

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

Supporting your child's transition through

Upper Secondary

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

SUPPORT

- **Let your teen be alone** if he/she does not feel like doing anything together with you; but **be available** when he/she needs you.
- **Have meals together regularly.** It offers a way to connect.
- **Be flexible.** Allow **more independence** as your teen demonstrates more responsibility.

AFFIRM

- **Describe what is done right and why it is helpful** whenever you praise your teen. Specific praise is more genuine and encouraging.
- **Be sensitive** to your teen's preferences.
E.g. Give praise in private if he/she tends to be easily embarrassed.

FAMILIARISE

- **Find out** what **post-secondary institutions** have in store for students these days. **Make informed decisions** together.
- **Highlight** how different institutions and industries can **match your teen's interests.**

EMPATHISE

- **Respond to** your teen's emotions **without judging.**
E.g. If he/she complains at the end of CCA training, say: "Sounds like you're tired after training hard."
- **Encourage** your teen to **share** with you why he/she **makes certain decisions.** Acknowledge his/her struggles and strengths.



Spend Time Chatting. Use T.A.D.

Talk

Talk about your teen's interests. Encourage him/her to share the *who, what, where, when, whys and hows* of that interest.

E.g. sports, the latest phone apps, fashion

Ask

Ask about his/her thoughts and feelings on the latest posts and discussions on social media.

E.g. issues on bullying

Discuss

Discuss new boundaries as your teen displays greater maturity.

E.g. Allow a later curfew - recognise that he/she can be trusted with more responsibilities

QUICK TIPS

- **Listen patiently;** allow your teen to draw his/her own conclusions if needed.
- **Provide a safe space** for your child to vent and talk.



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