



# TRANSITION

## SOCIAL STORIES

to support young people  
who are moving to a new school



# SOCIAL STORIES

## What is a Social Story?

A social story is a narrative made to illustrate certain situations and problems and how people deal with them. They help children and young people to understand social norms and understand what to do in a range of contexts or for specific situations.

## Why use social stories?

Social stories are commonly used to support neurodivergent young people who may find aspects of social interaction and communication challenging or confusing. However, they can be effective in helping any of our young people to understand and manage their own behaviours. Social stories can help to reduce anxiety as they clearly explain what to do (and what not to do) when faced with unfamiliar life situations.



# MY NEW SCHOOL

Soon, I will start at my new school. This is a big change, and it's okay to feel excited, nervous, or even a little worried. Lots of children feel this way when they start something new.

My new school will be different from my old school. There will be new classrooms, new teachers, and new subjects to learn.

Change can feel strange at first, but it often brings new opportunities. I will get to try new things and discover what I enjoy.

I will meet new people. Some of them might become my friends. Making friends takes time, and that's okay. I can start by saying "hello" or asking someone about their favorite things. If I'm not sure what to say, I can smile or ask if they want to play or sit together at lunch.

If I feel worried or confused, I can ask for help. There are people at school who are there to help me, like teachers, teaching assistants, and other adults like the pastoral team. I can say, "I need help, please," or "I'm not sure what to do." Asking for help is a good thing—it shows I am trying my best.

Every day, I will learn more about my new school. Soon, it will feel familiar. I am brave, and I can do this.

# FRIENDSHIPS: STAYING CONNECTED AND FEELING SAFE

I am getting ready to start my new school. This is a big change, and it's okay to have lots of feelings about it. I might feel excited, nervous, or worried. Many children feel this way when something new is happening.

I might worry about growing apart from my friends. It's normal to feel sad about this. Even if we go to different schools, we can still stay in touch by sending messages, calling, or meeting up when we can. At my new school, I will also have chances to make new friends. Making friends takes time, and that's okay. I can start by saying "hello," asking someone about their favorite things, or joining in with activities I enjoy.

Sometimes, I might worry about bullying. Bullying is when someone repeatedly hurts another person with words or actions- on purpose. If this happens to me or someone else, I do not have to handle it alone. I can tell a trusted adult, like a teacher, teaching assistant, or my parents. I can say, "Someone is being unkind to me," or "I need help." Adults will listen and help keep me safe.

If I ever feel worried or upset, I can ask for help. Asking for help is a brave and smart thing to do. There are people at school who care about me and want me to feel safe and happy.

Starting a new school is a big step, but I am strong and capable. I will learn new things, meet new people, and find my way. I can do this.

# WHY SECONDARY SCHOOL FEELS DIFFERENT

I am starting secondary school. This is a big change, and it's okay to wonder why school feels harder now. Many children feel this way when they move to a new school.

Secondary school has more subjects, more teachers, and bigger classrooms. There are new routines and new rules to learn. There is also more work to do and higher expectations. This can feel like a lot at first.

Sometimes, I might feel tired or worried because my brain is working hard to keep track of everything. This is called executive functioning—it helps me plan, organize, and remember things. At secondary school, I need to use these skills more often, and that can feel challenging.

It takes time to adjust to so many new things. I don't have to get everything perfect right away. Learning new routines and meeting new expectations is something I will get better at with practice.

If I feel overwhelmed, I can ask for help. I can talk to a teacher, a teaching assistant, or someone I trust. I can say, "I'm finding this hard," or "Can you explain that again?" Asking for help is a smart and brave thing to do.

Every day, I will learn more about my new school. Soon, things will feel easier and more familiar. I am capable, and I can do this.