

# Step into Secondary

## How to use this resource



← This resource is for parents/carers and children to use together. Use the suggested discussion questions to explore the scenarios, and learn how to deal with them safely and with confidence.

👂 Listen actively and allow your child to share their thoughts without criticism. This activity is not about right and wrong, but about finding a solution together.

✍️ Don't forget to create a card with contact details of trusted adults. There's also a list of support resources, if you have additional concerns.

## Tips for parents

- 🕒 Choose a calm time and environment to make it easier to open up and engage.
- 👨🏻‍👦 Practise speaking out, and role-play getting help.
- 🛡️ Set a positive example through your own behaviour and safety practices.
- 📢 Children can worry that they'll get in trouble if they tell you about an uncomfortable situation. Reassure them that you'll always support them.
- 🗺️ Practise the route to school. Maybe there are other children in the neighbourhood to form a walking group?

## 5 top tips for handling tricky situations

- ① Always pay attention to what's going on around you. Trust the little voice inside your head - if something feels wrong, it's likely because it is.
- ② Be confident and stay true to your own beliefs and boundaries. That can mean saying 'no' or leaving a situation if you feel uncomfortable.
- ③ Everyone deserves to be treated with respect and kindness. Your actions have consequences, online and in real life. Respecting others includes accepting a 'no'.
- ④ If you see someone else in a tricky situation and it's safe, stand up for them or get help. If something happens to you or someone else, always tell someone you trust.
- ⑤ If something is bothering you, there are people you can talk to, whether at school or at home. You'll be able to work things out with others on your side.

## What would you do?

Start here

①

On the way home from school, you walk through a park and listen to music. Two young people on bikes approach you and tell you to hand over your phone.



②

You've met someone online while gaming. You've been chatting for weeks, and now they ask which school you go to, suggesting they'll come by to meet you there tomorrow.



③

You see that a girl is being hassled by older boys in the corridor at school. She's trying to leave, but they don't let her go.



④

There is one person in your friendship group at school who you'd like to get to know better. You ask them if they'd like to watch a film next weekend but they say 'no'.



⑤

You've been sent a private photo by a classmate. Your friends are pressuring you to forward it to them, so they can see it, too.



⑥

At the corner shop a group of older teenagers are hanging out laughing and pushing each other. When they see you, they say 'Hey, come here'.



## Congratulations!

You've worked through these tricky scenarios and come up with ways to deal with them. Well done! You might encounter other challenging situations at secondary school, but you can now be confident that if you stop and think, you can find a solution that's right for you. And don't forget - there's always support available if things feel hard.

You've got this!

## Trusted contacts

In case you need to call someone for help, it's important that you have the contact details of people you trust. Use a small piece of paper to create a contact list to keep in your wallet or bag. It might look like this:



Name	Number

My address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My phone number: \_\_\_\_\_



## Finding support

If you feel unsafe or uncomfortable, always tell a trusted adult and get help. In an emergency, always call 999.

**Childline**  
A free 24-hour phone number and chat for children to get help for all kinds of personal issues.  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

**Childnet**  
Advice for young people and parents on staying safe online.  
[www.childnet.com](http://www.childnet.com)

**YoungMinds**  
Mental health support for young people and information for parents.  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Redbridge Council - ThisHasToStop**  
Information about sexual harassment and standing up for others.  
[www.redbridge.gov.uk/thishastostop](http://www.redbridge.gov.uk/thishastostop)