**Let’s Talk: Transitions**

**Secondary**

This resource is part of our self-care suite of resources and has been co-produced, with children and young people living in Essex, for children and young people. They have also been developed and quality assured by the following stakeholders:

* Essex Educational Psychology Service
* Health Watch Essex
* Essex Mental Health Support Teams (MHSTs) NELFT NHS Foundation Trust
* Essex Multi-schools Council
* Essex Social, Emotional and Mental Health (SEMH) strategy team
* Essex Child and Family Wellbeing Service, HCRG Care Group in partnership with Barnardos
* NELFT NHS Trust Southend, Essex, and Thurrock (SET) Child, Adolescent and Mental Health Service (CAMHS)
* Professionals in schools and settings can access all these resources via the [Essex info link SEMH portal](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/Self-care-for-CYP-Library.aspx). Children and young people (CYP), parents/carers and professionals can also access these resources via the SET CAMHS website. Our self-care content can also be accessed via SET CAMHS Instagram account:



The resources are intended to be accessed by CYP independently or trusted adults use these resources with CYP through 1:1 conversation, whole school/group discussion and assemblies.

Please note: some of the content within our self-care resources may be emotive for CYP. We recommend that you make use of the ‘signposting to support’ section of this document should any of the content be triggering.

**Introduction**

A transition is a change that happens when you move between two stages of something. There can be small everyday transitions such as moving from one lesson to another, from lesson to a break/lunch time, or coming into/leaving your school/setting/college. There can also be bigger transitions such as moving year groups or schools, from primary to secondary school, or secondary school to college, work, or university. Some people find transitions okay to manage, whilst other people can find transitions difficult for many reasons. These include feeling emotional about leaving the comfort they know or feeling anxious about what is coming next. It can be helpful to prepare for transitions so you feel more in control over managing the changes and it can be important to recognise when you need help from others to support you. Why not talk to a trusted adult and ask for their help to support you to plan and manage transitions.



**Facts**

Transition facts:

* A transition is when a change happens.
* Some transitions can be big whilst other transitions can be smaller everyday transitions through the day.
* Some transitions may be planned for such as the school day routines whilst other transitions can be unplanned, such as the school fire alarm going off or a teacher being absent from school because they are unwell.

**Myth Buster**

Transition myths:

* Everyone should just be okay with transitions. X
* You shouldn’t need help to manage transitions. X
* You always lose friendships during transitions. X
* Transitions are difficult for everyone. X

**Video clips**

Check out these videos about disability:

## [Moving Up! The transition to secondary school (youtube.com)](https://www.youtube.com/watch?v=kFpVOIpeksk)

## Anna Freud video to support transition from primary to secondary school (Lower KS3)

* [Dealing with Changes and Transitions - Social Story - YouTube](https://www.youtube.com/watch?v=kEO29ckgNBw)

All special needs now have created a video to help students prepare for transitions

* [Dealing with Change! (youtube.com)](https://www.youtube.com/watch?v=HtixmXEnHzk)

Rise above talk about managing with change (KS3+)

* [Coping with Change - YouTube](https://www.youtube.com/watch?v=o4yE6BidJCM)

Pepperdine Teacher Education shares top tips for managing change



**Resources**

Secondary

* [dealing with change and transitions secondary toolkit](https://www.mentallyhealthyschools.org.uk/resources/dealing-with-change-and-transitions-toolkit/?searchTerm=end+of+term+toolkit)

Mentally Healthy Schools secondary school toolkit

* [Transitioning to secondary school](https://www.bbc.co.uk/teach/teach/transitioning-to-secondary-school/zkc9pg8)

BBC Bitesize resource

* [Supporting school transitions | Resources | YoungMinds](https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/)

Young Minds resource to support transitions

College/University

* [transitioning from school to further education](https://www.youngminds.org.uk/professional/resources/transitioning-from-school-to-further-education/)

Young Minds advice for young people

* [University a freshers survival guide](https://www.youngminds.org.uk/young-person/blog/university-a-freshers-survival-guide/)

Young Minds advice for young people going to university

* [advice for autistic young people](https://www.mentallyhealthyschools.org.uk/resources/starting-college-or-university-advice-for-autistic-young-people/?searchTerm=university)

Anna Freud Starting College or University advice for autistic people

* [Know before you go helping you navigate university life](https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/180813_kbyg_interactive.pdf)

Student minds advice to help students navigate university

* [advice for autistic young people](https://www.mentallyhealthyschools.org.uk/resources/starting-college-or-university-advice-for-autistic-young-people/?searchTerm=university)

Anna Freud Starting College or University

* [Know before you go helping you navigate university life](https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/180813_kbyg_interactive.pdf)

Student Minds resource to help young people navigate university life

**Reflective questions**

(Try exploring these reflective questions with a CYP)

* What is a transition?
* Which transitions do you find easy and which do you find more difficult?

**Quiz**

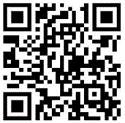
Once you have gone through this resource with a CYP try this quiz questions with them:

* Describe 3 big transitions in life?
* Describe 3 smaller everyday transitions?
* What strategies can help to cope with transitions/change?



**Signposting to Support**

For additional support we recommend you take a look at the following links:

* [Anna Freud Centre – On My Mind](https://www.annafreud.org/on-my-mind/)
* [Kooth.com](https://www.kooth.com/) (Age 11-25)
* [Togetherall](https://togetherall.com/en-gb/faqs/becoming-a-member-and-managing-your-profile/#:~:text=Togetherall%20is%20only%20for%20adults,is%20only%20available%20to%2018%2B.) (age 16+)
* [Explore counselling/therapy](https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/)
* [Childline](https://www.childline.org.uk/info-advice/your-feelings/mental-health/?&&&&gclsrc=aw.ds&&gclid=EAIaIQobChMIqryktIeP_wIVicPtCh3QZQs6EAAYASAAEgJr5vD_BwE&gclsrc=aw.ds) 0800 1111 when [contacting ChildLine what to expect](https://www.youtube.com/watch?v=_KNtMOKwTco)?
* [Hopeline 0800 068 41 41](https://www.papyrus-uk.org/papyrus-HOPELINE247/) offering confidential support and practical advice
* [Text ‘SHOUT’ to 85258](https://giveusashout.org/get-help/?gclid=Cj0KCQiA6vaqBhCbARIsACF9M6nG--bxZCnflhd5C3jT-d9dS48o5t6XTTTidI0MLTgwjjRAlxszRT8aAnvvEALw_wcB) for free, confidential, anonymous text support service.
* [Share any concerns about your mental health with your GP](https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/talking-to-your-gp/) and [Understanding Confidentiality](https://www.mind.org.uk/for-young-people/your-rights/understanding-confidentiality/)
* [NHS 111](https://www.nhs.uk/nhs-services/mental-health-services/)
* [Southend, Essex & Thurrock Children and Adolescent Mental Health Service (SET CAMHS)](https://www.nelft.nhs.uk/set-camhs/)
* [Where to get urgent mental health support from: Advice from NHS](https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/)
* SET CAMHS Instagram account 

**How to help a friend**

* Start a conversation about transitions/change.
* Explore how your friends feel about and manage change.
* What strategies do you and your friends use to manage change?

**The adult box** (for professionals and parent/carers to read)

Secondary

* [dealing with change and transitions secondary toolkit](https://www.mentallyhealthyschools.org.uk/resources/dealing-with-change-and-transitions-toolkit/?searchTerm=end+of+term+toolkit)

Mentally Healthy Schools toolbox

* [Transitioning to secondary school](https://www.bbc.co.uk/teach/teach/transitioning-to-secondary-school/zkc9pg8)

BBC Bitesize resources

* [Moving up! Transition to secondary school](https://www.annafreud.org/resources/schools-and-colleges/moving-up-the-transition-to-secondary-school/)

Anna Freud resources to support transition from primary school to secondary school

* [transition tips for parents](https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/) and [find your feet: parent webinar](https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/)

Young minds resource for parents/carers

* [Supporting your child's transition to secondary school - Spurgeons](https://spurgeons.org/resources-for-parents/top-tips-for-school/)

Spurgeons Children’s Charity resource for transitions to secondary school

* [Transition to secondary school](https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/)

Place2Be resource to support CYP transition to secondary school

College/University

* [transitioning from school to further education](https://www.youngminds.org.uk/professional/resources/transitioning-from-school-to-further-education/)

Young Minds resources supporting young people to transition from school to further education

* [Helping your child transition to College](https://www.psychologytoday.com/gb/blog/mind-matters-from-menninger/202304/helping-a-child-with-or-without-autism-transition-to)

Psychology Today resource for parents to support their child to College

* [Supporting Transition from School to University | Scottish Autism](https://www.scottishautism.org/services-support/support-families/information-resources/supporting-transition-school-university)

Scottish Autism resource to support transition from school to university