

# STARS

We are a team from University College London; we did a survey of two thousand young people and asked them what were their thoughts and concerns about starting secondary school. We asked them when they were in primary school and also when they had started secondary school. This project was funded by the Nuffield Foundation.

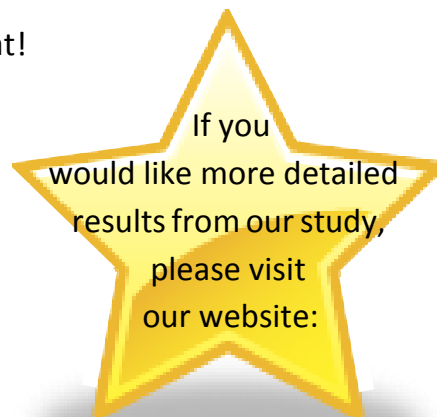
We've put their answers together to give you an idea of what to expect when you start secondary school.



In summary, what we learnt from all the people who took part in this survey was that nearly everybody at the end of Year 6 has some worries and concerns. But, once pupils start at secondary school, they have many fewer concerns and become much less worried.

We hope it helps you to know that!

This leaflet has covered the most common concerns. If you have any specific worries about anything to do with moving to secondary school, talk to a parent, or ask a teacher. Our research shows that it helps to share your worries.



[www.ucl.ac.uk/stars](http://www.ucl.ac.uk/stars)

Please give us your feedback about this leaflet by completing 6 simple questions at [www.ucl.ac.uk/stars](http://www.ucl.ac.uk/stars)

## MOVING FROM

# Primary



## TO

## SECONDARY SCHOOL



Starting at your new school will feel like a big change. It can be a really exciting time, but you may also have some worries and concerns.

This leaflet is for people in Year 6 and Year 7, and describes how young people found the transition from primary to secondary school.

We did a survey and asked two thousand young people about their move to secondary school. We asked them to tell us about how they felt about secondary school three times – once in year 6 and twice in year 7. Everyone in the survey was much less worried by the time they got to year 7.

At the end of Year 6, the thing that most people were most worried about was....

## getting lost

and some people also said they were worried about the size of their new school. But when we asked them again after half a term at secondary school, they were much less worried about this, no matter how big their new school was.



In our study, girls and boys were equally worried about

## being bullied

each time we asked them. Your school and every teacher has to take bullying very seriously, and the best thing to do is to tell someone, quickly. By the end of Year 7, most people were less worried.

As most people have friends at their primary school that are going to go to different secondary schools, it's not surprising that

## losing old friends

was on their minds at the end of Year 6. However, 6 out of 10 people kept in touch with their really good friends after 1 year. Some people's friendships did change, but they were happy with their new friends at the end of year 7.



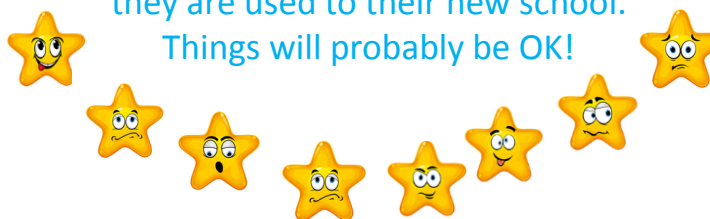
As you start your new school, you may be concerned about the

## homework

you're going to get, just like the young people in our study. Some good advice is to make sure that you understand the instructions for the homework task before you leave the lesson, and do your homework early so that you can get help if you have any problems.

The STARS study showed that everybody is quite nervous at the end of Year 6, but by the end of Year 7 they are used to their new school.

Things will probably be OK!



At the beginning of Year 7, while they were getting to know all the rules, and different teachers, lots of people were quite worried about

## discipline & detentions

But when we spoke to them at the end of the year, they felt less worried, as they'd had a chance to get to know their schools and the rules.

