

Section 2: Preparing for change

This section of the toolkit aims to prepare young people for the change ahead.

It will encourage young people to think about what the change might look like for them, what simple steps they can take to get more organised and ready for the change.

It will also support young people with changes to friendships that might occur during this transition.

Preparing young people for change?

Preparing young people for the change, can involve giving them the space and time to think about what lies ahead. This may include both the positive experiences that they are looking forward to and some of the challenges that they may encounter.

It is important not to frame this experience as something overly negative or to be worried about, as young people may internalise these worries.

Using a solution-focused approach

Supporting young people to deal with problems and challenges they anticipate using a solution-focused approach can help them see that there are ways to deal with challenges they encounter.

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It is very important that we validate how the young person is feeling first, so if a young person expresses a concern, you should make sure they feel their voice has been heard

Remember, it is not up to us as their teacher to solve the problem for the young person. Working with the young person to identify what might work for them will be more meaningful and useful in how they think about solutions to what they may be experiencing. If appropriate you can offer some advice, but it is important that the young person begins to develop their own problem-solving skills.

In some instances, it may be appropriate to sign-post young people on to additional supports for their mental health and wellbeing. Some of these supports will be explored in Section 3.

Supporting young people with changes in friendships

Young people will likely experience changes in friendships as they leave their primary school class mates behind and enter their new school.

If they have had a negative experience in the past, they may be more closed off to new opportunities for friendship. You may be able to call to mind young people who struggle to connect with others.

It is important to frame the experience of starting their new school as an



opportunity. Emphasise the importance of staying open to the idea of new friendships.

The activities and resources in this section will support young people to be more flexible in their attitudes to friendship and stay open to opportunities for new friends

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