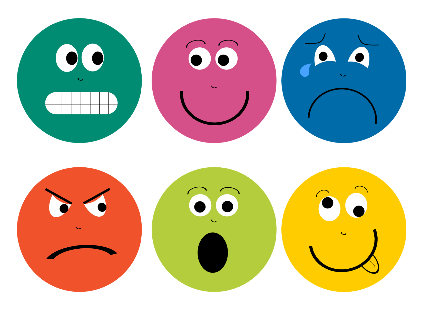
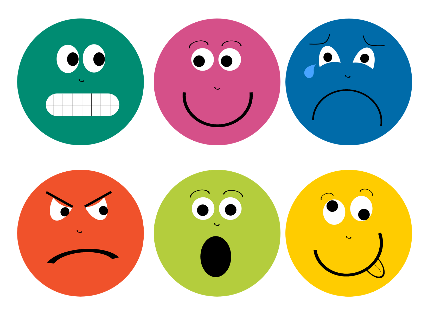
Fact or Fiction



**Sometimes, older children you know might tell you things about Secondary School that might worry you.**

**They sometimes do this to tease you, see your reaction or to make you think it will not be a very nice place to go.**

**It is therefore important that you do not believe everything you hear without finding out what is true.**

**This is called FACT. FICTION is something that is made up.**

**This activity will make sure you do not have concerns about things that someone else has made up just to get you worried. Think about these ‘stories’ and work out the fact for each.**

|  |  |
| --- | --- |
| **FICTION – Stories told by others** | **FACT – the Truth** |
| You get at least three hours homework every night, even at weekends. |  |
| The only way you will not be bullied by the older students is if you pay them to stop. |  |
| You won’t know anyone and it will be really hard to make friends. |  |
| If you can’t your homework you will get two hours detention. |  |
| You have to pay £1 fine every time you don’t wear the right uniform or you forget to bring an item in. |  |
| It is difficult to find your way around and you will be lost constantly. |  |

Managing Situations

**It is not always easy to cope with the way we feel, especially with unfamiliar or negative feelings.**

**Look at the following situations and think of how you would feel if they happened to you in Secondary School. Then try problem solving each situation to help you best manage your feelings and actions.**

|  |  |  |  |
| --- | --- | --- | --- |
| SITUATION | FEELING  How would you feel if this happened to you? | PROBLEM SOLVING – WHAT COULD YOU DO?  If this situation happened to you, what could you do to help you best manage these feelings? | WHO COULD HELP?  Who would you ask for help and what would you like them to do? |
| You don’t understand your homework. No one in your family can help; it is due the day after tomorrow. |  |  |  |
| You have a big argument and fallout your with your best friend from primary school. |  |  |  |
| One of your teachers shouts at you a lot in class and you think he is ‘picking on you’. |  |  |  |
| A group of children in your class make fun of you all the time. They say you smell and make up unpleasant names . |  |  |  |