

Secondary School and Me

Super B's Guide to Understanding Social Situations



A Learn 2 Be Social Guide

Stepping Socially With Tash

Meet Super B



I'm Super B.
I'm the **Connector**.

My job is to help you understand **people, social situations** and **different points of view**.

I'll help you connect the clues around you, so you can make better sense of what's happening.

Sometimes people say exactly how they feel. Sometimes their words, actions and body language tell different stories.

In this guide, I'm going to show you how to notice the clues, think about another person's point of view and understand social situations with confidence.

I'm here to help you:



Notice social clues

Learn to look beyond words and notice what else is happening.



Understand different points of view

Think about how someone else might see or feel about a situation.



Connect the clues

Put the information together before deciding what might be happening.



Remember:

Understanding starts by connecting the clues.



Super B

Ever feel a bit lost in social situations?

Like you're not sure...

- What you're supposed to do.
- Why someone reacted the way they did.
- If someone's joking or being serious.
- Why everyone else seems to just... get it.

Sometimes it feels like everyone's in on something you missed.



It's hard reading people, trying to understand what's going on in their own mind.

But here's the thing — it's not about guessing, right?

It's about noticing what's going on around you, picking up on clues, and thinking about how someone else might be seeing things.

Let's work this out together so you can get what I'm saying.



Have you ever heard of a term
“unspoken rule?”

It's something people just expect you to know, even though nobody actually told you.

Like...

- Walking into a classroom and choosing a seat.
- Knowing when it's your turn to speak.
- Understanding when someone wants to be left alone.
- Knowing when it's okay to join a conversation.
- Realising someone is joking.



Here's something important to remember

Sometimes it can feel like everyone else has been given a guidebook... except you.



The truth is, there isn't a guidebook.

We're all different in the way we learn and pick things up.

Some people pick up these unspoken rules quite naturally. Others may need a little more help noticing and understanding them.

And that's cool. I'm going to help you notice and understand them too.

Let's look at a social situation that may be challenging when starting secondary school.



Let me introduce you to Lizzie

It's Lizzie's first day at secondary school.

She's just finished her lesson and it's time for lunch.

She walks into the lunch hall...

It's much bigger than her old school.

People are everywhere.

Some are talking. Some are laughing.

Others are already sitting in groups.

It's noisy.

It's busy.

Lizzie looks around for the person she spoke to earlier.

...but she can't see them.

Now she's standing there thinking:

"Where do I go?"

"Who do I sit with?"

"What if I can't find anyone?"

"Everyone else seems to know what they're doing."

So what should Lizzie do?



Lizzie needs clues

Instead of trying to work everything out at once,

Lizzie can:

 **LOOK AROUND**

Who can she see?

Is there someone from her class?

Someone she spoke to earlier?

Someone sitting on their own?

A table with an empty seat?



Now Lizzie can connect the dots

Who could I approach?

She doesn't need to know for certain that someone wants her to sit with them.

She can just approach someone and see.

She might say:

"Hi, can I sit with you?"

or

"Is anyone sitting here?"



Then Lizzie can **WATCH WHAT HAPPENS NEXT.** 🙄

Do they say yes?

Do they smile?

Do they shuffle over to make space?

Do they say no?

Whatever happens gives Lizzie more information she can use to decide what to do next.

Super B's Task

When you're not sure what to do in a social situation, remember:

LOOK → **THINK** → **CONNECT** → **ACTION IT.**

 **LOOK**

What is happening around me?

 **THINK**

What do I actually know? What might I be assuming?

Super B's Task

CONNECT

What do the clues tell me?

ACTION IT

I'll try this one thing and see what happens.





And remember:

You don't need to know everything before you do something.

Sometimes you get the next clue by giving something a try.

You Got This!



Super B's Final Thoughts

Starting secondary school means lots of new people, places and situations.

Sometimes you won't know what to do straight away.

That's okay.

Remember

When that happens, take a moment.

- Look around.
- Think about what you know.
- Connect the clues.
- Action it.

Copyright Notice

© 2026 Learn 2 Be Social. All rights reserved.

Written by **Natasha Leona**

This guide may be shared with parents, carers, schools, and educational professionals for personal and educational use.

It may not be copied, reproduced, modified, sold, or redistributed for commercial purposes without the prior written permission of Learn 2 Be Social.

www.learn2besocial.co.uk

