



# The TOOLBOX

TO HELP YOUNG PEOPLE WITH THEIR EMOTIONAL AND SOCIAL NEEDS



## HELPING CHILDREN HAVE A SUCCESSFUL TRANSITION TO SECONDARY SCHOOL

**TOOL:** Prevention

**TARGET AUDIENCE:** All children in grade 6 or Secondary I

**TOOL INTENDED FOR:** Parents



Centre RBC  
d'expertise universitaire  
en santé mentale



# HELPING CHILDREN HAVE A SUCCESSFUL TRANSITION TO SECONDARY SCHOOL

**TOOL:** Prevention

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– Details: E.g. Parents of children in grade 6 or Secondary I.

**TARGET AUDIENCE:** All children in grade 6 or Secondary I.

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## NEEDS AND BEHAVIOURAL MANIFESTATIONS

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– This tool is intended for parents of grade 6 or Secondary 1 children who need help managing their transition to secondary school.

## SPECIFIC GOALS

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– To provide parents with practical strategies to support their children during their transition to secondary school.



# TOOL CONTENT

## THIS TOOL GIVES PARENTS TIPS ON HOW TO:

- Better prepare for the transition to secondary school, beginning in grade 5 in elementary school;
- Promote effective communication with their children;
- Help their children cope with stress and anxiety;
- Adopt attitudes that support this transition;
- Promote effective work habits and a positive attitude about school;
- Detect signs of distress and seek help if necessary.



## USEFUL RESOURCES

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Link to the tool *Accompagner son enfant à vivre une transition heureuse au secondaire*  
[https://sante-mentale-jeunesse.usherbrooke.ca/wp-content/uploads/2020/06/GUIDE-POUR-LES-PARENTS\\_PRIMAIRE-1.pdf](https://sante-mentale-jeunesse.usherbrooke.ca/wp-content/uploads/2020/06/GUIDE-POUR-LES-PARENTS_PRIMAIRE-1.pdf)

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