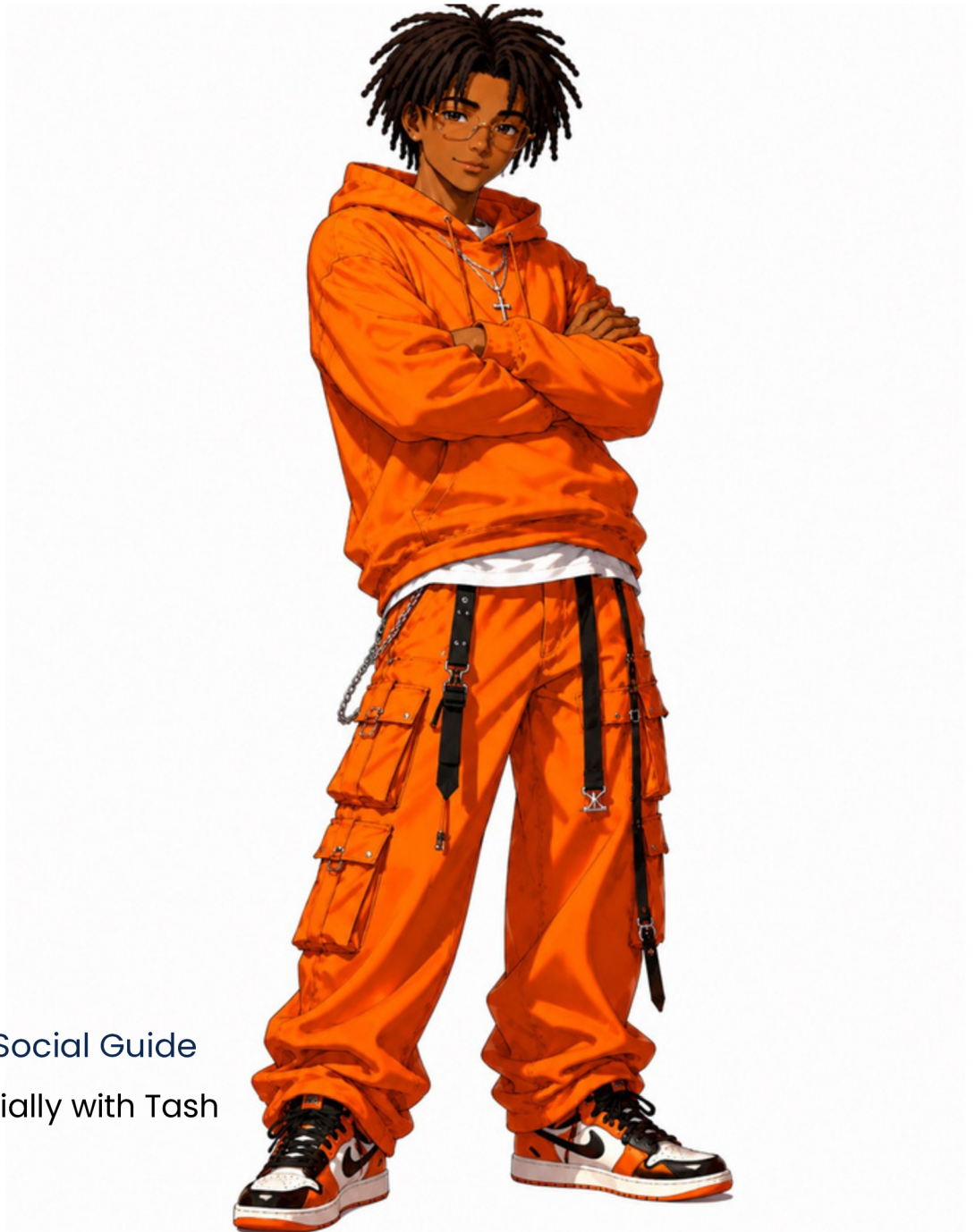


Secondary School & Me

I Don't Like This...Now What?



Learn 2 Be Social Guide
Stepping Socially with Tash

Meet Kai



I'm Kai.

I'm the **Decision Maker**.

I'm the one who helps you **make choices that feel right for you.**

I help you pause, think things through and look at what could happen next.

Sometimes you can change the situation. Sometimes you can't.

Either way, you get to choose how you respond.

I help you look at your options, think about the outcomes and decide what's the best next step for you.

What I do for you:



Help you explore your choices

I help you see the different options you have and what each one might lead to.



Help you think about outcomes

I help you consider the positives, the negatives and how each choice could affect you and others.



Help you take responsibility

I encourage you to own your decisions and learn from them.



Good to know:

Every choice you make today is shaping your tomorrow.



Secondary school is a place where you're suddenly expected to make **a lot more decisions for yourself.**

All of a sudden, there's more responsibility.

Where do I need to be?

What do I need to bring?

What should I do?

What happens if the plan changes?

And when things **don't go the way you expected**, you may need to adapt and work out what to do next.

- For some young people, making decisions and adapting is like a walk in the park.

Basically... that means easy. 😎

For others?

Absolute nightmare.

And if you're reading this guide, I'm going to take a wild guess that sometimes it might feel a bit more like the nightmare version!

But never fear...

Kai is here.

And I'm going to help you work through it **one step at a time.**

● Let's Look at a Secondary School Scenario

Secondary school can throw all sorts of situations at you where you have to **make a decision or deal with something you weren't expecting.**

Let's look at an unexpected situation that could easily happen during your school day.



● Imagine this...

You arrive at school on Tuesday morning.

You check your timetable.

English – Room 12.

You know where Room 12 is.

Great. Off you go.

You get there and see a notice stuck on the door.

ROOM CHANGE

ENGLISH – ROOM 36

Wait... **WHAT?!**



 You've never been to Room 36.

Everyone else starts walking off like they know exactly where they're going.

You don't.

Your mind starts racing...

"Where is Room 36?"

"I'm going to be late!"

"Why did they have to change it?!"

"My timetable says ROOM 12!"

And you start feeling anxious and unsettled.

The plan has changed.

So... what do you do now?

● So the room's changed.

The timetable's wrong.

And nobody's changing it back for you.

Right then that's the first thing to figure out.

Can this be changed? No.

So there's only one question left:

What can I do instead?

● **Stop. Breathe.**

Big feelings make brains foggy.

A few slow breaths first.

Ask "What's still in my control?"

Not the room. Not the timetable.

But how you get to Room 36?

That's still up to you.





Find a Helper

You're never the only one who doesn't know.

Look for:

- A teacher walking by
- The school office
- A friend heading that way
- An older student or prefect

And remember...

Being a Bit Late Can Happen

The room changed and you didn't know where to go.

That wasn't something you could control.

What you **can** do is find someone who can help you get to Room 36.

You might arrive a little late and that's okay.

You can explain what happened when you get there.

● Kai's Final Thought

Secondary school isn't always going to go the way you planned.

Things change.

Sometimes you'll have a choice.

Sometimes you won't.

The important thing is learning to recognise the difference and finding a way forward when things don't go as planned.

You might not be able to control what happens...

But you can learn how to handle what comes next.

Stay cool 😎

Kai ✌️

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