

Supporting your child's transition through

# Secondary School

Build a caring home environment to nurture the social and emotional skills of your child using these S.A.F.E. tips.

## SUPPORT

- **Find out** how your **child's preferences** are changing. Show interest by **asking open-ended questions**.
- **Make a habit of chatting** at a fixed time each day.  
E.g. At dinner time.

## FAMILIARISE

- **Find out** what **secondary school life** is like for students these days.
- **Excite** him/her about **new experiences** secondary school students can have.
- **Encourage** him/her to **pick up a new hobby** or **hone skills** in outdoor sports.
- **Limit** his/her **time** spent on **digital devices**.

## AFFIRM

- **Remember** your **child's strengths**. **Build his/her self-esteem** in those areas.  
E.g. "You have the unique ability to get along well with people."
- **Praise and affirm efforts** in front of relatives and friends.  
E.g. "She is very helpful towards her grandparents."

## EMPATHISE

- **Acknowledge** your child's varying **emotions**.  
E.g. "I understand you feel anxious about starting school without any of your old friends."
- **Encourage** your child to **share thoughts and feelings** about the new school.
- **Prioritise** sufficient **sleep**.



Spend Time Chatting. Use T.A.D.

## Talk

Talk about the different realities faced by teens these days compared to the past.

E.g. How you communicated with friends without social media.

## Ask

Ask about his/her thoughts and feelings on people and events around him/her or in the news.

E.g. What are some ways of having wholesome fun? How does he/she feel about the different types of jobs that adults do?

## Discuss

Discuss some acceptable boundaries with regard to the use of electronic devices.

E.g. What are some rules for having a mobile phone (with or without a data plan)?

## QUICK TIPS

- **Listen attentively** to understand what your child might be feeling and thinking.
- **Avoid providing advice immediately** when not asked.



These tips may be used with children of other ages too; it depends on each child's needs. Using these tips as your child journeys through the school years can help ease anxiety and worries, and build warmer and closer relationships at home.

Ministry of Education  
SINGAPORE