



SCHOOL SURVIVAL GUIDE

TRANSITION
GRADE 8-9

Youth-led interactive assembly will prepare students for their transition from elementary into secondary school to support their mental health, overall well-being and to create a sense of belonging. Youth speakers will share personal stories and experiences along with meaningful tips. Students will be provided with a better understanding on how to navigate their way through these foundational years and create a safe environment for academic success.

ASSEMBLY OUTLINE:

- KINDNESS & INCLUSIVITY
- REACH OUT FOR HELP
- HONOUR YOUR MISTAKES
- MANAGE SCHOOL/PERSONAL LIFE
- DECISION-MAKING
- HEALTHY RELATIONSHIPS
- ACCEPTANCE & AUTHENTICITY
- SCHOOL SUCCESS STRATEGIES
- TOOLS FOR COPING WITH STRESS



Members from the Youthspeak team spoke to our gr. 8 students in our Transition Program. Their presentation was well organized, thoughtful, and very informative. The students were engaged in online activities and heard heartfelt stories from the speakers. Thank you, Youthspeak for providing our students with strategies and tools to help with their mental health.

C. Vitiello, St. Basil-the-Great College School

YOUTHSPEAK PERFORMANCE CHARITY
SPEAK. INSPIRE. CHANGE.

*Includes Printable Resources Material

LOOK TO YOUTHSPEAK FOR SELF-CARE STRATEGIES, RESOURCES, INFO AND MUCH MORE!

www.youthspeak.ca

(905) 967 - 0604

office@youthspeak.ca



@YouthSpeakCan



@YouthSpeakCan



@YouthSpeakCan



YouthSpeak
Performance Charity