

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**.

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.

Who could help?



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.

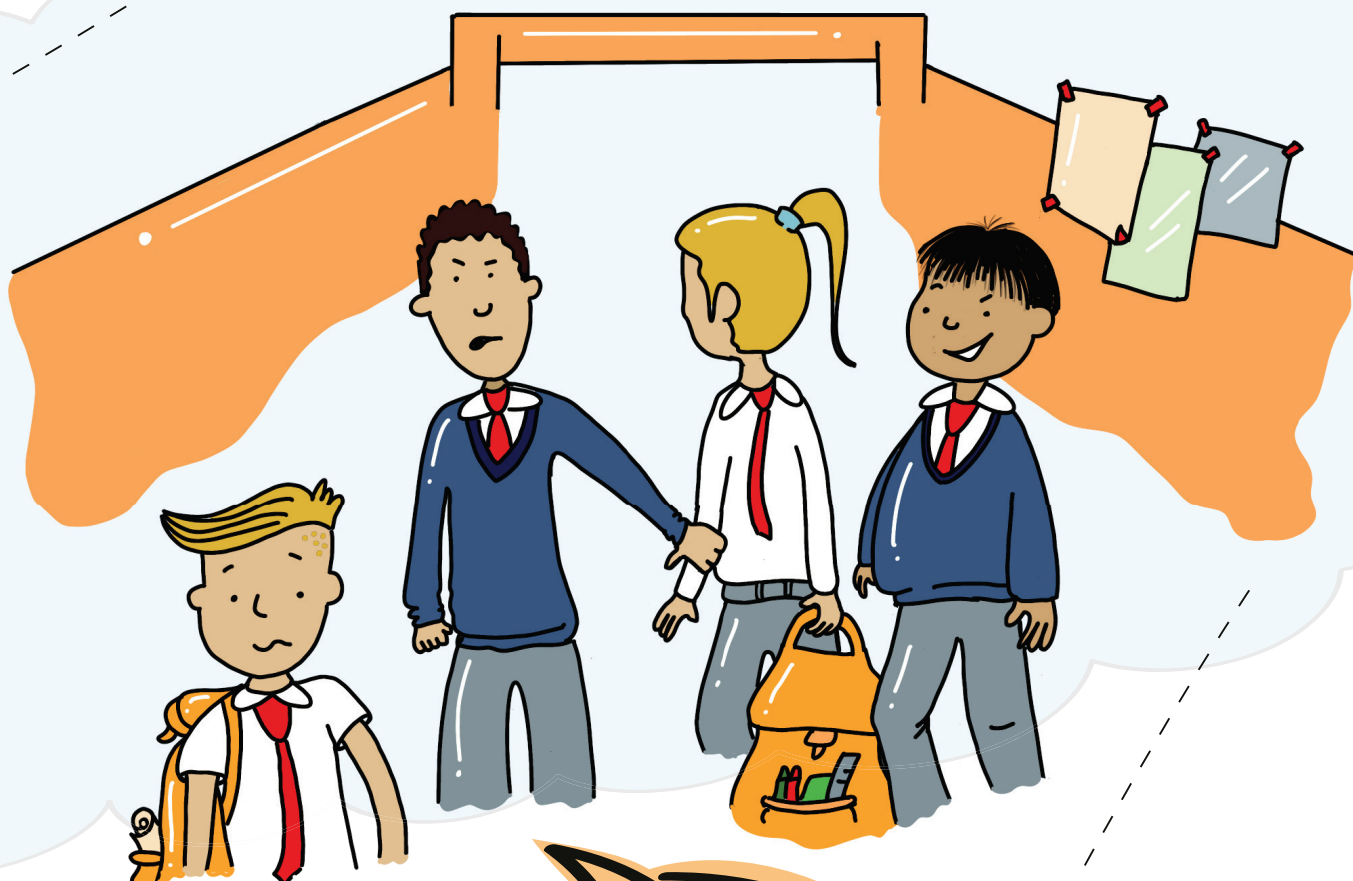
Is this ok?

Let's meet up



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.



What kind of feelings might you and the other people in the situation have?

Who could help in this situation?



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.



Is this ok?



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'.



What would be different if you were with a friend?

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

Childnet
Advice for young people and parents on staying safe online.
www.childnet.com

YoungMinds
Mental health support for young people and information for parents.
www.youngminds.org.uk

Redbridge Council - ThisHasToStop
Information about sexual harassment and standing up for others.
www.redbridge.gov.uk/thishastostop