



Switch on: The real life of 10-14s

What are our 10-14s' next steps? They're making some big decisions as they may be preparing to start a new school in the autumn or making choices for their future.

Play: Family Fortunes

With your family, play *Family Fortunes* – replicating a TV quiz show where a survey has been carried out and the contestants have to guess what the top five answers are. Pretend 'Our survey today asked 750 school children...' and make up answers to the following questions.

- What's the scariest thing about moving to secondary school.
- Name something you put in your school bag.
- Name any of the secondary school subjects.
- Name any after school activities.
- Name a way to revise for exams.

Fast forward: Helpful resources

Scripture Union has a great set of resources about being at secondary school that are available at <https://content.scriptureunion.org.uk/lits-your-move>. You can also buy a book called *It's Your Move* to give to your 10-14s.

Pause: Praying for peace

Share the story of Moses in the Bible Exodus Chapters 2-3 or look it up in a children's version of the Bible, such as the Good News Translation,



using www.biblegateway.com. Moses grew up in the royal court but had to leave hurriedly and in disgrace and live a quiet life as a shepherd. He had to learn lots of new things – how to look after sheep, find food and water for them and protect them. God then called him to lead His people out of slavery in Egypt. It was a difficult job and Moses didn't think that he could do it – but with God's help he did.

When young people have to make big decisions remind them to pray. Matthew Ch.6:34 and Philippians Ch.4:6-7/11-13 tell us to be content and not to worry – 'Do not be anxious about anything, but in everything, by prayer and petition with thanksgiving present your request to God.' 1 Peter Ch.5:7 says 'Cast all your anxiety on Him because He cares for you.'

Rewind: Overcoming difficulties

Discuss some of these difficult situations your daughter(s) may experience and think of ideas how they could make the situation any better and prevent it from happening again.

- Situation one – travelling to school. Every day Jess dreads the school bus journey. It's noisy and crowded. She feels completely out of place and the older kids seem threatening. She doesn't have anyone to sit with and feels very uncomfortable. Jess doesn't know what to do.
- Situation two – lunchtime. Louise always feels excluded and uncomfortable in the school canteen. The older children throw food at each other and it gets to the point where Louise won't go to the canteen. She thinks that no one wants to sit with her or include her.
- Situation three – changing friends. Kelly used to have a really good group of friends in her other classes. But now that they've chosen different options, Kelly's friends have met other people and don't seem as interested in her anymore. Kelly is shy and feels too intimidated to try and make new friends.