



Health Minds Team - Mental Health Support Team (MHST)

Transition into secondary school: You tube clips

Dear Parent/Carers

During covid-19 we are aware that anxieties have increased with the uncertainty across the world, a number of parent/carers have requested digital resources to support the therapy offered within CAMHS.

Please find below some examples of YouTube video clips you may wish to view, we would recommend that you check to see if they may be appropriate for your child to view. **Please note it is your responsibility to ensure the clip is safe for your child to view. We rely on the YouTube app to monitor the content created by others.**

Disclaimer - South Tyneside and Sunderland Foundation Trust have no ownership of the clips.

Transition to secondary school

<https://youtu.be/kFpVOlpeksk>

Moving Up!

The transition to secondary school is an animation aimed to help year 7 and 6 pupils feel more confident, less anxious and better equipped to cope with the changes associated with moving to secondary school.

Anna Freud NCCF

<https://youtu.be/naWlcljDONI4>

The first day of secondary school - Students look back to when they were starting secondary school to offer their tips for making friends and calming those first day nerves. This video was produced by BBC Bitesize.

