



Helping Yourself

The best person to start sorting out a problem or worry is **you**.

Sometimes other people might not know that you need help because you haven't told them that you have a problem, or that something is worrying you.

Task 3

It's hard when you first start a new school and don't know people well, but it can make things easier if you practice asking for help, and think about the best way to explain to someone the problems you are having. Try working through these questions.

Have you or your friends had any problems in school?

What did you/your friend do about it?

Who did you/your friend talk to?

Did this help you/your friend?

What kind of problems might you have in High School?

Who could you go to for help?

In most High schools you will be allocated a guidance teacher, or there will be a head of year that you can ask for help or advice. Schools often give you these details in a handbook. If not, ask during your transition visits with your primary school.

Don't forget that family members and friends can help you too, so don't keep problems to yourself.....

IF IN DOUBT ASK FOR HELP!

[Good Planning] + [Organisation] = [Less Stress] =  (Happy Bunny!)