

PRIMARY TO SECONDARY SCHOOL TRANSITION

Kooth workshops & Virtual Sessions

Mixed feelings about the jump into secondary school? You're not alone!

Find free, safe and anonymous support for your mental wellbeing today.



Sign up for free at [Kooth.com](https://www.kooth.com)

WHAT'S IN THE SESSION

- About Kooth
- How to sign up
- Demo of the site
- Wellbeing mini activities & interactive elements
- Discussion around transitions
- All sessions adaptable

SUPPORT FOR STUDENTS WHO ARE MOVING FROM PRIMARY TO SECONDARY

Kooth have seen a 246% increase this year in young people presenting with issues related to stress and worries about school and college. We know that transitions can be difficult in general and its been a particularly difficult year for students. Kooth can support your students with their wellbeing as they transition from primary to secondary by providing information on creating their Kooth account which is continuous from primary to secondary, and packed with lots of resources that will support them along the way. We can also support by facilitating one of our virtual transition from primary to secondary workshops.

All of the sessions can be adapted to meet your students needs in terms of time and content.

Get in touch with Jenny jfennessy@kooth.com for more information and to book.