

Back to School: **Top Tips to Help Young People Cope**



The Children's Society's most recent report on **Children's Wellbeing and Covid-19**¹ asked young people to share how they think Coronavirus has changed **how they think or feel about the future**.

They reported that **'the majority** of comments received in relation to this question **concerned school** and **what this meant for their education going forward**.'²

At No Limits, we know that for young people this can be a worrying and uncertain time and so have come up with some **top tips** to help you on your return back to school.

As a start, take a look at the fantastic resources **Childline** have produced which includes advice and guidance for any worries you may have about returning to school. Click [here](#) to find out more.

¹ The Children's Society, 2020. *Life on Hold: Children's Wellbeing and Covid-19*.
<https://www.childrenssociety.org.uk/sites/default/files/life-on-hold-childrens-well-being-and-covid-19.pdf>

² The Children's Society, 2020. *Life on Hold: Children's Wellbeing and Covid-19*.
<https://www.childrenssociety.org.uk/sites/default/files/life-on-hold-childrens-well-being-and-covid-19.pdf>

Stressed about Exams and School Work



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Many young people have shared they are worried about how they are going to cope with their exams, **fearful they have fallen behind** and won't be able to catch up. If that's you, you're not alone.

Childline have some brilliant resources to help you with revising, getting back on track and managing your studies. Click [here](#) to check them out.

Take care of others



Going back to school will bring up **a mixture of emotions** for different young people. Some young people may have had enjoyable experiences during lockdown, others may have **struggled with anxiety, worry and fear**.

Be gentle. Your words can have a big impact on others – for good or for bad. If you are feeling worried and anxious, you might be surprised about how thinking about how you can help someone else **can make you feel better**.

For some top tips on how you can be an excellent friend during this time, check out our resource on [Friendship – good friends are good for your health](#).

³ <http://getdrawings.com/stress-vector>

Keep safe



Your Teachers and support staff will let you know **what social distancing rules you need to follow** and what other things the school has put in place to keep you as safe as possible.

Follow their instructions and always **ask questions** if you're worried or confused about anything.

Take it slow



People might take different amounts of time to adjust to returning to school, that's OK. **You don't need to put pressure on yourself** to do this at the same pace as everyone else.

Simply keep taking one step at a time and make sure you **ask for support** along the way if you need it.

Why not try some of these **mindfulness apps** to help keep you relaxed and calm?

⁴ <https://news.sky.com/story/coronavirus-how-schools-in-england-are-keeping-staff-and-pupils-safe-11998715>

⁵ <https://dariusforoux.com/learning-from-mistakes/one-step-at-a-time/>

Resources and Advice for Parents/Carers

If you are someone who is supporting a young person cope with returning to school, have a look at the below resources and guidance on how to do that best.

Young Minds – Supporting a Child Returning to School After Lockdown

- Top tips from Young Minds Parent Helpline Team for supporting a child in returning to school

Mrs Mactivity's Top Tips for Returning to School After Lockdown

- Lots of advice on how to help your child adjust
- Interactive Downloadable Resource for Parents/Carers to use with young people

SABP NHS Children and Family Support Surrey – Resource Pack

- What to expect
- How to help children cope with returning to school
- Managing anxiety and strategies you can use

Contact (for Families of Children with Disabilities) – Back to School Advice

- Back to school advice for parents and carers of disabled children

Wellchild Organisation for Sick Children – Return to School Checklist

- Checklist of questions to ask before you child returns to school

Further Support

If you feel like reaching out for help or further support including our **Online Web Chat** service where you can speak to a Youth Worker click [here](#).

You can also **call Samaritans for FREE** on 116 123 or **email** jo@samaritans.org