

COPING WITH CHANGING SCHOOLS

Changing schools can feel like a big step. It often means getting used to new routines, new places and new people. It's normal to feel a bit uncertain at first, but being proactive and taking things one step at a time can really help. These tips can help you settle in and feel more comfortable in your new school.



WHY IT FEELS HARD

- Leaving behind friends and routines.
- Adjusting to new teachers, classes, and rules.
- Worrying about fitting in and making friends.
- Wondering about what people think of you.

HELPFUL TIPS

- Keep in touch with old friends while building new ones.
- Join a club, team, or group to meet people faster.
- Give yourself time — it's normal to feel "new" for a while.
- Have one small intention e.g. 'I'll say hi to two people.'
- Remember: most people are thinking about themselves, not judging you.
- If you're feeling unsure, check in with someone in your Crew on YourCrew.



BUILDING YOUR RESILIENCE

- Remind yourself you've handled change before.
- Look for one good thing each day.
- Ask questions when you're unsure — most people are happy to help.
- Reframe it: Think "new start" rather than "lost friends."

WHAT TO SAY IF YOU NEED HELP

- Start with: "Hey, I'm new here. Do you know how lunch works?"
- Asking for help: "I'm still finding my way around — can you show me where the [class/office] is?"
- "Would you mind if I joined you guys, i'm new here."



Remember: Stay Connected with YourCrew

Checking in on YourCrew can be a simple way to let someone in your Crew know how you're feeling when navigating change and stay connected with people who support you.