

Starting high school

BY RAIFE OWEN

5 challenges to starting high school

Fitting in

Meeting new people

Harder learning

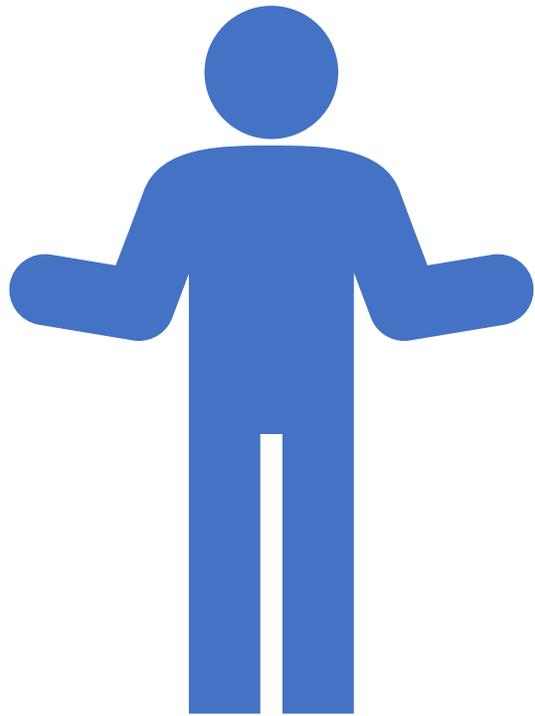
Bullying

Being organised

FITTING IN

Some people in school struggle to feel like they fit in. Try as we might, sometimes the challenge of making meaningful friendships can seem like it's just impossible. And if that happens to be your experience, you are not alone, even though it may feel that way at times.

Fitting in often means you're trying to be like everyone else and that can be hard if you look very different to the people around you. You could be very tall or very short, very skinny or very large and you stand out. If you look different this is a physical challenge. Even though it is a physical challenge it can also be a social and emotional one as you can be left out from different friend groups because of your appearance and you can feel sad and lonely because you don't fit it.



Meeting new People

- You might not know anyone in your new classes and you have to find new people to talk to. Sometimes it might be scary to meet new people. You might be too shy to ask someones name or can I sit next to you. This is a social challenge as you are trying to get to know someone new.



Harder learning

A big challenge when you start high school is the harder learning you will have to do. There are a lot more subjects and a lot more assessments and the work is harder than primary school. It might seem like it's just too much and you won't be able to do it. This is not a physical challenge, it is a social challenge because a lot of people might feel like the harder learning is something they will never be able to do. It is also an emotional challenge because it can make you feel down and upset because you can't do the task.



BULLYING

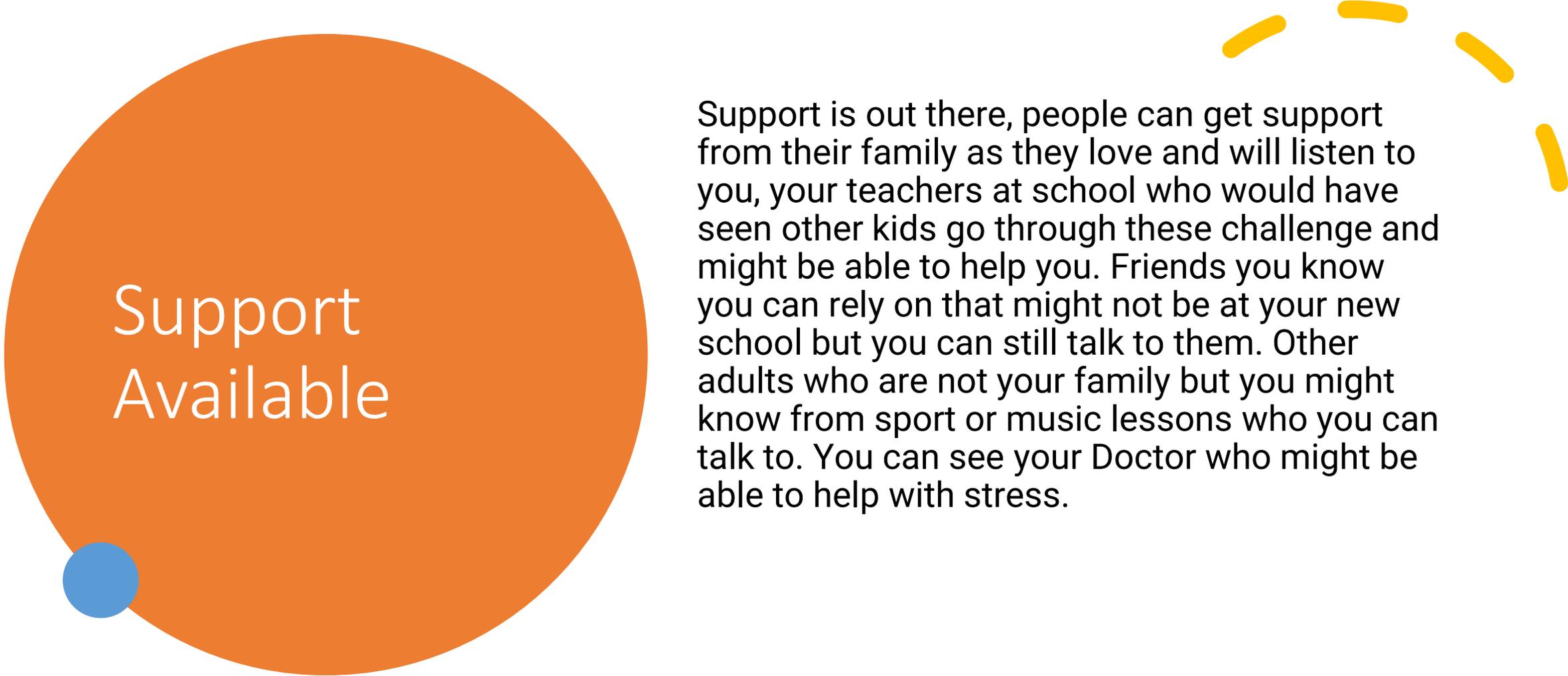
Bullying there are all types of bullying scenarios like verbal, social and physical. **Bullying is when people repeatedly and intentionally use words or actions against someone or a group of people to cause distress and risk to their wellbeing. These actions are usually done by people who have more influence or power over someone else, or who want to make someone else feel less powerful or helpless. This is a physical challenge if they hurt you physically, this is an emotional challenge and a social challenge because it can happen to a lot of people.**



Being Organised

This is my biggest challenge at high school. Because for me I'm a very busy boy. I have lots of sports after school so I have to balance my sport, homework, family time, relaxing, doing my chores. I use to walk to my primary school and now I have to catch a 50 minute bus at 7.30 in the morning so I need to get up a lot earlier than before. I think a lot of Eddie's boys would have this challenge and I think it is a physical challenge as I need to pack bags, do chores but it is also an emotional challenge because of the stress.





Support Available

Support is out there, people can get support from their family as they love and will listen to you, your teachers at school who would have seen other kids go through these challenge and might be able to help you. Friends you know you can rely on that might not be at your new school but you can still talk to them. Other adults who are not your family but you might know from sport or music lessons who you can talk to. You can see your Doctor who might be able to help with stress.



Strategies to overcome challenges

1. Pack you bag, make lunches, pack sport bags the night before so you are organised and not rushing around in the morning.
2. Get a tutor or a parent to help you with school work so you can understand it better or ask a teacher for extra help.
3. Make a goal to say hello to a new person or include them in a game at school.