



Art by Evie A.



Evie's

Guide for High School

Try and talk to someone like an older student about your worries before you go, someone you know would be ideal

Go to your transition days

Open evenings are not the same as real school — it's a good time to look round if you get chance but real school is a lot busier

Pick a school with the right support (after looking at specialist school I knew it wasn't right for me and we had to look at a lot of schools to find the right place for me)

Just because school has an inclusion unit / club doesn't mean you won't still feel a bit lonely it can take time to get used to

It can take a long time to get used to new surroundings

Having someone within inclusion to talk to about school stuff can be good, someone to listen can really help

Look for extra curricular groups at lunch time and after school

My TA really helps me she makes me feel proud of myself



My Top Tips

- Don't police other kids
- Don't tell kids to pick up litter
- Get used to other kids swearing
- Some topics in class can be intense due to the grown up content
- On dress down day see what other kids are wearing — go for something neutral
- Don't tell on other kids in front of them — you have to be discreet
- You have to get used to a lot more teachers
- In inclusion you can still feel a bit lonely
- There are less things like parties or invitations to stuff
- Less fuss is made of things like valentine's day and birthdays
- Try not to be influenced by other kids — just because someone has a boyfriend doesn't mean you have to have one
- Don't feel peer pressured into doing things — like swearing or breaking the rules
- If you feel bad vibes from new friends its ok to take a step back
- Be prepared for sensitive topics and inappropriate jokes — sometimes people might say things about or to you that you don't like
- Kids are sassy — year 11 kids are as big as adults
- Make sure you eat and are not cranky have a good breakfast — the canteen is bigger, the food can be hit and miss, you might need a packed lunch. Bring money for the vending machines too
- Every year is different
- Inclusion is a mix of kids with different conditions and it can be hard sometimes

