energetic, which makes it easier to focus at school ,do your best in sports, and have fun with your friends. Sleep helps your brain store important information, so it's easier to remember things you learn. It also gives your body time to grow and repair itself so you're ready to take on whatever the day brings!

Activity

Read the statements below.

Tick which you think are true and which are false!



TOP TIP! to help with a good sleep routine:

Stick to a regular bedtime
Try to go to bed and wake up at the same time every day, even on weekends. This helps your body get into a healthy sleep routine.

Create a relaxing bedtime routine
Spend 20-30 minutes winding down before bed. You can read a book, listen to calming music, or do some light stretching—this helps your mind and body relax.

Be mindful of food and drinks
Avoid big meals, sugary snacks, or any drinks with caffeine (like fizzy pop) too close to bedtime. They can keep you awake longer.

Limit screen time
We know it can be tempting to scroll TikTok or have one last round of a game... but try to turn off phones, tablets, and computers at least 30 minutes before bed. The blue light from screens can make it harder to fall asleep.

Get plenty of daytime activity
Exercise and play during the day to help your body feel tired and ready for bed at night. Just make sure to finish any intense activity a few hours before bedtime. Did you know that having time outside in sunlight can actually help you to sleep better too as well as topping up your vitamin D to help you grow and have strong bones!

Challenge!

Did you know that research tells us 70% of teenagers are not getting enough quality sleep. Think about your current bedtime routine and challenge yourself to try 3 things that could improve your nights sleep. What will it be, how will it make you feel?

Answers to the quiz: 1. False 2. False 3. True 4. True

Screen time

Technology is amazing and it's easy to get caught up on screens – whether it's gaming, streaming shows or social media. But it's important to have a balanced approach to screen time because it can impact both your physical and mental well-being if used too much.

Set Screen Time Limits
Aim for no more than 1-2 hours of recreational screen time each day (like playing video games, scrolling on TikTok or watching TV). You can use a timer or set reminders to help keep track.

Have Screen-Free Zones
Keep screens out of certain areas, like the dining table or your bedroom, especially during meals or before bed. This helps you stay present with family and get better sleep.

Socialise Off-Screen
Use screens to connect with friends but also make time to hang out with friends and talk with them in person, so you don't miss out on socialising in the real world.

Be Mindful of Content
Choose content that's positive, fun, and designed for your age group. Games and videos that are meant for older teenagers or adults can sometimes have harmful content like violence, bad language or confusing ideas that you're not ready to understand. Watching or playing things that are right for your age helps you stay safe, have fun, and learn things that are good for you. If you see something online that makes you feel uncomfortable, worried or confused tell a parent, teacher, or trusted adult. They can help you figure out what to do next. And remember – anything you post online is there for the world to see, including the words you use and the pictures you post.



Challenge!

Create a screen-free bingo card! Make a bingo card with 25 squares (5x5 grid), each filled with different screen-free activities - there are some examples below.

Can you cross off a line of 5 in a week?... What about a 'full house' (all 25 squares) over the summer holidays?

Ideas!



Create a comic strip

Organise your room



Read a book

Bake a treat

Have a family game night

try a new craft





Play outside with a friend

Print this page and cut out the bingo card if it's easier. Remember to ask an adult for help if you need to!

teen health

Your body hygiene

Good hygiene is especially important as you approach teenage years and start secondary school because it helps you stay healthy, feel confident and manage the changes your body is going through.

During puberty, your body produces more sweat and oil. Taking care of your hygiene is an easy way to show love and respect for your body!



Hygiene hacks!

Washing your face removes sweat and oil, which prevents spots.

If you wear make-up, this should be washed off before bed.

Applying deodorant or antiperspirant under your arms helps to reduce sweat and body odour.

Remember – Deodorant and antiperspirant should be used alongside regular washing, not instead of.





The NHS says to Brush your teeth for two minutes twice a day, with a fluoride toothpaste. Spit, don't rinse the toothpaste out. Reduce the frequency of sugary food and drinks in your diet and visit the dentist regularly to keep your smile healthy!



Bedding and clothing should be washed regularly, as sweat and dead skin cells can build up and cause odours.





Challenge

Time to think about the essential hygiene items for your school bag.

What could keep in your school bag, to help you feel fresh and clean at school?

Maybe a roll-on deodorant, for a quick freshen up after P.E? Maybe a pouch of period products, so that you always have some spare?

Add these items to your first week checklist so you don't forget them

Top tips from young people

Finding something you really enjoy to keep your mind off school. Maybe try out dance or football to see if the love is still there. **Exercise is great for our wellbeing**

Try to fill your spare time with a range of things not just being on your phone. Maybe go for a walk in the sunshine, **play a game or do something creative**

Definitely turn off devices before bed because I have stayed up on it before and felt like a zombie the next day

When I feel worried I talk to someone and **let them help me to solve my problems**

It can be hard to remember to do things sometimes but **looking after myself makes me feel better**

If I feel stressed, sad or mad I play with a fidget

Some sleep advice is to put rain sounds on or calm music as **it makes you fall asleep on time and feel nice in the morning**

Its easy to forget to eat healthy things sometimes, but I try and remember to **have 5 healthy things a day like fruit because its so good for me**

Activity log





Looking after yourself

Tick off the activities and challenges you have completed in this section.
Think about which you enjoyed the most.

tick here

	I have completed the 'Looking after myself' Maze
	I have listed the things I am good at and the qualities I am proud of to help my self esteem
	I have said something positive to myself every day for 7 days and thought about how it has made me feel
	I have practiced some distraction techniques to help me when I'm feeling worried and anxious
	I can name hobbies and activities that I currently enjoy, and things I would like to try in the future
	I have completed the true and false speech bubbles
	I have thought about my sleep routine and challenged myself to change 3 things
	I have created a Screen-Free Bingo card and played a game of bingo
	I have packed any essential hygiene items I may need in my school bag

Celebrations and extra thoughts

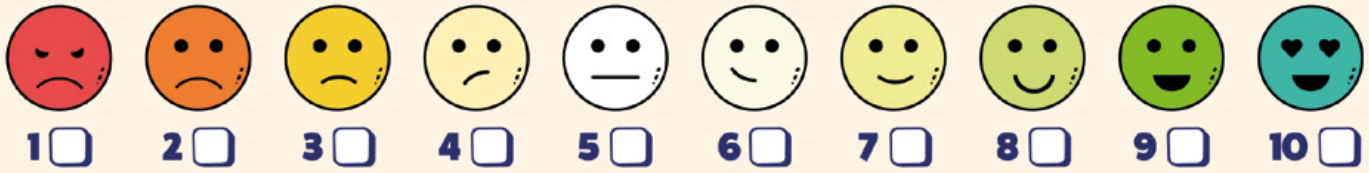
How do I feel about starting secondary school?

Congratulations! You have now completed the Teen Health 'Moving on up' booklet.

Well done for taking personal responsibility to support yourself with your move to secondary school. Teen Health hopes this booklet helps you to feel more prepared and ready. Remember, its ok to have lots of different feelings and emotions during your journey, keep your booklet to hand to help you along the way.

Look at the scale below and circle the number that best matches your feelings now you have completed your 'Moving on up' to secondary school booklet.

Worried / Sad **Happy / Excited**



Now look on page 4 to see where you scaled yourself at the beginning. Has your score changed? Think about what things have helped your score to change.

Can you think of 3 things that have helped you the most and is there 3 things that you would still like to do?

3 things that have helped me the most:	3 things that I would still like to do:
1	1
2	2
3	3

Congratulations!

You're ready to start Secondary School!

(Cut along the dashed line to cut out your certificate. Remember to ask an adult for help if you need to!)

teen health 11-19 service

secondary school ready!

Certificate of completion

This certificate is proudly presented to

_____

who has completed the Moving On Up booklet
and has taken personal responsibility for getting
themselves ready for secondary school

Leicestershire County Council



What Next?

Using the link below, take a look at the Teen Health Website. Here you will find lots of different information, self help and advice and other services that can help you.

On the Teen Health website there is a dedicated section called Healthy Future – moving to secondary school. Here you will find more information about further support from a range of services, if you feel you need some extra help.

Teen Health might be able to offer you more support at your new school. You, your parents/carers, or teachers can refer you by completing the Teen Health referral form on the website. There are even videos to help you understand what Teen Health can support you with!

To find out more about Teen Health **scan the QR code** to look at our website.

www.teenhealth.org.uk

My thoughts

Use this space to add any thoughts you've had that you couldn't fit in the booklet or extra things you'd like to write down!

teen health
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www.teenhealth.org.uk

LCC-FCL00001-120825

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