

					5.00
					4.00
					3.00
					2.00
					1.00
					12.00
					11.00
					10.00
					9.00
					8.00
					7.00
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	

MY LESSON PLAN

Belongs to _____

Are you going to high school in September?

A LITTLE GUIDE TO HELP YOUR TRANSITION INTO YEAR 7

Picture 8

YOUNG MINDS

The voice for young people's **mental health and wellbeing**



Picture 10



CAMHS
Child & Adolescent Mental
Health Services

Picture 9



Picture 7

Adolescence

WHAT'S THIS?

The transition period between childhood and adulthood where your body undergoes several changes: physically, mentally, sexually and emotionally.

(WHO,2019a)

DID YOU KNOW...

There are 1.2 billion adolescents in the world
You are definitely not alone!

(WHO,2019b)

TRUST

Having confidence in another person and believing they have your best interest in mind .

(Rotenberg, 2010)

Everybody needs supportive relationships and somebody to rely on. Even adults do! It is a human need and for you, being able to trust at least one adult at your high school will help you over the next few years there.

Having someone to talk to may become very important!

Trusting in people can help you feel less lonely and can help you feel safe and secure

(Rotenberg et al, 2010)

what are other words for self-perception?

self-image, opinion of yourself, self-esteem, self-regard, self-respect, sense of worth, introspection, self-examination



Picture 3



You are now beginning your journey into adolescence and you may begin to notice that you search for personal identity, value friendships more and what others think about you matters much more than it did before.

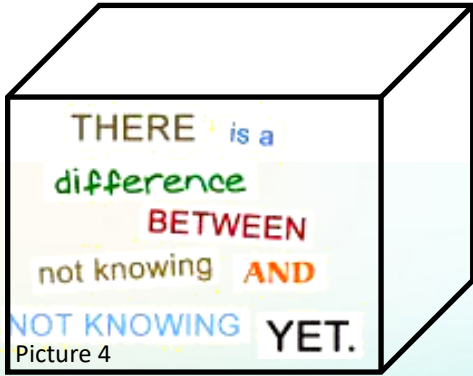
This is okay!



Belonging IN HIGH SCHOOL

The sense of being
Accepted
Valued
Included
Encouraged
by others

(Goodenow and Grady, 1993)



Picture 4



Picture 2

Help each other
MAKE FRIENDS
and
BE YOURSELF

Emotions



Anger

To fight against problems



Anticipation

To look forward and plan



Joy

To remind us what's important



Trust

To connect with people who help

You will experience many emotions every day and learning how to cope will be very important!

(Larson , R. et al, 2002)



Fear

To protect us from danger



Surprise

To focus us on new situations



Sadness

To connect us with those we love



Disgust

To reject what is unhealthy

Picture 5

Your Voice
should be heard!



Picture 6

Self regulation

Ability to control emotions, attention and behaviour

(Moilanen, 2007)

Never underestimate yourself!