MOBILE PHONES

School will have rules about when you can and can't use your phone. Outside of school, you'll be using your phone for lots of different things and may be invited to join larger chat groups with people in your tutor or year group. The risk is that some things might be shared or said that are upsetting or worrying.

Speak to your parents/carers about these groups to help you decide if you want to be part of them. Remember, you don't have to and you can leave them at any time.

Ways to keep safe with your phone

- Use a strong passcode on your phone - this can help to protect your data if someone tries to steal or access it.
- Be careful who you add or talk to- when you talk to someone online, you don't always know who they are or whether they're being truthful.
- Think before you share or save something- once you share a message, photo or video you lose control of it. Someone else can save or screenshot it, and they can share it with other people.
- It's against the law for anyone to share a sexual image or video of someone who's under 18. Childline have a tool called Report Remove to help you remove any sexual image or video of you that's online.

REPORT REMOVE
Nude image of you online? We can help take it down.

Scan the QR code to find out more about Report Remove

SUPPORT FOR YOU

Your school will have a safe space you can go and talk to someone. There are also supportive websites and phone numbers you can access.

childline.org.uk/toolbox/calm-zone

www.kooth.com

You can contact Childline about anything.

Send an email

Send an email from your Childline account and we'll reply within 24 hours.

Call for free on 0800 1111

The fastest way to reach Childline. Call for free on any phone and it won't show on the bill.

Log-in for a 1-2-1 counsellor chat

Chat with a counsellor in a safe space online about whatever is worrying you.

Sign to a counsellor

Chat to a counsellor with help from a British Sign Language interpreter.

MOVING SCHOOLS

Going from primary to secondary school is a big change - there are lots of new people, new routines and different work to get used to. This can be daunting, but a new school can be filled with lots of good things and opportunities too.

This information leaflet has been created by young people to give you the info they wish they'd had when they started their secondary school.

WHAT TO EXPECT

- It's busy. The school is bigger and people are older. It will all feel bit weird at first - but you will get used to it. Use break times for a bit of time out if you need it or speak to your tutor about some quiet spaces.

- You are going to hear other pupils saying stuff you haven't heard before. It's ok not to know everything! And it's ok to be curious. Go to the trusted sources of information to find out what you need and always be yourself - you don't need to start using offensive words or behaving like others.

- There's loads to do - it can be scary but try new things - whether it's a sport or a hobby. Finding your 'thing' will be fun and a good way to make new friends with similar interests.

Finding your way around

The office staff in your secondary school should be able to help you if you can't find where you're supposed to go. And sometimes older pupils will be there to help you settle in and answer questions if you're unsure.

Schoolwork and homework

It's normal to worry about school work and homework or feel confused sometimes. But not understanding something doesn't mean you're stupid. If you need help, talk to a parent or carer or your secondary school teacher.

New ways of learning

It can feel like there's a lot more to learn at secondary school. But it's normal to take time to adjust to new ways of learning. Everyone learns in different ways. You just have to find a way that suits you.

MAKING FRIENDS

It's natural to be a bit scared about making new friends. It can take time, so don't be hard on yourself if you don't make loads of new friends straight away.

Making friends isn't always easy. If you find it difficult, here are some tips to help you.

scan me