



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
- DECISION-MAKING
- HEALTHY RELATIONSHIPS
- ACCEPTANCE & AUTHENTICITY
- SCHOOL SUCCESS STRATEGIES
- MANAGE SCHOOL/PERSONAL LIFE
- TOOLS FOR COPING WITH STRESS



The presentation was excellent at providing our students an overview of Grade 9 and key strategies and advice that would be useful to any incoming Grade 9 student. The presenters were very welcoming and engaging. Our students listened attentively and had questions and positive comments that they were willing to share. The real-life stories that were shared by the speakers were so important for our students. Their messages of perseverance and determination resonated with our students and gave them hope for the future.

Lendyl D'Souza, Health & Wellness Lead Teacher,
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YOUTHSPEAK PERFORMANCE CHARITY
SPEAK. INSPIRE. CHANGE.

*Includes Printable Resources Material

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

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