

Let me define my place

I'm back to being the little fish in a big pond.

I'm doing everything I can to settle in and find my place, adapting to a new environment, new routines, new classmates and new expectations. My body and my relationships are also changing – I can see why they tried to prepare me for all this!!

The sooner I can establish positive routines and relationships, the sooner I'll fit in, laying foundations for a richer high school experience. That's why it's so important you **help me fit in and define my "normal"**.

"It's like the Hunger Games"

High school can be an abrupt reshuffle of social relationships. Unlike the first years of primary school, high school students are self-aware, and start making conscious decisions about their identity and where they want to fit in. However, they're also wary of being left out if they can't find a social clique early on.

Thought starters

How might we maximise students' chances of social inclusion?

How might we minimise the disruption of the transition to students' lives and establish a new routine as quickly and easily as possible?

How might we maximise students' chances of meeting their parents and teachers new expectations?

