



PSHE: How do friendships change as we grow?



Subject Specific Vocabulary

Confide	Trust someone enough to tell them of a secret or private matter
Manage	Deal with
Change	An act or process through which something becomes different
Develop	Grow

Sticky Knowledge

We will experience many changes as we grow older, including body, emotional, friendship, relationship and academic changes.

It is normal to have fears or worries about change, however there are ways to manage it. For example, confiding in friends/family and speaking to someone who may have been through the same thing.

When we leave primary school, our friendship group may change as we go to different schools. It is normal to be worried about making new friends and you can always keep in touch. It is exciting to meet new people and create new friendships, but it doesn't mean that the others will be forgotten.

You can always reach out for help or advice regarding change, fears and worries. Advice could be online, a phone call away, or from a friend/family member.

Helpful Websites

- [How Parents Can Help With Secondary School Transition | YoungMinds](#)
- [Transition toolkit: resources for starting, changing or leaving school or college : Mentally Healthy Schools](#)
- [Transitioning to secondary school - BBC Teach](#)
- [Starting secondary school - BBC Bitesize](#)

Interesting Facts

Visit the last clip above, to hear from students who have been through the transition from primary to secondary themselves!