

A Time of Change

- * Small \implies Large
- * Up to 13 subjects and 13 different teachers
- * Longer day – an extra hour and a half
- * Moving around
- * Managing the bus, lockers, money, timetable, new people, breaktimes, canteen, toilets etc...

Mood Changes



Simplicity

- * Only 12/13 year old child
- * Keep it simple
- * School
- * Home
- * Hobby
- * If in doubt – Say NO

Routine and Balance Work



- * Homework
- * Routine - same time, same place



- * Responsibilities
- * Chores/jobs

Rest



- * A Break
- * Quiet time
- * Bedtime

Play

- * Fresh air
- * Exercise
- * Interests



Less techno time – More down time



- * Time
- * Setting limits
- * Stress/upset
- * Self- discipline
- * Regulate

1st years are children trying to be grown up!

- * Listen
- * Do things WITH them, not FOR them
- * Give support
- * Try to understand
- * Get to know their friends and their parents/guardians

CONCERNS

- * Travelling on buses
- * Discos
- * Sleepovers
- * Football matches
- * Online - Snapchat/Instagram
- * Bullying
- * Mental Health

Mental Health

- * My World Survey – Headstrong and UCD School of Psychology
- * www.headstrong.ie/research/myworldsurvey

HEALTHY EATING

- * Breakfast/Lunch - Canteen
- * Drink water
- * Money – Less is better

The 'NO' phase

12-13 year old children need supervision and limits

- * 'NO'
- * 12 – 14 years up to 80%
- * 14 – 16 years up to 60%
- * 16 – 18 years up to 40%
- * 18+ 'Not while you live here'

PRESSURES

- * Peer pressure
- * Acknowledge it for them
- * Avoid conflict
- * Discuss later at a quiet time
- * Take opportunities to spend time together
- * Talk side by side

The background of the image is a bright blue sky filled with soft, white, fluffy clouds. The text is centered and has a white-to-light-blue gradient with a subtle drop shadow.

**We're all working
together; that's the
secret.**

Sam Walton

FROM THIS









TO THIS

